



YOU'VE BEEN SCREENED FOR T1D—NOW WHAT?

So you've had a **type 1 diabetes** autoantibody screening test and your results are in. Understanding your results and knowing what to do next can be confusing. Let's review the basics.

When you were screened, the test determined if you had autoantibodies (AAbs) for T1D. Autoantibodies are proteins produced by the body's immune system that mistakenly target and attack the insulin-producing **beta cells** in the pancreas.

What you do next is based on the number of AAbs detected.

INTERPRETING YOUR RESULTS

0

0 T1D AAbs: This means that your body's immune system is NOT currently attacking your beta cells. Talk to your healthcare provider about being screened annually.

1

1 T1D AAb: This means that you COULD be on your way to a T1D diagnosis, but you'll need to confirm your results with a second AAb test in your doctor's office first.

- ◆ Set up a follow up plan with your healthcare provider that includes autoantibody testing and blood sugar testing.
- ◆ If after three consecutive years of testing, your results are the same or 0 AAbs, your risk of developing T1D is little to none.

2+

2+ T1D AAbs: This is a sign that the earliest stages of T1D have begun. Your body's immune system has started attacking your insulin-producing beta cells, and it's critical that you see your healthcare provider within the next few weeks.

- ◆ Set up a plan that includes testing autoantibodies, blood sugar and beta-cell function (a C-peptide test). You'll also want to ask about a continuous glucose monitor (CGM).

TYPE 1 DIABETES AND BETA CELLS GO HAND IN HAND

Beta cells, found in the pancreas, produce insulin—the hormone our bodies need to move sugar into our cells for energy. In T1D, the body mistakenly attacks the beta cells and over time leads to little or no insulin production. Without insulin, blood sugars rise.

STAGES OF T1D

T1D progresses over time in three stages. Your healthcare provider will be able to tell you what stage you're in.

STAGE 1 T1D

There are no symptoms and blood sugars are normal, but the immune system has already begun attacking the insulin-producing beta cells. The likelihood of needing to take insulin for T1D within 5 years is 44%, in 10 years is 70% and lifetime risk is 100%.

STAGE 2 T1D

There are still no symptoms but now blood sugars have started to rise due to increased beta cell destruction. The likelihood of needing to take insulin for T1D within 5 years is 75% and lifetime risk is 100%.

STAGE 3 T1D

By this time, blood sugars are high and you'll have symptoms of T1D, which include frequent urination, excessive thirst, weight loss and fatigue. Taking insulin for T1D is now required, but the intensity is based on the level of beta-cell function remaining in the body.

KNOW YOUR BETA CELL STATUS

Ask your provider for a c-peptide test. By checking the level of c-peptide in your blood, they can determine if and how much insulin the body is still making on its own, which in turn helps to understand your level of beta-cell function.

HONEYMOON? THERE'S A BETA WAY!

Since type 1 diabetes progresses over time, many people newly diagnosed still have some beta cell function left. Your healthcare provider may have called this period of time "the honeymoon phase." Every person's diagnosis is different, but in many cases, this phase can last for years.

So if you've been recently diagnosed, you could have some beta cell function left.

SOME BETA-CELL FUNCTION IS BETTER THAN NONE

Studies show that even low levels of beta cell function are associated with increased time in target glucose range, less severe low blood sugars and have lasting long term health benefits like lower risk of eye, kidney and blood vessel issues.

YOU ARE NOT ALONE

No matter the result, you are not alone. Beyond Type 1 has your back. From connecting with others who were screened, to pointing you to clinical trials and mental health services. **We've got this.**

PARTICIPATE IN CLINICAL TRIALS



Check out this tool:
Antidote Clinical Trials
Patient Recruitment

antidote //

FIND A MENTAL HEALTH PROVIDER



Check out the American
Diabetes Association's
Mental Health Directory

American
Diabetes
Association.

GET INVOLVED IN A COMMUNITY



Connect with others
by joining our type 1
community

BEYOND
TYPE 1



Beyond Type 1 is changing what it means to live with diabetes—boldly, unapologetically and with just the right dose of disruption. We raise global awareness, delivering life-saving resources and community support to help people with diabetes not just survive—but thrive. By championing innovation, we dismantle barriers to care, deliver the right information when it matters most and drive progress toward prevention and cures.

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