

ABOUT TYPE 1 DIABETES

DIABETES IS A CONDITION THAT IMPACTS HOW THE BODY CONVERTS THE FOOD A PERSON EATS INTO ENERGY.

Type 1 diabetes (T1D) is a lifelong autoimmune disease that destroys healthy insulin-producing cells in the pancreas that are needed to regulate blood sugar. It cannot be prevented and results in dependence on insulin to survive.

Type 2 diabetes is a metabolic disease influenced by a range of genetic and lifestyle factors that impact the body's ability to use insulin. It can be preventable through lifestyle changes, including losing weight, healthy eating, and staying active.

STAGES OF T1D

T1D develops in three stages among children and adults – and often by the time symptoms start showing, a person is already in the final stage, where the body is no longer able to make enough insulin, blood sugar is high, and insulin is required.

Stage 1 and 2

- No symptoms present
- Opportunity to screen and detect Type 1 diabetes before symptoms arise

15X

If you have a parent, sibling, or child with T1D, you have up to a 15x increased risk of developing the condition.

Stage 3

- Experience symptoms
- Require insulin
- Most people are diagnosed during this stage

80%

While having a family history of T1D is the highest risk factor for developing the disease, more than 80 percent of people diagnosed with T1D have no family history at all.

SCREEN AND DETECT T1D EARLY

Autoantibody screening can detect T1D in Stages 1 and 2 before symptoms arise, before insulin is required and potentially before any serious complications occur.

SIGNS & SYMPTOMS OF T1D:

- Excessive thirst
- Frequent urination
- Unexplained weight loss
- Exhaustion
- Blurred vision



Just one test can detect T1D early - before insulin is needed. Talk to your doctor and visit [The1Pledge.com](https://www.the1pledge.com).

Early identification, staging and monitoring can help individuals to:

- Reduce risk of life-threatening complications and hospitalization
- Potentially participate in research trials
- Better plan for and manage potential diagnosis

Talk to your doctor to learn more.