

GET SCREENED FOR TYPE 1 DIABETES



Just one test can detect T1D early - before insulin is needed. Talk to your doctor and visit The1Pledge.com.

ABOUT TYPE 1 DIABETES

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. T1D develops in three stages – 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.

TYPE 1 DIABETES IS NOT PREVENTABLE, BUT EARLY DETECTION CAN HELP

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

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.

50%

Screening can help reduce risk for a serious complication of T1D by 50% in people who are newly diagnosed.^{1,2}

WHO SHOULD GET SCREENED?

15X

Having a first-degree relative (parent, sibling, or child) with T1D increases your risk of T1D by up to 15x.

80%

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

HOW TO GET SCREENED

There are several options for T1D screening – all done through a blood test to identify autoantibodies associated with T1D. You can learn more about what option may be right for you by talking to your doctor and visiting screenfortype1.com.

Commercial Labs	TrialNet	Autoimmunity Screening for Kids (ASK)	Online Ordering
Local commercial lab, such as LabCorp or Quest Diagnostics	TrialNet location, event or health fair – or test kit to use at home and bring to LabCorp or Quest Diagnostics	Free screening available to US residents age 1 or older with or without a family history of T1D – through Barbara Davis Center for Diabetes and at-home screening kits	Direct-to-clinic or at-home test kits ordered online through a vendor such as Enable Biosciences

This is not an exhaustive list of options. Inclusion on this list does not imply an endorsement of a particular lab or screening method.

WHAT TO DO WITH MY TEST RESULTS

If your results are negative and you're under the age of 18, you may consider rescreening in the future. If you receive positive results, it's important to follow up immediately for confirmatory testing and to talk with your doctor about establishing a monitoring and management plan.

1. Barker JM, Goehrig SH, Barriga K, et al; DAISY study. Clinical characteristics of children diagnosed with type 1 diabetes through intensive screening and follow-up. *Diabetes Care*. 2004;27(6):1399-1404.
2. Elding Larsson H, Vehik K, Bell R, et al. Reduced prevalence of diabetic ketoacidosis at diagnosis of type 1 diabetes in young children participating in longitudinal follow-up. *Diabetes Care*. 2011;34(11):2347-2353.