



Ready to

# SCREEN IT LIKE YOU MEAN IT?

Here's how in 3 simple steps:

## Step 1 GET TO KNOW THE AUTOANTIBODY TEST & AUTOIMMUNE TYPE 1 DIABETES



Autoantibody screening is a potentially low-to-no-cost blood test that can spot autoimmune type 1 diabetes (T1D) early—before possible life-threatening complications and the need for insulin. Screening looks for diabetes-related autoantibodies.

These autoantibodies are proteins that appear in the blood when type 1 diabetes begins, even in early stages before there are obvious symptoms.

Did you know?  
Type 1 diabetes occurs in 3 stages:

### STAGE 1

#### Stage 1 type 1 diabetes

- Immune system mistakenly starts to attack insulin-producing beta cells
- 2+ autoantibodies (out of 5) found in blood
- Blood sugar levels are within a normal range
- **No visible symptoms**

### STAGE 2

#### Stage 2 type 1 diabetes

- Immune system continues to attack beta cells
- 2+ autoantibodies (out of 5) found in blood
- Blood sugar levels are higher or lower than a normal range (dysglycemia)
- **Still no visible symptoms**

### STAGE 3

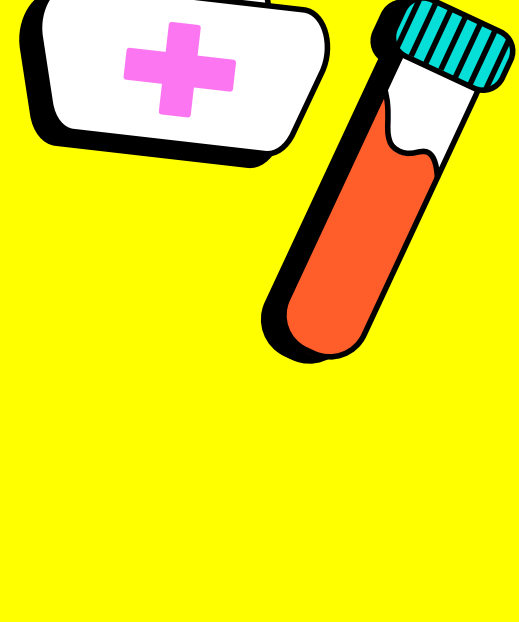
#### Stage 3 type 1 diabetes

- Too many beta cells are damaged and the body can't make enough insulin
- 2+ autoantibodies (out of 5) may be found in blood
- Blood sugar levels much higher than normal range
- **Symptoms of high blood sugar are obvious, potentially life-threatening complications may occur, and insulin dependence begins**

## DON'T WAIT TO SCREEN!

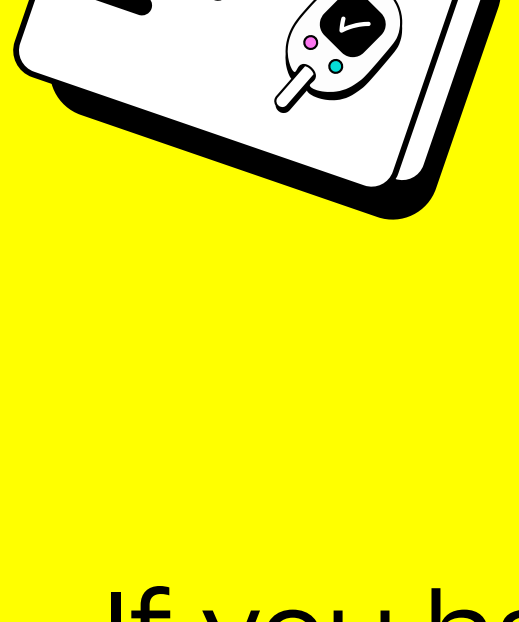
Taking action with proactive screening for autoantibodies could lower the risk of serious complications from autoimmune type 1 diabetes.

## Step 2 CHOOSE HOW AND WHERE TO SCREEN



#### If you prefer a doctor's office or lab:

Make a blood test appointment at your doctor's office. Or ask for a referral to get tested at a participating lab, like **Labcorp®** or **Quest Diagnostics®**.



#### If you'd rather take the test at home:

Certain laboratories [like **Enable Biosciences**,] offer an at-home test that may be available through your doctor's office.

If you have a relative with T1D, **TrialNet\*** can mail you a test kit to be used at home or at a participating lab.

**Sign up to receive a TrialNet test** >

**Autoimmunity Screening for Kids (ASK)** is a research program offering free screenings to all U.S. children (ages 1–17) to detect type 1 diabetes.

**Sign up for an ASK test** >

\*Depending on your results, you may qualify for a clinical trial and/or ongoing monitoring.  
These are not all of the screening options available. It's important to talk to your doctor about the best screening option for you. Inclusion on this list does not imply the endorsement of Sanofi. If the test result is positive, talk to your doctor about confirming these results with a lab test.  
The above links will take you to a third-party website, which has no affiliation with Sanofi. Sanofi does not endorse or recommend the content on the third-party website.

## Step 3 MAKE A PLAN AFTER YOU GET YOUR RESULTS

Your autoantibody test could find:

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### AUTOANTIBODIES

If the test finds no autoantibodies:

- Talk to your doctor about **rescreening every year** until the age of 18 if other people in your family have type 1 diabetes.

1

### AUTOANTIBODY

If the test finds 1 autoantibody, you or your loved one are at a **higher risk** for developing type 1 diabetes. Talk to your doctor about:

- Ensuring that you are tested for **all five** T1D autoantibodies.
- **Rescreening every year** to see if more autoantibodies develop.

2+

### AUTOANTIBODIES

This is a sign that **the earliest stages of type 1 diabetes may have begun**:

- Talk to your doctor about monitoring blood sugar and other next steps, so you can take charge of your health.

Ready to talk to your doctor?  
**Download the Doctor Discussion Guide to start the conversation.**