



SPOT TYPE 1 DIABETES EARLY

Screening with an autoantibody test is a blood test that can spot type 1 diabetes early—before you need insulin

When it comes to type 1 diabetes (T1D), there's a lot to know. Use this question-and-answer guide to have a useful conversation with a doctor about screening.

How does the autoantibody test work?

Type 1 diabetes is an **autoimmune** disease, where the body makes **autoantibodies** that mistakenly attack healthy cells called **beta cells** that make **insulin**. Long before people notice symptoms or life-threatening complications are a possibility, screening can spot diabetes-related autoantibodies in the blood that are the signal the early stages of autoimmune type 1 diabetes have begun.

What is early-stage type 1 diabetes?

Early-stage (or **pre-insulin-dependent**) type 1 diabetes is when the attack on beta cells has begun but the body can still make enough insulin to keep blood sugar levels in a relatively healthy range.

How do I know if I or my loved one should get screened?

Anyone can develop type 1 diabetes, no matter their lifestyle habits or age. But if just 1 person in your family has type 1 diabetes, you're **up to 15x more likely to get it too**. That's why it's important to **screen it like you mean it**, so you can understand your risk and take action.

Should everyone get screened for type 1 diabetes?

Since anyone can get autoimmune type 1 diabetes, anyone can be screened to learn about their risk. Family history and certain autoimmune conditions or viral conditions raise the risk of T1D. Discuss screening and a screening schedule (if appropriate) for you or your loved one with your doctor.

What are the age restrictions for the autoantibody test?

Each screening option has a different age restriction. Talk to your doctor to learn which screening option may be best for you or your loved one.

How much does the test cost?

Each autoantibody screening option has a different cost. The cost of screening at a lab varies depending on your insurance coverage, but could be available at little or no cost to you. Talk to your doctor and insurance provider to find out if screening is covered.

What are the potential benefits of getting screened for T1D?

If a screening test shows that you or your loved one is in the early stages of autoimmune type 1 diabetes, there's more you can do. Knowing your results can help you:

- **Know your options** and keep up with advancements in treatment for T1D
- **Learn the symptoms** of T1D before they appear, and lower the risk of possible life-threatening complications like diabetic ketoacidosis (DKA)
- **Find the right care team** to support you

Talk to your doctor about what to expect after screening.

What should I do after I get my screening results?

0 Autoantibodies: If screening 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.

1 Autoantibody: If screening finds 1 autoantibody, you or your loved one is at a higher risk for developing T1D. Talk to your doctor about rescreening first to confirm that there are no additional autoantibodies, and rescreening every year to see if more autoantibodies develop.

2+ Autoantibodies: If screening finds 2 or more autoantibodies, this is a sign that the earliest stages of T1D have begun. Talk to your doctor about options that could help and other next steps, so you can take charge of your health.

MORE QUESTIONS TO ASK YOUR DOCTOR:

- **Is screening available through this office?**
- **Is there any follow-up testing required?**
- **What are my or my loved one's options for next steps if early-stage autoimmune T1D is detected?**
- **Should other people in my family get screened?**

Learn about screening options at screenfortype1.com



SCREEN IT LIKE YOU MEAN IT

The more you know, the more you can do.

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