

SCREEN IT
LIKE YOU
MEAN IT

INTERPRETING
SCREENING
RESULTS

AUTOANTIBODY (AAb) SCREENING
GUIDANCE FROM THE BARBARA DAVIS
CENTER FOR DIABETES¹

Guidance on initial screening ¹	
<div><div>Children</div><p>Screen during recommended well-child visits to improve feasibility, starting as early as age 1 year.</p><p>Screen at:</p><div><div>✓ 1- 2 years of age</div><div>✓ 4-6 years of age</div><div>✓ 11-13 years of age</div></div></div>	<div><div>Adults</div><p>Screen during recommended yearly visits to help improve feasibility.</p></div>
<div><div>If negative for AAbs¹</div><div><div>Children</div><ul style="list-style-type: none">• Rescreen patients with increased risk in 1 year• For all other patients, rescreen around 6 years and 9-11 years</div></div>	<div><div>Adults</div><p>Rescreen patients with increased risk in 1 year</p></div>
<div><div>If positive for 1 AAb²</div><div><div>Children</div><p>Conduct confirmatory tests and consider collaborating with specialists</p><ul style="list-style-type: none">• If <3 years: rescreen every 6 months for 3 years, then annually for 3 more years<ul style="list-style-type: none">- If no additional AAbs, stop AAb screening• If ≥3 years: rescreen annually for 3 years<ul style="list-style-type: none">- If no additional AAbs, stop AAb screening</div></div>	<div><div>Adults</div><p>Conduct confirmatory tests</p><ul style="list-style-type: none">• For patients with increased risk: to monitor for risk of progression, screen annually• For all other patients: repeat screen every 3 years</div>
<div>If positive for ≥2 AAbs, collaborate and/or refer to a specialist to be staged¹²</div>	

MONITORING GUIDANCE TO TRACK
DISEASE PROGRESSION²

Patients positive for 1 AAb ^{††}	
<div><div>Children</div><p>After first positive screen: RBG and HbA1c with AAb screening for 2 years</p></div>	<div><div>Adults</div><ul style="list-style-type: none">• Consider annual monitoring if the patient has a first-degree relative with type 1 diabetes (T1D) or elevated T1D genetic risk, dysglycemia, or history of stress hyperglycemia• If no risk factors, perform metabolic monitoring every 3 years</div>
Patients with Stage 1 T1D ^{††}	
<div><div>Children</div><ul style="list-style-type: none">• Repeat HbA1c with RBG or 10-14 day CGM:<ul style="list-style-type: none">- If <3 years of age: every 3 months- If 3-9 years of age: every 6 months- If >9 years of age: annually• To diagnose progression to Stage 2 or Stage 3: use OGTT or a 2-hour blood glucose test</div>	<div><div>Adults</div><ul style="list-style-type: none">• Provide SMBG meters/strips to check glucose with illness or symptoms• Repeat HbA1c annually<ul style="list-style-type: none">- Adjust frequency according to individual risk- If HbA1c changes by ≥10%, perform OGTT to stage- If normoglycemic for 5 years, reduce monitoring to every 2 years</div>
Patients with Stage 2 T1D ^{††}	
<div><div>Children</div><ul style="list-style-type: none">• Provide SMBG meters/strips• Monitor metabolic status every 3 months</div>	<div><div>Adults</div><ul style="list-style-type: none">• Monitor metabolic status every 6 months using HbA1c and one of the following: blinded CGM, higher frequency SMBG, or 2-hour plasma glucose following OGTT<ul style="list-style-type: none">- If HbA1c changes by ≥10%, perform OGTT to stage• Consider C-peptide assessment to ensure proper classification</div>

1. Simmons KMW, Frohnert BI, O'Donnell HK, et al. Historical insights and current perspectives on the diagnosis and management of presymptomatic type 1 diabetes. *Diabetes Technol Ther.* 2023;25(11):790-799.

2. Phillip M, Achenbach P, Addala A, et al. Consensus guidance for monitoring individuals with islet autoantibody-positive pre-stage 3 type 1 diabetes. *Diabetes Care.* 2024;47(8):1276-1298.

* Please refer to the full consensus monitoring guidance led by Breakthrough T1D (formerly JDRF) for recommendations on psychological assessment and support for screened patients.

† The full consensus monitoring guidance recommends metabolic monitoring in clinic via the following methods: HbA1c, OGTT, and random BG, plus SMBG at home. Breakthrough T1D was formerly known as the Juvenile Diabetes Research Foundation (JDRF).

BG=blood glucose; OGTT=oral glucose tolerance test; RBG=random blood glucose; SMBG=self-monitoring blood glucose