

WHAT IS TYPE 1 DIABETES?

Type 1 diabetes (T1D) is a chronic autoimmune disease in which the immune system mistakes healthy cells, called beta cells, as a harmful threat and attacks them. Beta cells make insulin, and without insulin, our bodies cannot use the sugar in our bloodstream as energy.

If not detected in time, this can lead to diabetic ketoacidosis (DKA), a potentially life-threatening complication. In addition to the immediate risk, DKA can also have potentially long-term impact on health.

T1D SIGNS + SYMPTOMS:*

Excessive thirst	Unintended weight loss
Frequent Urination	Fatigue and weakness
Extreme Hunger	Blurred Vision

Unmanaged T1D can be life-threatening. Always talk to a doctor about any symptoms you or a loved one may be experiencing.

**In the early stages of T1D there usually aren't any signs or symptoms.*



AFTER SCREENING, WHAT'S NEXT?



If the test finds 0 Autoantibodies:

Talk to your doctor about a rescreening schedule, especially if there's family T1D history. Even if screening didn't detect T1D now, it can still appear in the future.



If the test finds 1 Autoantibody:

You/your loved one are at a higher risk for developing T1D. Talk to your doctor about ensuring you've been screened for T1D-related autoantibodies and creating a rescreening schedule, as well as monitoring and next steps



If the test finds 2+ Autoantibodies:

The earliest stages of T1D may have begun. See your doctor ASAP to get your blood sugar levels checked, review the results together, and go over monitoring/management options and next steps.

EARLY DETECTION IS KEY – TAKE ACTION

Studies have shown that identifying T1D early, before an emergency situation, can help reduce long term health risks associated with the disease. What's more, the sooner families know T1D is coming, the more options they may have to make a plan for the future, including understanding treatment and managements options. **Scan to learn more and make your screening action plan.**



SCREEN FOR TYPE 1



Lindsey

Paid Sanofi Spokesperson

PLAN FOR THE FUTURE WITH TYPE 1 DIABETES

**KNOW YOUR RISK.
MAKE A PLAN.**



MEET LINDSEY

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After Kennedy's T1D diagnosis at age 5, her world was flipped upside down. Being my youngest and my baby, it's so hard to see Cameron and even imagine him dealing with what Kennedy went through. But now that I have the information about screening, I know how to take the steps, and we screen Cameron annually.

My advice to other parents if you're struggling with a medical journey is to ask the right questions and to not be afraid. You're the voice for your child and screening could spot T1D early before a potential emergency situation. One question can get you started, help you make a plan and lead you to the next step in taking care of your child.

Lindsey, paid Sanofi Spokesperson

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COMMON SCREENING MISCONCEPTIONS

A national survey of adults and caregivers with a first-degree family member with T1D found gaps in T1D risk awareness and persistent misconceptions around early risk detection.*



63% of those surveyed believe the disease is **primarily diagnosed in children**. In fact, **over half are diagnosed as adults**.



Nearly one-third (31%) believe that screening for T1D is only available via specialists, but it can be done by any provider or even sent directly to your home to perform yourself, at low-to-no cost.



31% of those surveyed are unaware that **family history can increase a person's risk of developing T1D**.



Only **28%** of respondents familiar with screening reported their doctor initiated a discussion with them about it.

Make a plan and advocate for your health.
Talk to your doctor about screening for T1D.

**The Family Factor Survey was conducted by Beyond Type 1 and commissioned by Sanofi. Please visit ScreenForType1.com for survey methodology*



The Family Factor

Learn more about screening and our survey at screenfortype1.com/the-family-factor-t1d-survey

GET AHEAD – SCREEN FOR T1D

Autoantibody (AAb) screening is a potentially low-to-no-cost blood test that can spot autoimmune T1D early, before symptoms begin* and potentially serious complications occur. Screening is available from as early as 6 months of age.

Screening could help you or a loved one prepare for what's ahead by learning about and developing a monitoring plan for the signs and symptoms of T1D to help reduce the risk of potential life-threatening complications at diagnosis.

WHY SHOULD I SCREEN?

- Up to **90%** of people diagnosed with T1D have no family history, however if even 1 family member has T1D the risk increases up to **15x**.
- Additionally, having certain autoimmune diseases (such as Hashimoto's, Graves', and celiac disease) could put you or your loved one at a **2-3x** higher risk of developing T1D.
- Up to **~60%** of people are unaware that they have T1D until they experience an emergency that requires hospitalization at diagnosis.

HOW DO I SCREEN?

There are many options for where to get screened—potentially at low or no cost. Talk to your doctor about screening and which option may be best for you or your loved one. Scan below to learn more about how to screen.



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SCREEN FOR TYPE 1



Steve

Sanofi Ambassador

PLAN FOR THE FUTURE WITH TYPE 1 DIABETES

**KNOW YOUR RISK.
MAKE A PLAN.**



MEET STEVE

Steve is a father of three children, two of which have type 1 diabetes (T1D), and who himself was diagnosed with T1D in adulthood after initially being misdiagnosed with type 2 diabetes. It wasn't until he was rushed to the hospital in a state of emergency with a condition called diabetic ketoacidosis (DKA) that he received the autoantibody testing required to diagnose him as positive for T1D. He is a passionate advocate for T1D education and screening.

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With a strong family history of autoimmune conditions and two children living with T1D, I always had a gut feeling that a type 2 diabetes diagnosis didn't fit me. My own personal journey has helped me in my career as a diabetes nurse educator because I teach families how to use their voice and advocate for what they need.

Steve, Sanofi Ambassador

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