



# 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.**

## What is early-stage type 1 diabetes?

Early-stage 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.

## Why should you screen?

### Know the options

Advancements in treatment and management of autoimmune type 1 diabetes may offer ways to help. Talk to your or your loved one's doctor about what could come next. You or your loved one may be able to participate in a clinical trial or explore available treatment options.

### Learn the symptoms

By knowing if you or your loved one is in the early stages of autoimmune type 1 diabetes, you can be better prepared to recognize symptoms when they appear. This can help you understand what's ahead and lower the risk of potentially life-threatening complications like diabetic ketoacidosis (DKA) at diagnosis.

### Prepare for what's ahead

Knowing if you or your loved one has early-stage type 1 diabetes can give you time to plan ahead. Living with type 1 diabetes means taking on new responsibilities, and there is a learning curve that comes with managing it.

## 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 T1D-related autoantibodies in the blood that are the signal the early stages of autoimmune type 1 diabetes may have begun.

## Are autoantibody tests already included in annual labs?

Although both labs involve blood draws, autoantibody type 1 diabetes screening is not currently routine, and not like an A1C test. Additionally, genetic testing is also very different than screening for type 1 diabetes autoantibodies.

## Who should get screened?

Type 1 diabetes can affect anyone, regardless of age, family history, or lifestyle choices. While having a family member with type 1 diabetes can elevate your risk by up to **15 times**, it's important to note that the majority of people diagnosed with type 1 diabetes—**up to 90%**—have no family history of the disease. Additionally, if you have certain other autoimmune diseases, such as Hashimoto's, Graves', or celiac disease, your risk of developing type 1 diabetes can be **2-3 times higher**.

## How do I get screened?

There are many options for where to get screened. Talk to your doctor about the option that's best for you or your loved one, including in a lab, in a doctor's office, or via at home screening test.

## 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 should I do after getting my results?

**0 Autoantibodies:** If the screening finds no autoantibodies, talk to your doctor about an appropriate rescreening schedule, especially if there's a family history of T1D. Just because screening didn't detect T1D-related autoantibodies now doesn't mean they won't appear in the future.

**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 ensuring you've been screened for T1D-related autoantibodies, rescreening schedule, as well as monitoring and next steps.

**2+ Autoantibodies:** If screening finds 2 or more autoantibodies, this is a sign that 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.



Just 1 blood test can spot type 1 diabetes early—before serious complications may happen and the need for insulin



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