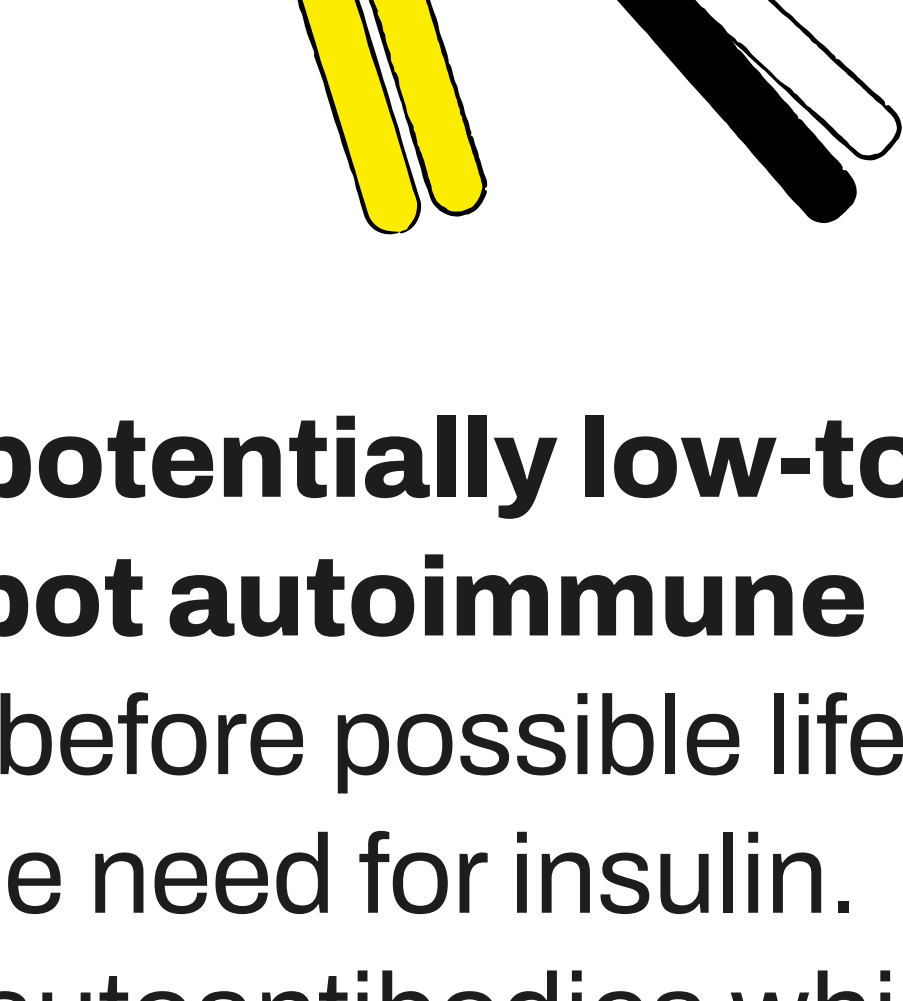


READY TO SCREEN AND KNOW SOONER?



Here’s how in 3 simple steps:

STEP 1 Get to know 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 T1D-related autoantibodies which is the main indicator that T1D is progressing in the body.

These autoantibodies are proteins that appear in the blood when the immune system mistakenly thinks healthy cells, called beta cells, are a harmful threat and attacks them. **Beta cells** make **insulin**—and people need insulin to convert blood sugar into energy.

Type 1 diabetes can affect anyone, regardless of age, family history, or lifestyle choices. However, if a family member has it, your risk increases up to 15 times. Additionally, the risk of developing T1D can be 2-3 times higher if you have certain autoimmune conditions, such as Hashimoto’s, Graves’, or celiac disease.

Did you know? Type 1 diabetes occurs in 4 stages:

Early-Stage T1D

Stage 1

Early-stage type 1 diabetes

- Beta cell attack begins
- Blood sugars are within a normal range
- **No visible signs or symptoms**
- **Insulin is not needed**
- **Presence of 2 or more T1D autoantibodies**

Stage 2

Early-stage type 1 diabetes

- Beta cell attack continues
- Blood sugars are higher or lower than a normal range
- **Still no visible signs or symptoms**
- **Daily insulin is not needed**
- **2 or more T1D autoantibodies are present**

Stage 3

Insulin-dependent type 1 diabetes

- A significant number of beta cells have been damaged
- High blood sugar (hyperglycemia)
- Body no longer able to make enough insulin to control blood sugar levels
- 1 or more T1D autoantibodies may be present
- **Visible signs and symptoms appear, and daily insulin dependence begins**

*This stage is when type 1 diabetes is typically diagnosed

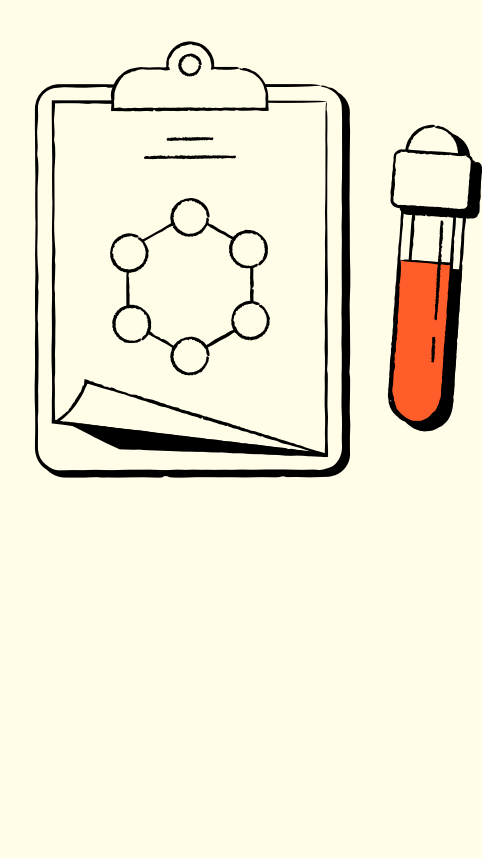
Stage 4

Long-standing type 1 diabetes

- Few-to-no beta cells remaining
- Long term T1D
- Dependence on external insulin to control blood sugar
- Health complications common
- T1D-related autoantibodies may or may not be present
- **Daily insulin usage continues**

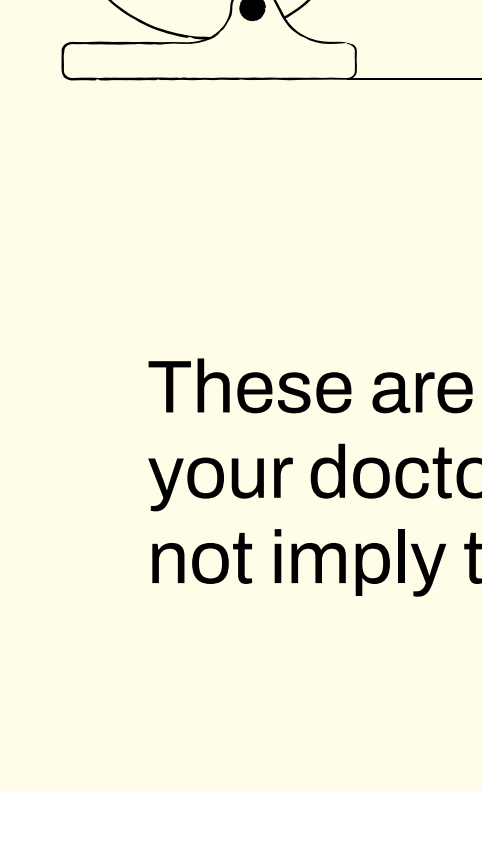
STEP 2 Choose how to screen for T1D autoantibodies

Screening can detect autoantibodies associated with type 1 diabetes before symptoms and potentially serious complications begin. There are many options for where to get screened — potentially at low or no cost.



Talk to your doctor:

Starting with your doctor is an important step to getting screened for type 1 diabetes. Your doctor could help you get tested at a participating lab or using an in-office kit.



Quest Health:

With this option, you can directly request a type 1 diabetes autoantibody screening test with Quest Diagnostics.



Explore Research Programs:

Options may be available for you or your loved ones with Autoimmunity Screening for Kids (ASK) or Type 1 Diabetes TrialNet.

STEP 3 Make a plan after you get your results

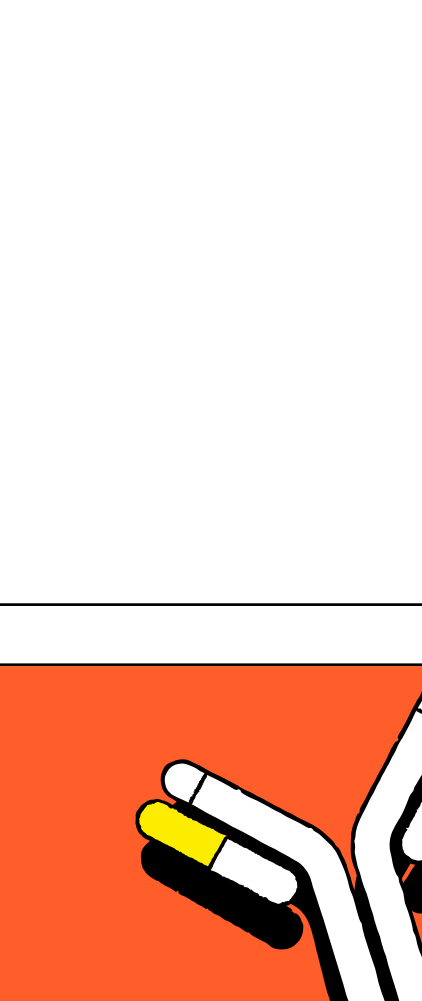
Your autoantibody test could find:

0 AUTOANTIBODIES

If the test finds **no sign of T1D now**:

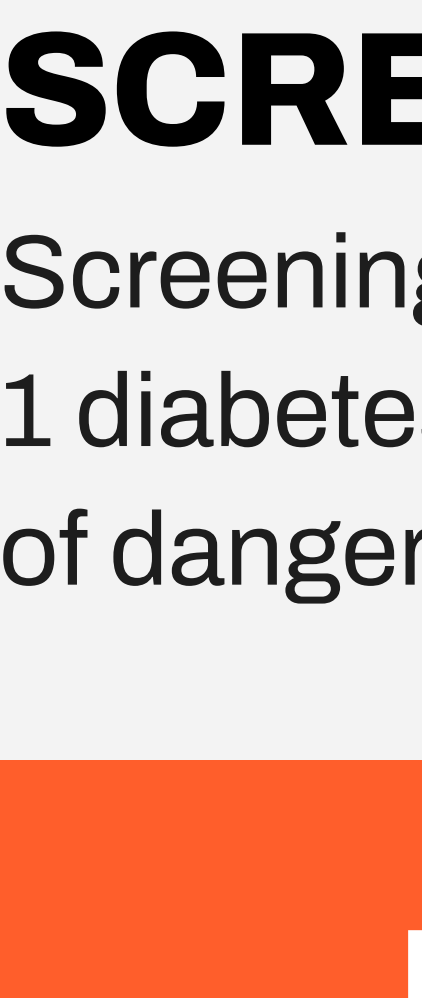
- Talk to your doctor about an **appropriate rescreening schedule**, especially if there’s a family history of T1D. Just because screening didn’t detect T1D-related autoantibodies now **doesn’t mean they won’t appear in the future**.

1 AUTOANTIBODY

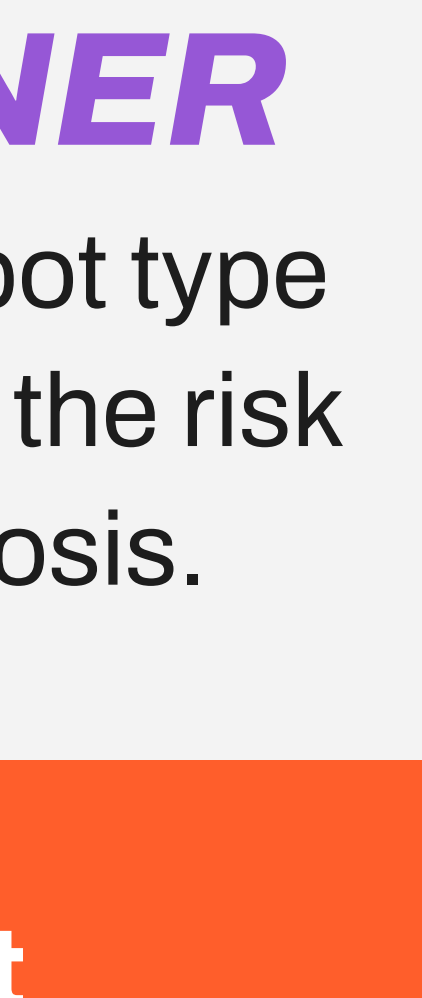


If the test finds 1 autoantibody, you or your loved one are at a **higher risk** for developing type 1 diabetes. Talk to your doctor about:

- Ensuring you’ve been **screened for T1D-related autoantibodies**
- A **rescreening schedule** as well as **monitoring** and **next steps**



2+ AUTOANTIBODIES



This is a sign that **the earliest stages of type 1 diabetes 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.

SCREEN AND KNOW SOONER

Screening for type 1 diabetes today can help spot type 1 diabetes early, before symptoms, and reduce the risk of dangerous complications, like DKA, at diagnosis.

Learn more about screening at screenfortype1.com