

Getting The Type 1 Test

A guide to talking with your healthcare provider about autoantibody testing for **type 1 diabetes**

Type 1 diabetes (T1D) starts in the body long before there are any symptoms. Luckily, there is a blood test that can detect the disease in the earliest stages, before there are any symptoms.

THIS GUIDE WILL HELP YOU:

- ▶ Understand the benefits of getting The Type 1 Test
- ▶ Learn some of the factors that put you at risk for developing T1D
- ▶ Prepare to talk with your healthcare provider about the test

Why getting The Type 1 Test is important

Although usually diagnosed in children and young adults, **T1D can occur at any age.**

It progresses in 3 stages. In stages 1 and 2, there are no visible symptoms, but your immune system has already begun attacking beta cells that produce insulin, and you could eventually become insulin dependent. In stage 3, the damage has progressed and the body is no longer able to make enough insulin to maintain normal blood sugar levels.

The Type 1 Test can detect T1D before there are symptoms. It looks for autoantibodies, which are proteins that signal the immune system to attack insulin cells.

Pre-insulin-dependent T1D

STAGE 1

2+ autoantibodies are present

Normal blood sugar
No symptoms

STAGE 2

2+ autoantibodies are present

Abnormal blood sugar
No symptoms

This means you or your child is most likely in the early stages of the disease and could eventually become insulin dependent.

Insulin-dependent T1D

STAGE 3

2+ autoantibodies are present

The body is no longer able to make enough insulin
Noticeable symptoms and complications like diabetic ketoacidosis (DKA), which can sometimes be life-threatening

type 1 tested

Knowing T1D is in its early stages can help you be better prepared to recognize symptoms when they do appear, and that can help you avoid serious complications, like **diabetic ketoacidosis (DKA)***

*DKA is a possibly life-threatening condition that develops when your body can't produce enough insulin, which can result in a trip to the emergency room.

Understanding the risk of T1D

Answering the following questions will help you and your healthcare provider better understand your or your child's risk for T1D.

1 Do you have a family history of T1D?

If so, list those family members here.

Please include **first-degree relatives** (parents or siblings) and **extended family** (aunts, uncles, cousins, or grandparents):

2 Have you or your child had coxsackievirus B?

- Yes
- No

3 Have you or your child taken The Type 1 Test before?

If so, what were the results?

- Never been tested
- Tested **negative** for autoantibodies
- Tested **positive** for **1-2** autoantibodies
- Tested **positive** for **2+** autoantibodies

Why are these questions important?

People with a family history of T1D are at a higher risk of developing T1D.

Family history isn't the only factor that puts you or your child at risk for developing T1D. Certain viral infections are also believed to play a role.

If a previous test showed 1 autoantibody, a follow-up test may be recommended. You or your child may be more likely to develop T1D than someone with no autoantibodies.

How The Type 1 Test works



Take the test at home, at a participating lab, or at a doctor's office.



The small blood sample is checked for autoantibodies at the lab.



You will be notified of your results and next steps to discuss with your doctor.



Risk of developing T1D with:

No family history

1 in 300

Family history

— up to —

15x
GREATER RISK
(1 in 20)

type 1
tested

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Talking about the test with your healthcare provider

During your visit, use your answers on the previous page and the questions below to help guide the conversation.

Not sure which doctor to speak to? If you or your child sees an endocrinologist, bring these questions up with them. If not, your pediatrician or primary care doctor is a good place to start.

Questions to ask about T1D autoantibody testing

1 What are the benefits of getting The Type 1 Test now?

2 What are the risks of waiting until I see symptoms of T1D?

3 Where can I get The Type 1 Test? Do I need a prescription or a referral?

Share this guide with others in your family to help them be better informed about their risk for developing T1D and **The Type 1 Test**.

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Questions to ask about the test results

1 How long does it take to get the test results?

2 If the test shows 2 or more autoantibodies, what steps should I take to help avoid complications?

3 If the test shows no autoantibodies, or just 1 autoantibody, how often should I/my child be retested?