

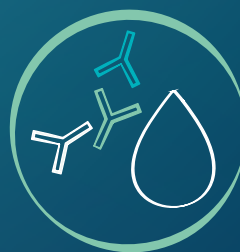
Think T1D in Adults with Dysglycemia



What Is T1D?



T1D is a **chronic, progressive, autoimmune disease** attacking the insulin-producing **beta cells** in the **pancreas**¹

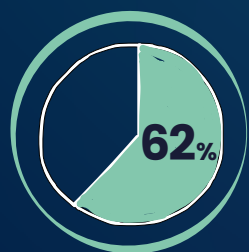


Presence of IABs defines autoimmunity. Staging of disease progression is defined by **glycemic status**^{2,3}

Stages of T1D disease progression (also scan the QR code on next page)

	Early-stage ²⁻⁵		Clinical T1D ²⁻⁵	
	Stage 1	Stage 2	Stage 3	Stage 4
Glycemic status	Normoglycemia	Dysglycemia*	Hyperglycemia	Long-standing T1D
IAb status	≥2	IABs (usually multiple)	≥1, though IABs may eventually become absent ^{6†}	
HbA1c	<39 mmol/mol (<5.7%)	39–47 mmol/mol (5.7–6.5%)	≥48 mmol/mol (≥6.5%)	

Adults with Dysglycemia: Why Think T1D?



T1D is not just a childhood disease. Overall, ~62% of new T1D cases are in people ≥20 years old⁷



In the absence of IAb testing, dysglycemia may be attributed to other factors or diseases – **missing the opportunity for appropriate monitoring and management**^{8,9}

Adults with Dysglycemia Are a Priority Population for T1D Screening

Detecting T1D Early Has Several Benefits:

1. Reduced risk of DKA as disease progression accelerates⁹
2. **Lower HbA1c at clinical onset** versus individuals diagnosed directly at clinical onset^{10,11}
3. **Reduced lifetime risk of severe microvascular and macrovascular complications** (due to reduced exposure to hyperglycemia)^{12,13}
4. **Opportunity for education and counseling for individuals and their families** to address psychosocial issues^{13,14}
5. The opportunity to participate in clinical trials or receive appropriate management⁹

Some Adults Have a Higher Risk of T1D than the General Population



Women with gestational diabetes – ~10% will have IAbs¹⁵



Autoimmune diseases, like thyroid or celiac disease (up to 4x or 3x increased risk, respectively)^{8,16}



Family history of T1D (up to 15x increased risk)¹⁷

How to Detect T1D



2

Confirmatory testing for presence of multiple IAbs⁵

×

2

Testing via two different testing methods⁵

×

2

Testing using two different samples⁵

*Dysglycemia signifies glucose levels outside of the normal range.

[†]IAbs may become absent over time possibly due to lack of antigens to sustain immune response due to pancreatic beta cells being destroyed.^{2,6}

DKA, diabetic ketoacidosis; HbA1c, glycated hemoglobin; IAb, islet autoantibody; T1D, type 1 diabetes.

1. DiMeglio LA, et al. Lancet. 2018;391(10138):2449–62. **2.** American Diabetes Association Professional Practice Committee. Diabetes Care. 2026;49(Suppl 1):S1–371. **3.** Insel RA, et al. Diabetes Care. 2015;38(10):1964–74. **4.** Besser REJ, et al. Pediatr Diabetes. 2022;23(8):1175–8. **5.** Phillip M, et al. Diabetes Care. 2024;47(11):2033. **6.** Long AE, et al. Diabet Med. 2021;38(12):e14712. **7.** Gregory GA, et al. Lancet Diabetes Endocrinol. 2022;10(10):741–60. **8.** Burahmah J, et al. Eur J Int Med. 2022;104:7–12. **9.** Wagner R, et al. Diabetes Res Clin Pract. 2026;231:113047. **10.** Hummel S, et al. Diabetologia. 2023;66:1633–42. **11.** Lundgren M, et al. Diabetologia. 2019;62(1):53. **12.** Sims EK, et al. Diabetes. 2022;71:610–3. **13.** Hussain S, et al. Diabetes Obes Metab. 2026;28(5):3535–56. **14.** Moore DJ, et al. Int J Gen Med. 2024;17:3003–14. **15.** Incani M, et al. BMC Endocr Disord. 2019;19:44. **16.** Twig G, et al. Diabetes Care. 2025;48(00):1–8. **17.** Steck A & Rewers M. Clin Chem. 2016;57(2):176–85.

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