

# What you need to know if your child has type 1 diabetes autoantibodies



## Why monitor:

If an individual has two or more autoantibodies for type 1 diabetes (T1D) on more than one blood test, they are likely to develop T1D in their lifetime. Early detection and monitoring of T1D has many proven benefits, including a reduced risk of diabetic ketoacidosis (DKA) at diagnosis, providing time to plan and prepare, and opening doors to research opportunities or available treatments.



## Who should be monitored:

Any child who tests positive for one or more islet autoantibodies.

## Monitoring recommendations for children:

### Any positive result should be confirmed with a second blood test.

#### One autoantibody

Your child's healthcare provider will monitor your child's autoantibodies and blood sugar every 6 to 12 months

Younger children will be monitored more frequently than older children

Talk to your healthcare provider about when your child may stop monitoring

#### Multiple autoantibodies

Your child's healthcare provider will monitor your child's blood sugar routinely, every 3 to 12 months depending on age

Younger children will be monitored more frequently than older children

You should be aware of the symptoms of high blood sugar and who to call should they appear

### If your child's blood sugar is found to be abnormal or elevated:

Additional follow-up is required. Your child's healthcare provider will refer you to a specialist for ongoing testing and monitoring. There are research studies and FDA-approved therapies available to individuals with early-stage T1D.

#### Stage 1

Multiple antibodies  
Blood glucose normal  
(Normoglycemia)

**No symptoms**

#### Stage 2

Autoantibodies present  
(usually multiple)  
Blood glucose abnormal  
(Dysglycemia)

**No symptoms**

#### Stage 3

Autoantibodies present  
Blood glucose elevated  
(Hyperglycemia)

**Usually symptomatic**

### Monitoring mental health

Having T1D autoantibodies can be overwhelming. Your healthcare provider can provide additional resources to manage feelings of stress or anxiety that you or your child may experience.

### Symptoms of type 1 diabetes include:



Frequent urination



Extreme thirst



Dry mouth



Fatigue and weakness



Increased appetite



Unexplained weight loss



Blurred vision

Reference: Phillip M, Achenbach P, Addala A, Albanese-O'Neill A, Battelino T, Bell KJ, Besser REJ, Bonifacio E, Colhoun HM, Couper JJ, Craig ME, Danne T, de Beaufort C, Dovc K, Driscoll KA, Dutta S, Ebekoziens O, Elding Larsson H, Feiten DJ, Frohnert BI, Gabbay RA, Gallagher MP, Greenbaum CJ, Griffin KJ, Hagopian W, Haller MJ, Hendrieckx C, Hendriks E, Holt RIG, Hughes L, Ismail HM, Jacobsen LM, Johnson SB, Kolb LE, Kordonouri O, Lange K, Lash RW, Lernmark Å, Libman I, Lundgren M, Maahs DM, Marcovecchio ML, Mathieu C, Miller KM, O'Donnell HK, Oron T, Patil SP, Pop-Busui R, Rewers MJ, Rich SS, Schatz DA, Schulman-Rosenbaum R, Simmons KM, Sims EK, Skyler JS, Smith LB, Speake C, Steck AK, Thomas NPB, Tonyushkina KN, Veijola R, Wentworth JM, Wherrett DK, Wood JR, Ziegler AG, DiMeglio LA. Consensus Guidance for Monitoring Individuals With Islet Autoantibody-Positive Pre-Stage 3 Type 1 Diabetes. Diabetes Care. 2024 Jun 24;doi:10.2337/dci24-0042. Epub ahead of print. PMID: 38912694.



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If an individual has two or more autoantibodies for type 1 diabetes (T1D) on more than one blood test, they are likely to develop T1D in their lifetime. Early detection and monitoring of T1D has many proven benefits, including a reduced risk of diabetic ketoacidosis (DKA) at diagnosis, providing time to plan and prepare, and opening doors to research opportunities or available treatments.



## Who should be monitored:

Any adult who has confirmed positive islet autoantibodies.

## Monitoring recommendations for adults:

### Any positive result should be confirmed with a second blood test.

#### One autoantibody

Your healthcare provider will monitor your autoantibodies and blood sugar

If you have risk factors for T1D, such as a close relative with the condition, you will be monitored more frequently

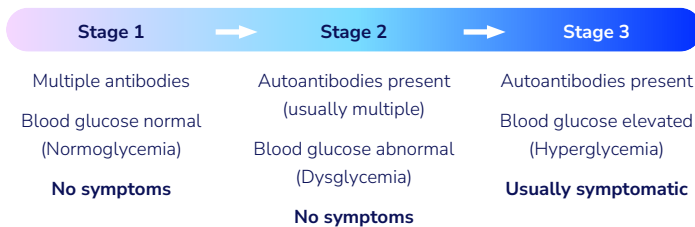
#### Multiple autoantibodies

Your healthcare provider will monitor your blood sugar every year

You should be aware of the symptoms of high blood sugar and who to call should they appear

### If your blood sugar is found to be abnormal or elevated:

Additional follow-up is required. Your healthcare provider will refer you to a specialist for ongoing testing and monitoring. There are research studies and FDA-approved therapies available to individuals with early-stage T1D.



#### Pregnancy

If you are pregnant or considering becoming pregnant, please ask your doctor about additional monitoring or testing that is recommended during and after pregnancy.

#### Monitoring mental health

Having T1D autoantibodies can be overwhelming. Your healthcare provider can provide additional resources to manage feelings of stress or anxiety that you or your family may experience.

### Symptoms of type 1 diabetes include:



Frequent urination



Extreme thirst



Dry mouth



Fatigue and weakness



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