

Understanding Type 1 Diabetes



Type 1 Diabetes



Type 1 diabetes is an autoimmune disease where the pancreas stops producing insulin, a hormone that regulates blood sugar. Undiagnosed or untreated type 1 diabetes can lead to a dangerous condition called diabetic ketoacidosis (DKA). **Many people do not know they have type 1 diabetes until DKA develops.**

Early screening in high-risk individuals decreases the risk of DKA and gives people time to work with their healthcare provider to **prepare for diabetes management**.

If any of the below risk factors apply to you, talk to your healthcare provider about the importance of **auto-antibody screening**. To learn more about type 1 diabetes management and screening options visit

- asktheexperts.org
- trialnet.org
- askhealth.org
- screenfortype1.com

Experts recommend screening for the following groups:

Relatives of people with type 1 diabetes

Immediate family members have **~15x greater risk** of developing type 1 diabetes versus the general public



People with personal or family history of certain autoimmune diseases, including

- Hashimoto's disease
- Graves' disease
- Celiac Disease



People with blood sugar outside the normal range

Because many people still associate type 1 diabetes with children, adults with blood sugar above the normal range may not be diagnosed correctly.

Over **40% of adults with type 1 diabetes over age of 30 are initially diagnosed with type 2 diabetes** and the risk of error increase with age.



Proactive screening helps determine whether abnormal glucose levels are related to an autoimmune response (type 1) or insulin resistance (type 2).

Learn more and explore resources at
www.kydiabetes.net