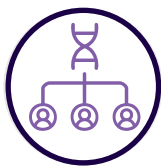


# KNOW YOUR RISK FOR AUTOIMMUNE TYPE 1 DIABETES (T1D)



Autoimmune T1D can happen at **any age** and can be diagnosed in children, adolescents, or adults<sup>1</sup>

**You may be at increased risk for autoimmune T1D if:**



You have a **family member with T1D**<sup>2</sup>



You or a family member have **other autoimmune diseases** such as celiac disease or thyroid disorders<sup>3,4</sup>

**Up to 90% of individuals diagnosed with T1D do not have a family history**<sup>5</sup>

**Talk to your healthcare provider about getting screened for autoimmune T1D via a simple non-fasting blood test**<sup>1,2</sup>

**What you should know about autoimmune T1D**



There are cells in the **pancreas** that make insulin. **Insulin** allows sugar in the blood to be used as energy<sup>1,6</sup>



In **autoimmune T1D**, the body mistakenly destroys cells in the pancreas that make insulin. This ultimately causes high blood sugar<sup>1,6-8</sup>



When cells that make insulin are under attack, special markers called **T1D autoantibodies** appear in the blood. These markers can show up before you feel sick. They warn that you might get T1D later<sup>1,3,8</sup>

## Autoimmune T1D occurs in 3 stages and can be detected early<sup>3,10</sup>

### Stage 1 (Early-stage)

- **No symptoms**
- Blood sugar levels are **normal**
- **2 or more** T1D autoantibodies
- **No** insulin needed



### Stage 2 (Early-stage)

- **No symptoms**
- Blood sugar levels are **higher than normal**
- **Usually 2 or more** T1D autoantibodies
- **No** insulin needed



### Stage 3

- **Symptoms are present** (urinating often, extreme thirst, fatigue, unexplained weight loss)
- Blood sugar levels are **much higher than normal**
- **1 or more** T1D autoantibodies\*
- **Insulin administration** needed

\*Some people may have no autoantibodies.<sup>10</sup>

Screening and early detection can have a positive impact by helping you<sup>1,2</sup>:

Be prepared to **recognize symptoms**

Know your **management options**

Create a plan with your **healthcare team**

## KNOW YOUR SCREENING OPTIONS!

Talk to a healthcare provider about getting screened for T1D autoantibodies

Sanofi does not provide medical advice, diagnosis, or treatment—information is provided for educational purposes only. Your healthcare provider is the best source of health information. Talk to your healthcare provider if you have any questions about your health or treatment.

**References:** 1. Centers for Disease Control and Prevention. Accessed February 12, 2025. <https://www.cdc.gov/diabetes/about/about-type-1-diabetes.html> 2. Breakthrough T1D. Accessed February 12, 2025. <https://www.breakthrough1d.org/early-detection/> 3. Breakthrough T1D. Accessed February 12, 2025. <https://www.breakthrough1d.org/news-and-updates/link-between-celiac-disease-and-type-1-diabetes/> 4. Kossiva L, et al. *Hormones*. 2022;21:277-285. 5. Sims EK, et al. *Diabetes*. 2022;71(4):610-623. 6. Centers for Disease Control and Prevention. Accessed February 12, 2025. <https://www.cdc.gov/diabetes/about/index.html> 7. Centers for Disease Control and Prevention. Accessed February 12, 2025. <https://www.cdc.gov/diabetes/signs-symptoms/just-diagnosed-type-1.html> 8. Insel RA, et al. *Diabetes Care*. 2015;38(10):1964-1974. 9. Phillip M, et al. *Diabetes Care*. 2024;47(8):1276-1298. 10. ADA Professional Practice Committee. *Diabetes Care*. 2025;48(suppl. 1):S27-S49.