

# Understand the risk of autoimmune T1D

## It can happen to anyone



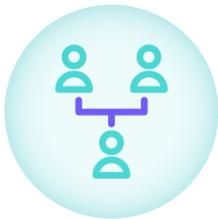
Several factors can put you or a family member at risk of developing autoimmune T1D. The more you know, the better prepared you can be.



### Age<sup>1,2</sup>

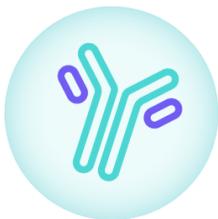
Autoimmune T1D can happen at any age.

Although many may think of it as a children's disease, **70%** of individuals with autoimmune T1D are diagnosed as adults.



### Family history<sup>3</sup>

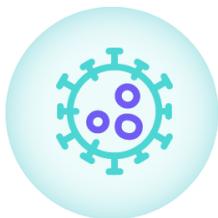
While family history is one of the features classically associated with autoimmune T1D, it can happen to anyone.



### Autoimmune conditions<sup>3</sup>

Having an autoimmune condition or a history of these conditions in your family has been associated with autoimmune T1D.

Examples include celiac disease or autoimmune thyroid disorders.



### Certain types of viruses<sup>6</sup>

Many types of viruses can increase someone's risk of autoimmune T1D, including:

- Coxsackievirus B (CVB)
- Rotavirus
- Cytomegalovirus (CMV)
- Mumps

Knowing the potential risk is the first step to preparing for the future. Don't wait for symptoms or a significant event to ask about autoimmune T1D. A simple blood test can detect autoimmune T1D early.

# ~90%

of people newly diagnosed have **no family history**<sup>4</sup>

# 15x

**higher risk of development if one or more family members have autoimmune T1D**<sup>5</sup>

## Start a conversation with your doctor about screening for autoimmune T1D

**References:** **1.** Cleveland Clinic. Type 1 Diabetes. Available at: <https://my.clevelandclinic.org/health/diseases/21500-type-1-diabetes>. Accessed April 2, 2024. **2.** JDRF. June 2024 newsletter. **3.** Holt RIG, et al. The Management of Type 1 Diabetes in Adults. A Consensus Report by the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD). *Diabetes Care* 2021;44(11):2589–625. **4.** Sims EK, et al. Screening for Type 1 Diabetes in the General Population: A Status Report and Perspective. *Diabetes* 2022;71:610–23. **5.** TrialNet. Pathway to Prevention. Available at: <https://www.trialnet.org/our-research/risk-screening>. Accessed July 12, 2024. **6.** Filippi CM and von Herrath MG. Viral Trigger for Type 1 Diabetes. *Diabetes* 2008;57:2863–71.