

What is early detection and screening?

Early detection and screening are a mission priority and an essential part of cures for type 1 diabetes (T1D). The goal is to catch T1D early—before insulin therapy is needed. This is done through a simple blood test that detects autoantibodies, which signal that the immune system may be attacking the body’s insulin-producing cells. People who test positive for two or more T1D autoantibodies are very likely to develop T1D.

Why screening for T1D is important

Thanks to Breakthrough T1D-funded research, we know that catching T1D early has substantial benefits. This includes giving individuals and families more time to prepare for the future and reducing the risk of diabetic ketoacidosis (DKA) at diagnosis—a potentially life-threatening condition. People who are diagnosed with early-stage T1D may also be eligible for approved therapies, like Tziend, or investigative therapies in clinical trials that could delay the onset of symptomatic T1D and the need to take insulin.

Early detection in action: Amanda Gilchrist’s story

Breakthrough T1D volunteer Amanda Gilchrist was diagnosed with T1D in 2021. Below, she shares why she chose to screen her son and how this decision impacted her family.

“For my family, the benefits of screening far outweighed the uncertainty of not knowing. I chose to screen my son, Callen, for T1D antibodies following my daughter Emmie’s diagnosis in 2020 and my own diagnosis in 2021. For us, knowledge truly is power. Understanding Callen’s antibody status and his risk for developing T1D has allowed me to plan ahead, make informed medical decisions, avoid the traumatic diagnosis Emmie endured, reduce the risk of DKA at onset, and participate in early detection clinical trials aimed at delaying and preventing T1D.

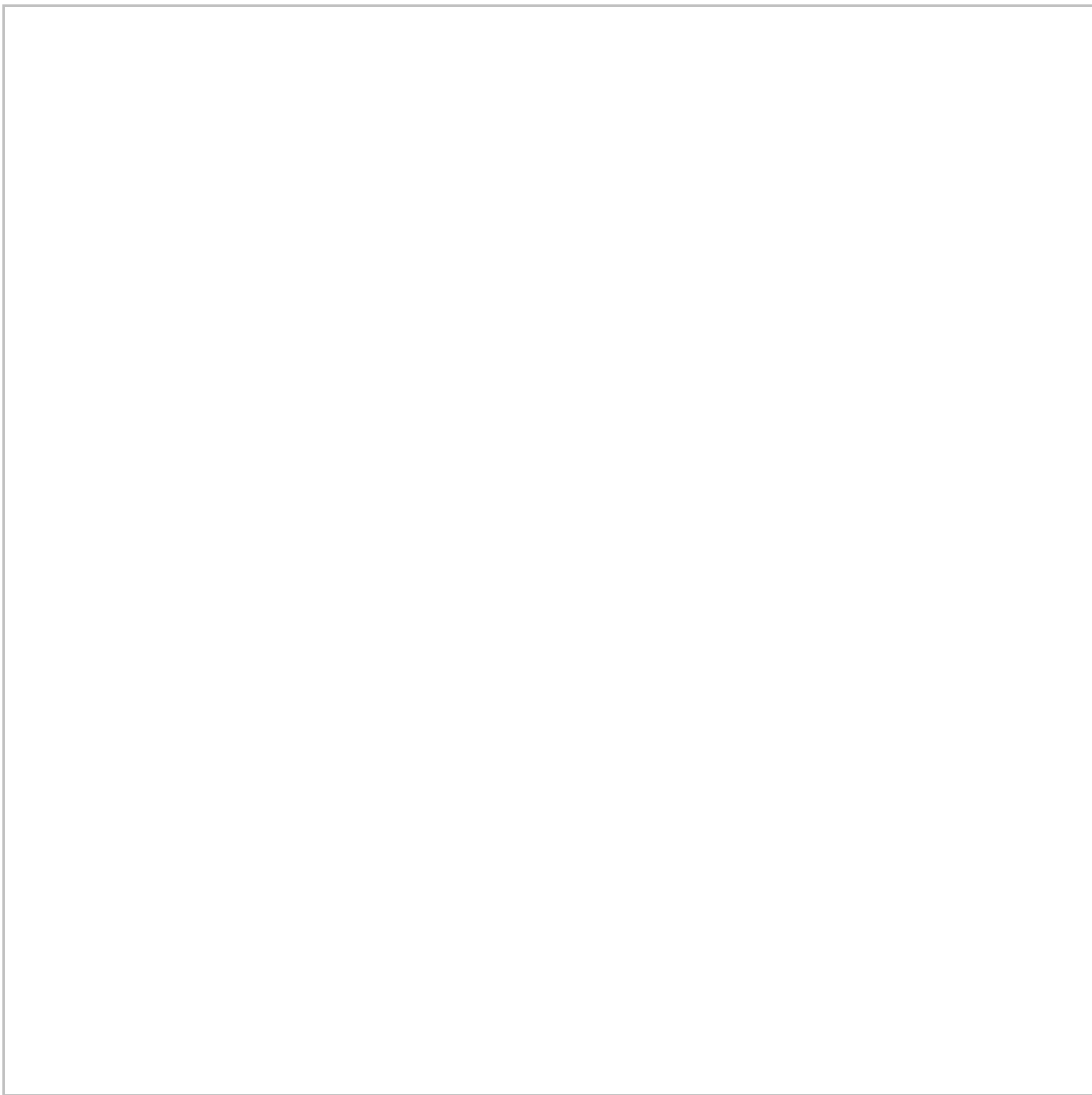
“I see T1D antibody screening as a form of preventative care. While no one wants a positive screening result, I believe it’s far better to be informed than to remain in the dark—especially about something as

screened through [TrialNet](#) or [ASK](#) research studies if eligible. Be sure to follow up after testing: if you test positive for T1D autoantibodies, ask for a repeat to confirm the result. [Learn more about your screening options](#) and refer to our screening support guide for more information.

How Breakthrough T1D is bringing early detection and screening into more clinics

Breakthrough T1D is working hard to ensure that healthcare professionals (HCPs) around the globe understand the importance of T1D early detection and have the tools to screen for T1D in their clinics. Screening guidance for the general population will be published soon and [monitoring guidelines](#) provide a framework for HCPs to care for adults and children who test positive for T1D autoantibodies.

Breakthrough T1D is working together with experts around the world to establish best practices for T1D early detection. We are providing families and individuals with the support they need to make the best possible decisions about if and when to screen—and what to do with the results.



Ultimately, detecting T1D early gives people time, provides options to intervene, and reduces the risk of dangerous conditions at diagnosis. Help us grow our early detection program so people around the world can catch T1D early.

[Support the Next Breakthrough](#)

[Donate Today](#)



Breakthrough T1D
200 Vesey Street, 28th Floor, New York, NY 10281

BreakthroughT1D.org
Communications@BreakthroughT1D.org | (800) 533-2873

We are a nonprofit 501(c)(3) organization; Copyright 2025. All rights reserved.

[Unsubscribe](#) **[View My Preferences](#)** **[View as Webpage](#)**