

Pathway to Prevention Study



Type 1
Diabetes
TrialNet



It's families like yours that help TrialNet make important advances in T1D research.



A future without T1D starts with you. Get screened!

Thanks in large part to #T1Dfamily members, we understand T1D as a disease that progresses in three distinct stages. This new definition in conjunction with TrialNet's Pathway to Prevention screening, allows for earlier detection and intervention.

The Stages of T1D		
Stage 1	Stage 2	Stage 3
<ul style="list-style-type: none">• The immune system has begun its attack on insulin-producing cells• 2 or more autoantibodies are present• Blood sugar is normal; there are no symptoms	<ul style="list-style-type: none">• Blood sugar becomes abnormal due to increasing loss of insulin-producing cells• 2 or more autoantibodies are present• No symptoms	<ul style="list-style-type: none">• Blood sugar now becomes dangerously high because of continued loss of insulin-producing cells• 2 or more autoantibodies are present• Classic symptoms

Finding T1D in its earliest stage is critical. To find out if you qualify for free screening through the Pathway to Prevention Study, visit www.trialnet.org/participate

A future without T1D starts with you. #T1Dfamily

For more information in your area, please contact:

Dr. Cindy Chin & research team at The University of Arizona Clinical & Translational Sciences (CATS) Research Center, by phone at 520.626.8000 or email trialnet@arizona.edu.

Quick Facts

What is risk screening?

- A free blood test to detect your risk of T1D years before symptoms appear

Who can get screened?

- People between age 2 and 45 with a parent, sibling, or child with T1D
- People between age 2 and 20 with a grandparent, aunt/uncle, cousin, niece/nephew, or half-sibling with type 1 diabetes

Why get screened?

- Family members of people with T1D are at a 15x greater risk of developing T1D
- The ability to screen for risk of developing T1D provides an opportunity to participate in research that aims to prevent disease progression
- Participants receive close monitoring—their risk of being diagnosed in diabetic ketoacidosis (DKA) decreases from 30% to less than 4%



Super important. Really easy.

Detecting T1D at its earliest stage is critical. A simple blood test is all it takes to learn your risk. Results are typically available in 4-6 weeks.

1 Get Screened

TrialNet screening is available by appointment at one of our many locations. Or, we can mail a test kit to you. To learn more, visit www.trialnet.org.



Visit Us

Schedule a screening appointment at a TrialNet location

or



Lab Test Kit

Take a kit with you to a local lab for a blood test

or



In-Home Kit

Collect your own blood sample with a finger-prick and mail it back to us

2 Eligibility Visit

If you test positive for two or more T1D autoantibodies, you'll be invited to an eligibility visit. During the visit, you will receive additional testing to confirm your eligibility for a clinical study. If you test positive for one T1D autoantibody, you will be asked in for further testing. Limited rescreening may be available if your screening results are negative and you are under age 18.

3 Enroll in a Trial

TrialNet offers studies for monitoring, prevention, and new onset. The monitoring study is available to people at increased risk for developing T1D. For people in early stage T1D (stage 1 or stage 2), prevention studies are testing ways to slow down disease progression. Newly diagnosed individuals (stage 3) may be eligible to enroll in new onset studies testing ways to preserve insulin production.



Monitoring

Those at risk come in for testing twice yearly and learn about open studies



Prevention

Join studies testing specific therapies to delay the onset of T1D



New Onset

Join studies testing therapies to preserve insulin production for the newly diagnosed

? What we learn

When you participate in the Pathway to Prevention Study, you learn your risk of T1D, but we learn so much more! Your blood sample (less than ½ teaspoon) can be used for many other studies to advance our knowledge of T1D.



Autoantibodies

TrialNet screening looks for five autoantibodies that signal an increased risk for T1D. Two or more autoantibodies signal early stage T1D, and the risk of clinical diagnosis nears 100%. There may be other autoantibodies yet to be discovered. Another reason why your participation is so important!

Beta cells

In people with T1D, the immune system mistakenly attacks healthy insulin-producing cells, called beta cells, and destroys them. Your blood sample, when compared with thousands of others, furthers our understanding of how beta cells react in different stages of T1D. And that's important to finding a way to slow down disease progression.

Immune response

Your blood sample provides greater knowledge of risk factors and events within the immune system that trigger T1D. When you get screened, your sample is compared with thousands of others to help us learn more about why some people go on to develop T1D while others do not.

★ Our Goal

Your participation today has the potential to lead to life-changing therapies, prevention, and the ultimate goal of a cure!