

# Type 1 diabetes

Four Australian children are diagnosed with type 1 diabetes every day

## WHAT IS TYPE 1 DIABETES?

Type 1 diabetes is an autoimmune condition that means the body cannot make the hormone insulin. Without insulin, blood glucose levels become dangerously high. Type 1 diabetes is a serious condition but can be managed by taking insulin.

## WHY SCREEN FOR TYPE 1 DIABETES?

Type 1 diabetes can be difficult to identify in kids. One in every 3 children are not diagnosed until they are very sick and need emergency medical care.

Fortunately, a simple screening test helps find these children early, before they become sick. An early diagnosis may avoid serious health problems and improve long-term health.

Most children with type 1 diabetes do not have any relatives with the condition, so we are offering screening to children aged 6 weeks to 6 months for a limited time.



# Where can I go for more information?



Speak with your doctor



Visit our website or call our helpline  
for more information  
**1800 505 909**  
[www.KidsDiabetesScreen.com.au](http://www.KidsDiabetesScreen.com.au)

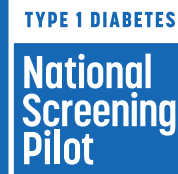


SUPPORTED BY



This study has been approved by the Sydney Children's Hospitals Network Human Research Ethics Committee (Approval Number: 2024/ETH02146. If you have any concerns or complaints, you can contact the HREC Executive Officer on (02) 7825 1253 or SCHN-Ethics@health.nsw.gov.au

TYPE 1 DIABETES NATIONAL SCREENING PILOT.  
GP CLINIC STUDY (DBS) BROCHURE V1.0 13/09/2024



SIMPLE TEST

**BIG OUTCOMES**  
TEST FOR TYPE 1 DIABETES



The Type 1 Diabetes National Screening Pilot is a research study aiming to find the best way to offer screening for type 1 diabetes to children in Australia.

Together with your doctor we are offering screening to children aged 6 weeks to 6 months for a limited time.

# Type 1 diabetes screening



## WHAT DOES SCREENING INVOLVE?

Screening is free, simple, quick and safe.

The test involves collecting a few drops of blood from a small prick on your child's heel. It can be done with your doctor during your child's routine immunisation and/or health check appointment. This test will show if your child has a combination of small variations in their DNA that are linked with type 1 diabetes.

You will receive your child's test result just before their first birthday. This aligns with the ideal time to start follow-up testing, if needed. Results will be returned online, along with information explaining what the result means and what to do next.

## HOW DO I HAVE MY CHILD SCREENED?

Screening for type 1 diabetes is being offered to children aged 6 weeks to 6 months attending this GP clinic for a limited time.



**LET YOUR DOCTOR KNOW IF YOU WOULD LIKE TO HAVE YOUR CHILD SCREENED DURING THEIR IMMUNISATION AND/OR HEALTH CHECK APPOINTMENT.**



## WHAT HAPPENS IF THE TEST FINDS THAT YOUR CHILD HAS AN INCREASED CHANCE OF TYPE 1 DIABETES?

A positive screening test result means your child has a risk factor for developing type 1 diabetes in childhood. It is not a diagnostic test and it does not mean your child has, or definitely will develop, type 1 diabetes.

One in every 10 children has an increased chance of developing type 1 diabetes. However, only a small number (1 in every 40 children) will develop the condition. We do not know which children will or won't develop type 1 diabetes. So all children with an increased chance will be offered free follow-up testing. This follow-up test shows if they start developing the condition, even before they feel any symptoms.

We will be here to help and support you. The earlier type 1 diabetes is detected, the sooner it can be treated.

## WHAT HAPPENS IF THE TEST RESULT IS NORMAL?

Most children (9 out of 10 children) will receive a normal test result. This means your child has a very low chance of developing childhood type 1 diabetes in the future. Less than 0.1% will develop the condition during childhood. Children with a normal screening test result will not require any follow-up testing.

**SIMPLE TEST**

**BIG OUTCOMES**  
TEST FOR TYPE 1 DIABETES