



The ELSA Study:  
Children's Information Sheet: 7-10 years

**Who is this information leaflet for?**

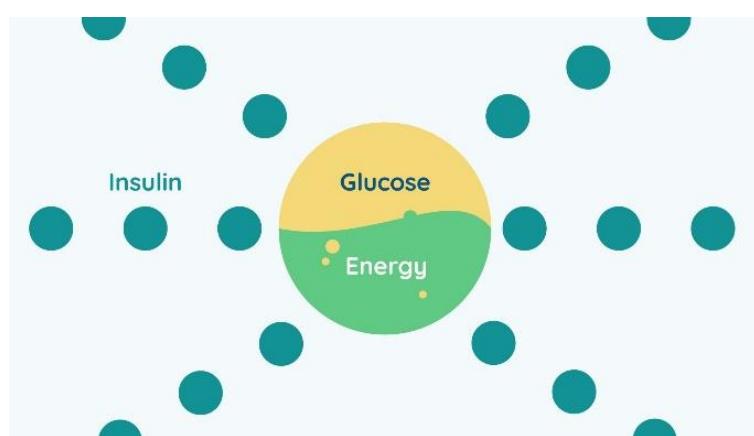
The ELSA Study is testing children for type 1 diabetes.

This leaflet is for children aged 7-10 years who would like to find out about the ELSA Study. You can also read the online information here if you prefer: [www.elsadiabetes.nhs.uk](http://www.elsadiabetes.nhs.uk)



**What is type 1 diabetes?**

In type 1 diabetes, not enough insulin is made in the body. Insulin is what our body needs to get energy from the glucose (sugar) in the food we eat. Insulin is like the key needed to let the glucose in. Without insulin, children become very unwell. Children with type 1 diabetes need to take insulin injections for the rest of their lives.





## What is the ELSA Study testing for?

The ELSA Study is testing children for type 1 diabetes. We are testing for antibodies. Antibodies are protein markers found in the blood. A blood test will tell us if the antibodies for type 1 diabetes are there or not.

If antibodies are there (positive), this means you could develop type 1 diabetes in the future.

If the antibodies are not there (negative), your chance of developing type 1 diabetes is less than if the antibodies are there.

## Why is the ELSA Study important?

We want to help children who may develop type 1 diabetes, by getting them the treatment they need sooner and stop them from becoming too unwell.

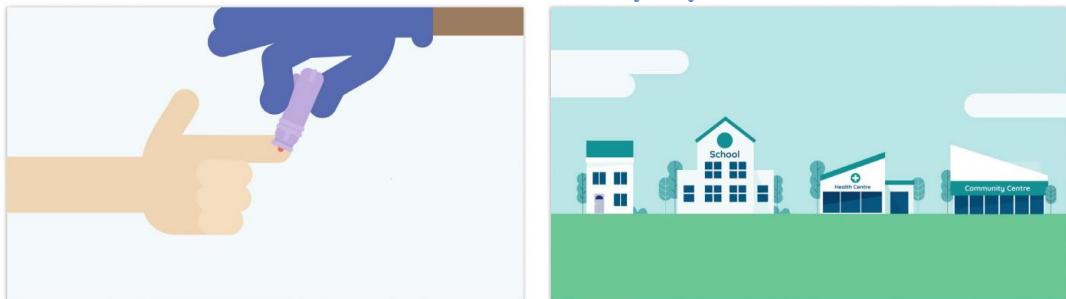
Taking part in the ELSA Study means you are helping children who may develop type 1 diabetes.



## What would I need to do in the ELSA Study?

### Step 1: Finger stick test

You can have the finger-stick blood test at home, at school or at the doctors. You can get some help with this from your family or from a friendly member of the research team. The finger stick test is quick and will only be sore for a moment.



## Negative test

If the screening test is negative, your risk of getting type 1 diabetes is low and you will not need any more tests in the ELSA study! The test will be negative for 99 out of 100 children tested. The study team will say good bye to you here.

## Positive test - Go to Step 2

### Step 2 - Venous blood tests

If the screening test is positive, we will ask you to come to the hospital with your family for another blood test; for this test we will ask you if we can take some blood from your arm.. We can use some cream so that the blood tests do not hurt you.



### Step 3 - Education session and next steps

If the blood test shows that you may develop type 1 diabetes, we will talk to you and your family about what this means.

We will tell you what the next steps are and how we can help you.



### **What information will you be collecting about me?**

We will ask your parent/carer for some details about you, such as your name and age. This helps us to understand your test results.

### **Who can take part?**

Any child aged 3-13 years who does not have type 1 diabetes can take part in the ELSA Study.



### **What are the benefits of taking part?**

By taking part, you will find out if you may develop type 1 diabetes and you will be helping us to understand more about type 1 diabetes.



### **What are the risks of taking part?**

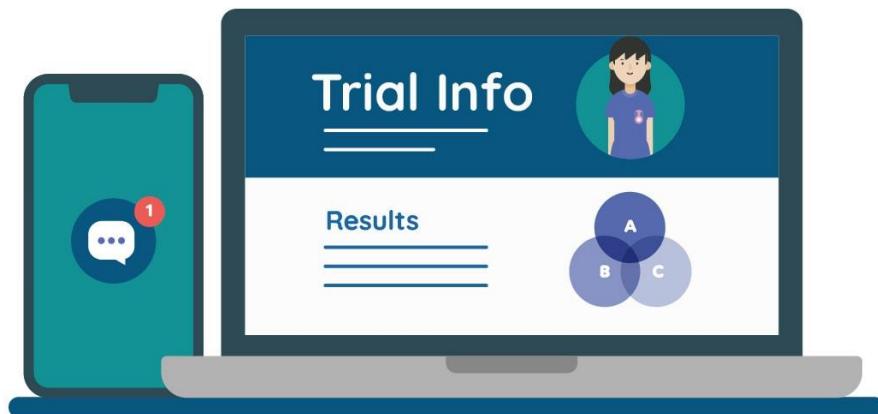
We know that blood tests can be sore, but we will look after you and it will only be sore for a moment. If the test shows you may develop type 1 diabetes in the future, we will support you and your family. We will explain what we can do next to help you.

### **How to find out more information about the ELSA Study?**

Check out our website to find out more information:

[www.elsadiabetes.nhs.uk](http://www.elsadiabetes.nhs.uk)

We are happy to answer any questions you have.



**Thank you for reading this information leaflet.**



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