

## Step 4 - Education

- Educational material is available on the study website
- Any family receiving a positive result will be invited to an education session to help them understand what this means and what it could mean for the future
- Topics include:
  - The signs and symptoms of type 1 diabetes
  - Monitoring programmes available
  - Research studies that may be appropriate

Scan for info



## Contact Us

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 excl. Bank Holidays)



UNIVERSITY OF  
BIRMINGHAM

**ELSA**

Screening children  
and young adults  
aged 2 to 17 years  
for Type 1 Diabetes

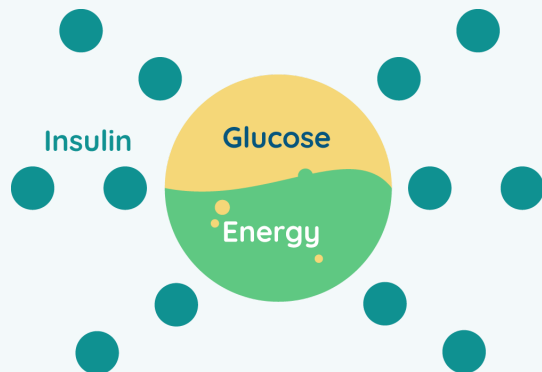


The ELSA Study is screening children (aged 2 to 15) and young adults (aged 16 and 17) to find out their risk of developing type 1 diabetes

## What is type 1 diabetes?

Type 1 diabetes is a serious condition where the blood sugar level is too high because the body cannot make a natural hormone called insulin.

This happens when the body's immune system attacks the cells in the pancreas that make the insulin, meaning no insulin can be made. Antibodies (markers in the blood) contribute to this process.



## What are the benefits of screening?

- Stops children and young adults from becoming too unwell by starting treatment sooner
- Offers further research studies that monitor children's and young adults' risk over time
- Offers trials for treatments which may delay the start of type 1 diabetes

## What does taking part involve?



- Confirm eligibility (child/young adult aged 2-17, and no existing diagnosis of type 1 diabetes)
- Complete a consent form
- Complete a contact details form including demographic details and medical history

## Step 1 - Finger stick blood test

- This can be done at home or at some community clinics or schools
- A **negative** test - no antibodies are present and no further tests in the ELSA study are needed
- A **positive** test - there are antibodies present and a venous blood test is needed

## Step 2 - Venous blood test

- Hospital appointment to take 1 tablespoon (5-15ml) of blood
- **Antibody negative** - no further tests in the ELSA study are needed
- **1 antibody positive** - there is some risk of developing type 1 diabetes
- **2 or more antibody positive** - it is almost certain the child/young adult will develop insulin requiring type 1 diabetes and further tests are needed

## Step 3 - Staging of type 1 diabetes

- For those who test positive for 2 or more antibodies
- Hospital appointment for a sugar drink test (oral glucose tolerance test) and to take 2-4 tablespoons (30-60ml) of blood