



## The ELSA Study:

### Children's Information Sheet: 3-6 years

#### Who is this information leaflet for?

This information leaflet is for children aged 3-6 years.



Every child who takes part in the ELSA study is helping scientists to find out more about diabetes. This means you will be helping children who live with diabetes.

Diabetes is an illness that makes children unwell and means they need to have medicine for the rest of their lives.

#### What is the ELSA study?

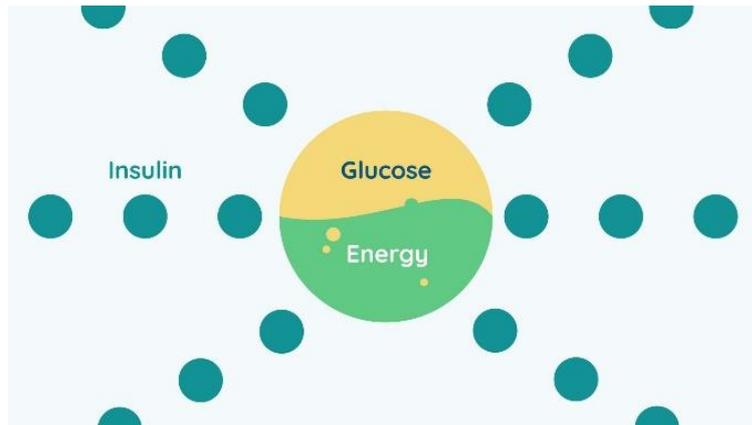
Follow Raj and Sara on their journeys through the ELSA Study.





## What is diabetes?

We all need glucose (sugar) to give us energy. We all need insulin to use this glucose. Insulin is like the key our body needs to unlock the door to let glucose get in! If we do not have insulin, we cannot get the energy we need to play.



## What is ELSA testing for?

ELSA is testing you for diabetes. We are testing for antibodies. Antibodies are protein markers in the body. A blood test tells us if the antibodies for diabetes are there or not.

If the antibodies are there, you may develop type 1 diabetes in the future.

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



## Sara's story

Today, Sara is having a finger-prick blood test. This can be at school, or at the doctors. This is to check for diabetes. The test is quick and will only be a little sore for a moment.



Sara was very brave.

The test shows Sara is at low risk of getting diabetes. Sara does not need anymore tests. Sara can go home and play.





## Raj's story

Today, Raj is also having a finger-prick blood test. Raj is also very brave.



A few weeks later, Raj needs another blood test on his arm. This will be at the hospital. Raj had some cream on his arm so that he could not feel the blood test. Raj did really well.



We find out that Raj is at risk of getting diabetes when he is grown up. We need to do another blood test to look into this. He comes to the hospital for the final blood test of the study. Raj has been so brave.



We speak to Raj's family about diabetes.

This is the end of the ELSA Study for Raj.

Raj may need some more blood tests in the future. Knowing that Raj is at high risk of diabetes means we can check up on him and help him sooner if he is unwell in the future.



We would like to say a big thank you to Raj and his family for being part of the ELSA Study.



Every family who takes part in the ELSA Study is helping us to find out more about diabetes.



Find out more about the ELSA Study on our website:  
[www.elsadiabetes.nhs.uk](http://www.elsadiabetes.nhs.uk).

We are happy to answer any questions you have.



Good bye!