What is Type 1 Diabetes? Type 1 diabetes is a life-long disease that can affect both children and adults. It occurs when the body attacks and destroys the cells in the pancreas that make insulin. The body needs insulin, which is a hormone required to use food for energy.

What is Type 1 Diabetes TrialNet? Type 1 Diabetes TrialNet is a network of 18 clinical centers dedicated to conducting diabetes prevention research and studying intervention therapies for children and adults with newly diagnosed diabetes. TrialNet centers work in cooperation with more than 200 screening sites located throughout the United States, Canada, Europe, Australia, and New Zealand. TrialNet researchers are experts in both diabetes and the body’s immune system. They share common scientific goals related to the study, treatment, and prevention of type 1 diabetes.

TrialNet is conducting three types of research:

- **Natural History Study**: This study is helping us learn more about how type 1 diabetes develops and is the first step on the pathway to prevention.

- **Diabetes Prevention Studies**: These studies are testing therapies that may delay or prevent the onset of type 1 diabetes.

- **Diabetes Intervention Studies**: These studies are testing therapies to preserve insulin secretion in people recently diagnosed with type 1 diabetes.

**Intervention Studies in Newly Diagnosed Diabetes**

- The goal of these research studies is to preserve insulin secretion in people newly diagnosed with type 1 diabetes.

- Ongoing intervention studies will be available at specific TrialNet sites located at medical institutions in the United States and Canada.

**Who Can Participate in Intervention Studies?**

- You may be eligible to participate in a diabetes intervention study if you are newly diagnosed with type 1 diabetes in the last 3 months.

- The age for entry into the study will vary depending upon the study.

**Why Should You Participate in an Intervention Study?**

- You will be a part of a research study to learn if it is possible to save remaining insulin production after a diagnosis of diabetes.

- If the intervention is successful, your diabetes may be easier to manage, possibly reducing your risks of abnormal blood sugar levels and long-term complications.

**Initial Screening for Risk of Developing Diabetes**

TrialNet is screening relatives of people with type 1 diabetes to find out if these family members are at risk for developing diabetes. [IF YOU WERE RECENTLY DIAGNOSED WITH DIABETES, SEE THE SECTION ABOVE ON INTERVENTION STUDIES.]

- Screening involves a simple blood test for the presence of diabetes-related autoantibodies that may appear years before type 1 diabetes develops.

- You may be screened to determine your risk of diabetes if you are between 3 and 45 years of age and have a first degree blood relative (brother, sister, child, parent) with type 1 diabetes, OR if you are between 3 and 20 years of age and have a second-degree blood relative (grandparent, half-brother, or half-sister with type 1 diabetes) with type 1 diabetes.

**Note**: A relative diagnosed before the age of 40 and started on insulin within the first year probably has type 1 diabetes.

- Relatives of people with type 1 diabetes have about a 5 percent chance of testing positive for autoantibodies associated with diabetes.

- There is no cost for the test.
How Will You Benefit From Screening and Further Risk Assessment?

• If you learn you are at risk for developing type 1 diabetes, additional tests will be offered to estimate your chances of developing type 1 diabetes.

• If you qualify, you may have an opportunity to be enrolled in either the Natural History or a prevention study.

• All research volunteers will be closely monitored for early detection of type 1 diabetes.

• Early detection of type 1 diabetes may improve your blood sugar control and reduce your chances of developing complications.

• You will be part of a research program that may help other people at risk for type 1 diabetes.

Natural History Studies: The Pathway to Prevention

• Natural history studies are being done to learn more about what causes type 1 diabetes and to better define predictors of the disease process.

• These studies provide close monitoring to individuals at risk for developing type 1 diabetes.

• Individuals who qualify may be offered an opportunity to participate in a prevention study.

Diabetes Prevention Studies

• The goal of prevention studies is to determine whether new therapies can delay, or prevent, the onset of type 1 diabetes in “at-risk” individuals.

A network of more than 200 clinical sites throughout the United States, Canada, Europe and Australia/New Zealand is connected with the following clinical centers:

**California**
Stanford University Medical Center
Stanford, CA
(877) 232-5182

University of California San Francisco
San Francisco, CA
(415) 541-3730

**Colorado**
Barbara Davis Center for Childhood Diabetes
University of Colorado
Denver, CO
(800) 572-3992

**Connecticut**
Yale University School of Medicine
New Haven, CT
(203) 737-2760

**Florida**
University of Florida
Gainesville, FL
(877) 343-2377

University of Miami School of Medicine
Miami, FL
(305) 243-3781

**Indiana**
Riley Hospital for Children
Indiana University
Indianapolis, IN
(866) 230-8486

**Minnesota**
University of Minnesota
Minneapolis, MN
(800) 688-5252, Ext. 42922

**New York**
Naomi Berrie Diabetes Center
Columbia University
New York, NY
(212) 851-5425

**Pennsylvania**
Children’s Hospital of Pittsburgh
of UPMC
Pittsburgh, PA
(412) 692-5210

**Tennessee**
Vanderbilt Eskind Diabetes Clinic
Nashville, TN
(888) 884-8638

**Texas**
University of Texas Southwestern Medical Center at Dallas
Dallas, TX
(214) 648-4844

**Washington**
Benaroya Research Institute
at Virginia Mason
Seattle, WA
(800) 888-4187

**Canada**
The Hospital for Sick Children
Toronto, Ontario
(866) 699-1899

**Australia/New Zealand**
Walter and Eliza Hall Institute of Medical Research
Parkville, Victoria
+61 3 9342 7063

**Finland**
University of Turku
Department of Pediatrics
Turku, Finland
+358-03-311-65827

**Italy**
Vita-Salute San Raffaele University
Milan, Italy
+39 02 2643 2818

**United Kingdom**
University of Bristol
Bristol, UK
+44 117 323 8737

To Get a Referral to a TrialNet Site, Call Toll Free 1-800-HALT-DM1(1-800-425-8361)

You will then receive:   • A phone evaluation to find out if you might be eligible for any current TrialNet studies   • A referral to the closest clinical site in your area   • An information packet for the type of research that is of interest to you

If you wish to be tested for diabetes risk, but do not live near a TrialNet site, we will refer you to Clinical Center staff who will explain the screening process and provide you with a test kit. You can take the test kit to a local doctor’s office or lab to collect a blood sample.

You may also learn about TrialNet at [www.diabetestrialnet.org](http://www.diabetestrialnet.org)

Information will be maintained in a confidential manner.

TrialNet is supported by: