

# Which Type Is It?

**What is recommended for diagnosing type 1 diabetes?**  
 Misdiagnosis of type 1 diabetes is common and occurs in all age groups.



## The AABBC<sup>®</sup> approach

- A** **Age** (e.g., for individuals <35 years old, consider type 1 diabetes)
- A** **Autoimmunity** (e.g., personal or family history of autoimmune disease or polyglandular autoimmune syndromes)
- B** **Body habitus** (e.g., BMI <25 kg/m<sup>2</sup>)
- B** **Background** (e.g., family history of type 1 diabetes)
- C** **Control** (e.g., glucose management on noninsulin therapies)
- C** **Comorbidities** (e.g., treatment with immune checkpoint inhibitors for cancer can cause acute autoimmune type 1 diabetes)

### ANTIBODY TESTING

GAD  
 IA-2  
 ZnT8

IDENTIFY STAGE		
STAGE 1	STAGE 2	STAGE 3
<b>CHARACTERISTICS</b>		
<ul style="list-style-type: none"> <li>Autoimmunity</li> <li>Normoglycemia</li> <li>Presymptomatic</li> </ul>	<ul style="list-style-type: none"> <li>Autoimmunity</li> <li>Dysglycemia</li> <li>Presymptomatic</li> </ul>	<ul style="list-style-type: none"> <li>Autoimmunity</li> <li>Overt hyperglycemia</li> <li>Symptomatic</li> </ul>
<b>DIAGNOSTIC CRITERIA</b>		
<ul style="list-style-type: none"> <li>Multiple islet autoantibodies</li> <li>No IGT or IFG</li> </ul>	<ul style="list-style-type: none"> <li>Islet autoantibodies (usually multiple)</li> <li>Dysglycemia: IFG and/or IGT                             <ul style="list-style-type: none"> <li>FPG 100–125 mg/dL (5.6–6.9 mmol/L)</li> <li>2-h PG 140–199 mg/dL (7.8–11.0 mmol/L)</li> </ul> </li> <li>A1C 5.7–6.4% (39–47 mmol/mol) or ≥10% increase in A1C</li> </ul>	<ul style="list-style-type: none"> <li>Autoantibodies may become absent</li> <li>Diabetes by standard criteria</li> </ul>
<small>FPG, fasting plasma glucose; IFG, impaired fasting glucose; IGT, impaired glucose tolerance; 2-h PG, 2-h plasma glucose.                      Alternative additional stage 2 diagnostic criteria of 30-, 60-, or 90-min plasma glucose on oral glucose tolerance test ≥200 mg/dL (≥11.1 mmol/L) and confirmatory testing in those aged ≥18 years have been used in clinical trials.</small>		