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 AABBCC approach

**Age** (e.g., for individuals <35 years old, consider type 1 diabetes)

**Autoimmunity** (e.g., personal or family history of autoimmune disease or polyglandular autoimmune syndromes)

**Body habitus** (e.g., BMI <25 kg/m²)

**Background** (e.g., family history of type 1 diabetes)

**Control** (e.g., glucose management on noninsulin therapies)

**Comorbidities** (e.g., treatment with immune checkpoint inhibitors for cancer can cause acute autoimmune type 1 diabetes)

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**IDENTIFY STAGE**

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**DIAGNOSTIC CRITERIA**

- Multiple islet autoantibodies
- No IGT or IFG

- Islet autoantibodies (usually multiple)
- Dysglycemia: IFG and/or IGT
  - FPG 100–125 mg/dL (5.6–6.9 mmol/L)
  - 2-h PG 140–199 mg/dL (7.8–11.0 mmol/L)
  - A1C 5.7–6.4% (39–47 mmol/mol) or ≥10% increase in A1C

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.