









Which Type Is It?


When and how to diagnose type 1 diabetes?

Misdiagnosis of type 1 diabetes is common and occurs in all age groups. Consider this approach to evaluate for type 1 diabetes in appropriate patients at time of diagnosis or if failing non-insulin therapy.



The AABCC 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 ²)
	B	Background (e.g., family history of type 1 diabetes)
	C	Control (preferred terms in "goal") (i.e., the inability to achieve glycemic goals on noninsulin therapies)
	C	Comorbidities (e.g., treatment with immune checkpoint inhibitors for cancer can cause acute autoimmune type 1 diabetes)

ANTIBODY TESTING	IDENTIFY STAGE		
	STAGE 1	STAGE 2	STAGE 3
	CHARACTERISTICS		
GAD	<ul style="list-style-type: none"> Autoimmunity Normoglycemia Presymptomatic 	<ul style="list-style-type: none"> Autoimmunity Dysglycemia Presymptomatic 	<ul style="list-style-type: none"> Autoimmunity Overt hyperglycemia Symptomatic
IA-2	DIAGNOSTIC CRITERIA		
ZnT8	<ul style="list-style-type: none"> Multiple islet autoantibodies No IGT or IFG 	<ul style="list-style-type: none"> Islet autoantibodies (usually multiple) Dysglycemia: IFG and/or IGT <ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Autoantibodies may become absent Diabetes by standard criteria
			
<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>			