

# UNDERSTANDING TYPE 1 DIABETES

Type 1 Diabetes (T1D) is a lifelong condition that occurs when the immune system mistakenly attacks insulin-producing cells in the pancreas.<sup>1</sup>

Unlike type 2 diabetes, T1D is driven by genetic and environmental factors and can affect anyone, regardless of age or lifestyle.<sup>1,2</sup>

## THE STAGES OF T1D

Most people are diagnosed with T1D when symptoms present, however there are early stages of T1D that occur before symptoms appear:<sup>1</sup>



### STAGE 1

The immune system attacks insulin-producing cells. Blood glucose remains normal, and autoantibodies are present, but there are no symptoms.<sup>1</sup>



### STAGE 2

Blood glucose becomes abnormal, but symptoms are still absent. Autoantibodies remain.<sup>1</sup>



### STAGE 3

Symptoms appear due to high blood glucose levels, including excessive thirst, frequent urination, weight loss, and fatigue.<sup>1</sup>



### STAGE 4

Long standing T1D, with many years of insulin treatment and blood glucose level management. Long-term complications are common.<sup>1</sup>

## WHO IS AT RISK OF T1D?

While family history and autoimmune conditions increase the risk, around 90% of T1D cases occur with no family history.<sup>7-11</sup>



Australia has one of the world's highest T1D rates, with eight new diagnoses daily on average.<sup>13-14</sup>

**140,000+**  
Australians

live with diagnosed T1D.<sup>14</sup>

**3,000**  
are diagnosed annually.<sup>14</sup>

Australia is ranked  
**6th highest globally**  
for incidence of T1D in  
children aged 0-14 years.<sup>13</sup>

## THE OPPORTUNITY FOR EARLY DETECTION

Many Australians are in the early stages of T1D without knowing it.



Up to **25,000 Australians** unknowingly live with Stage 1 or Stage 2 T1D. For every diagnosed case of T1D, at least eight more are in the early stages.<sup>11</sup>



**Early detection** programs like the Breakthrough T1D (formerly JDRF) Type 1 Diabetes National Screening Pilot and Type1Screen aim to identify pre-symptomatic T1D.<sup>1</sup>



Early detection, combined with education, can **reduce DKA at diagnosis by up to 90%.**<sup>7</sup>

## SANOFI AND THE FUTURE FOR T1D

Sanofi is working to improve the health of Australians living with T1D at the earliest opportunity. By unlocking scientific innovation, we aim to help Australians stay #1StepAhead of T1D.

# IT'S TIME TO GET 1 STEP AHEAD

## T1D STEP AHEAD

**References:** 1. Breakthrough T1D. The stage of type 1 diabetes. 2025. Available at <https://breakthrought1d.org.au/what-is-t1d/stages> 2. Diabetes Australia. About Diabetes: Type 2 Diabetes 2021. 3. Wolfsdorf JI, Glaser N, Agus M, et al. *Pediatr Diabetes*. 2018;19 Suppl 27:155-177 4. Tomic D, Craig ME, Magliano DJ, et al. *Diabet Med*. 2024;41(1):e15218 5. AbuHammad GAR, Naser AY, Hassouneh LKM. *BMC Endocr Disord*. 2023;23(1):102 6. Besser REJ, Ng SM, Gregory JW, et al. *Arch Dis Child*. 2022;107(9):790-795 7. Ludvigsson JF, Ludvigsson J, Ekblom A, Montgomery SM. *Diabetes Care*. 2006;29(11):2483-2488 8. Skov J, Kuja-Halkola R, Magnusson PKE, Gudbjörnsdóttir S, Kämpé O, Bensing S. *Eur J Endocrinol*. 2022;186(6):677-685 9. Biondi B, Kahaly GJ, Robertson RP. *Endocr Rev*. 2019;40(3):789-824 10. Karges B, Prinz N, Placzek K, et al. *Diabetes Care*. 2021;44(5):1116-1124 11. Breakthrough T1D. Economic Cost of Type 1 Diabetes in Australia. 2021. 12. AIHW. Diabetes: Australian Facts. Type 1 Diabetes. Web Report, December 2024. 13. Baker Institute. Diabetes: the silent pandemic and its impact on Australia. 2021. 14. Diabetes Australia. Diabetes in Australia. 2024.