



# Follow-up programme for children and teenagers with early-stage Type 1 Diabetes

-Tier 1-



[www.edent1fi.eu](http://www.edent1fi.eu)

**EDENT1FI**   
European action for the Diagnosis of Early  
Non-clinical Type 1 diabetes For disease Interception

**Dear Parents,**

Based on the information gathered during the baseline visit, we estimated that your child has a low risk to develop symptomatic Stage 3 T1D within the next 2 years. This means that for every 20 kids in the 'low risk' group, 1 will enter Stage 3 in the 2 years following the baseline visit, while 19 of them will enter Stage 3 at a later point.

Our aim is to monitor and handle the progression of T1D in the best possible way. This is why we propose you a tailored follow-up programme, as shown in the scheme on page 3. A team of professionals will guide you in this journey to ensure you and your family feel supported and prepared for the symptoms of T1D. The follow-up programme ends when your child needs insulin treatment, but you are free to withdraw at any point!

**What to do between follow-up visits?**

At this stage there is no need to adapt your lifestyle. What you can do is to monitor the following signs:

- fatigue and lack of energy
- weight loss
- frequent urination
- thirst
- signs of dehydration (like dry skin)

You can also use the glucose meter you received at the first visit any time your child experiences illness or you suspect symptoms. You can also keep track of the blood glucose changes recorded by the CGM sensor.

If you are in doubt about the glucose measurements or you have other questions, do not hesitate to contact your reference doctor, he/she is there to help you!

**Notes:**

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Performed at every  
**Follow-up** visit



Venous blood sample:

- Autoantibodies
- Haemoglobin A1c
- Blood cells
- Inflammation
- Viral infection



CGM sensor

Performed only at  
certain visits



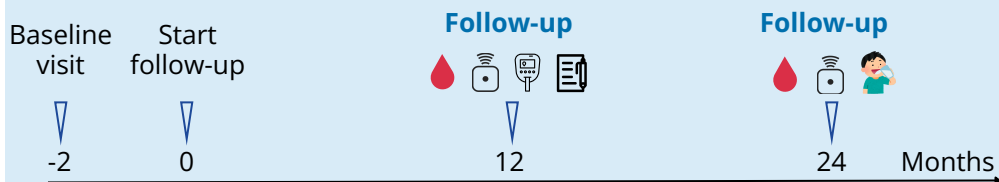
Home glucose meter



Questionnaires

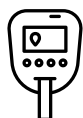


Oral Glucose  
Tolerance Test



## The parameters you can monitor are:

Glucose meter



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CGM sensor



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