

Since type 1 diabetes has a genetic link, relatives of people with diabetes can be at an increased risk for developing diabetes. First degree family members under the age of 45 years can participate in a research trial called TrialNet. With a simple blood draw, family members can detect their risk of developing type 1 diabetes years before symptoms appear.

The first step is to [sign up for screening](#). There are three options:



- Make an appointment at [one of 200 TrialNet locations](#)
- Order a test kit to be mailed directly to you
- Get screened at a TrialNet community event in your area.

Screening results will be ready in 4 to 6 weeks. They will be made available only to you. If your test results show you are in the early stages of T1D, the next step will be to go to a TrialNet location for follow-up. You may qualify for participation in a prevention study or follow-up monitoring—all offered at no cost to you.

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This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

Recommended

[Using an Insulin Pen](#)

[Rotating Injection Sites](#)

[Tracking and Reviewing Blood Glucose Data](#)

External Resources

[Companion Medical - InPen](#)

Sources

[Understanding Diabetes - Chapter 28: Research and Diabetes](#)
