

# DIABETES EDUCATION: TYPE 1.5 DIABETES OVERVIEW

## WHAT IS TYPE 1.5 DIABETES OR LATENT AUTOIMMUNE DIABETES IN ADULTS (LADA)?

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- » Type 1.5 Diabetes, also known as **Latent Autoimmune Diabetes in Adults (LADA)**, is a slow-progressing form of diabetes, and is an **autoimmune disease**.
- » LADA happens when the cells that produce insulin in your pancreas are **mistakenly attacked** by your immune system.
- » With LADA, you **may not need insulin** for **several months** up to **years** after you've been diagnosed.
- » LADA is often **misdiagnosed** as Type 2 Diabetes (where the body produces insulin but the cells don't respond to it) for these two reasons:
  1. People who have **LADA** are usually **over age 30**, and people with Type 1 Diabetes are mostly diagnosed at a younger age.
  2. People who have **LADA** sometimes **still produce some insulin**, where people with Type 1 Diabetes don't.

## WHO IS AT RISK FOR TYPE 1.5 DIABETES?

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- » People who are **thin** and who have a **poor response** to medications like Metformin.
- » People who have a **personal** or **family history** of **autoimmune disease**.
- » Overweight **children** or **teenagers** with signs of diabetes but who are not responding to treatments for Type 2 Diabetes.

## HOW DO I KNOW IF I HAVE TYPE 1.5 DIABETES?

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- » Your doctor or nurse can do a **blood test** to detect if you have Type 1.5 Diabetes.

## HOW IS TYPE 1.5 DIABETES TREATED?

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- » At first, LADA might be managed by controlling your blood sugar with **diet**, **losing weight** if appropriate, **exercise**, and possibly, **oral medications**. But as your body gradually loses its ability to produce insulin, you may eventually need **insulin shots**.