

NOW WHAT: lada and Diabetes

Latent Autoimmune Diabetes in Adults (LADA) is a form of type 1 diabetes that develops in adulthood. It often starts slowly and can look like type 2 diabetes at first. Getting the right diagnosis early helps you protect your health.

FACTS FIRST:

- LADA is considered a **subtype of type 1 diabetes**.
- **It usually starts after age 30** and develops gradually.
- About 4–12% of adults first **diagnosed with type 2 diabetes actually have LADA**. Many people share this diagnosis.
- Some people do well at first with lifestyle changes or pills, but most will need insulin over time.
- LADA is more likely if you or your family have **other autoimmune conditions** like thyroid disease or celiac disease.
- Compared with type 2 diabetes, people with LADA often have **lower body weight** and **less insulin resistance**.

ACT ON THE FACTS:

Symptoms to Watch For

- Increased thirst, frequent peeing, tiredness, and blurred vision.
- Unexpected weight loss
- High blood sugar that doesn't improve with diet, exercise and pills.

Why It Happens

- Your **immune system attacks the insulin-making cells** in the pancreas.
- This can **take months or years**. Your body may still make some insulin for a while, but most people will need **insulin therapy** later.

Treatment and Management

- **Insulin** is the main treatment for LADA.
- Some non-insulin medicines can lower blood sugar or reduce how much insulin you need. However, they do not stop the immune attack on the pancreas.
- Ongoing research is exploring new ways to help **delay or slow** LADA.
- **Balanced meals, regular exercise, and not smoking** are also important parts of care.

YOU'RE NOT ALONE!



For more information on how to manage your diabetes, visit:

DIABETESNOWWHAT.ORG

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PREVENT PROBLEMS:

- Get diagnosed and treated **early** to help protect your remaining insulin-making cells.
- See your healthcare provider regularly to adjust your plan.
- Keep your blood sugar in your target range.
- Ask your doctor about an **antibody blood test** that can help confirm LADA.

STEPS TO ACTIVATE:



Are my symptoms improving with my current diabetes plan?



When was my last check-up?



What changes to my daily routine can help me manage my blood sugar better?

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