

## LADA:

# Looking Beyond Age in Diabetes Diagnosis



Latent autoimmune diabetes of adults (LADA) is a late-onset form of diabetes, sometimes referred to as type 1.5 diabetes.

LADA represents an autoimmune form of diabetes on the type 1 diabetes (T1D) spectrum, with a slower-progressing phenotype than classic T1D.

### Diagnostic criteria for LADA include: <sup>1</sup>

Adult onset (>30 years at diagnosis)

Positive test for islet autoantibodies

Insulin independence for  $\geq 6$  months after diagnosis

### LADA can often be difficult to distinguish from type 2 diabetes (T2D) without further clinical evaluation.

Screening for LADA should be considered in patients with suspected T2D who do not achieve adequate glycemic control within a reasonable period, despite appropriate use of guideline-based treatments. <sup>2</sup>

Positivity for glutamic acid decarboxylase (GAD) autoantibody is recognized as the most sensitive antibody biomarker for LADA.

### Other features that may be suggestive of LADA include:



Family or personal history of autoimmunity



Reduced frequency of metabolic syndrome or overweight/obesity relative to T2D



Younger age of onset than those with T2D

Differentiation of LADA from T2D is critical to support optimal glycemic control and improve outcomes.

## References

1. Buzzetti R, Tuomi T, Mauricio D, Pietropaolo M, Zhou Z, Pozzilli P, Leslie RD. Management of latent autoimmune diabetes in adults: a consensus statement from an international expert panel. *Diabetes*. 2020;69(10):2037-2047.
2. Rajkumar V, Levine SN. Latent autoimmune diabetes. In: StatPearls [Internet]. 2025. <https://www.ncbi.nlm.nih.gov/books/NBK557897/>