

### Transcript Details

This is a transcript of an educational program. Details about the program and additional media formats for the program are accessible by visiting: <https://reachmd.com/programs/diabetes-discourse/unmet-needs-t1d/57030/>

### ReachMD

www.reachmd.com  
info@reachmd.com  
(866) 423-7849

---

### Addressing Unmet Needs in Type 1 Diabetes Management

#### Announcer:

This is *Diabetes Discourse* on ReachMD. On this episode, we'll hear from Dr. Javier Morales, Associate Clinical Professor of Medicine at the Barbara and Donald Zucker School of Medicine at Hofstra University and Northwell Health. He'll be talking about evolving strategies in type 1 diabetes management, which he also discussed at the 2026 American Diabetes Association Scientific Sessions. Here's Dr. Morales now.

#### Dr. Morales:

We should be screening for patients with type 1 diabetes because you could develop type 1 diabetes at any particular age. So there are certain signals such as leaner diabetes or perhaps family history of diabetes. You should do a five-antibody panel in order to identify type 1 diabetes, because what we've found is that with appropriate anti-CD3 therapy, we could actually delay that progression by several years. So type 1 diabetics need to be on insulin.

Insulin is a cornerstone of diabetes management, and insulins are really broken down into once-daily basal insulins and mealtime insulins. So what's comforting to know is that we now have a basal insulin that has been approved for once-weekly use. Now, this winds up being very important because for those that are using insulin, there is injection fatigue that can sometimes happen, and this once-weekly basal insulin winds up being quite nice to use because it's once a week. And hypoglycemia rates were slightly greater than what we saw with insulin glargine in some of the clinical trials. But for the most part, it's very comforting to know that this will make life easier for patients with type 2 and type 1 diabetes that are on basal insulin.

Looking into the future, especially since GLP-1s are so popular at this point in time, is the promise of potentially mixing a GLP-1 receptor agonist with a once-weekly basal insulin, affording improved fasting plasma glucose control with a postprandial control component with the GLP-1 receptor agonist.

#### Announcer:

That was Dr. Javier Morales discussing current and emerging approaches to type 1 diabetes care. To access this and other episodes in this series, visit *Diabetes Discourse* on ReachMD.com, where you can Be Part of the Knowledge. Thanks for listening!