Combined Screening for T1D and Celiac Disease: ASK Perspective

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Disclosures

• MS has consulted for:
  -- **Pfizer**: Data safety and monitoring board for a celiac disease clinical trial
  -- **Takeda**: Advisory board for celiac disease pathology

• EL has consulted for:
  -- **Takeda**: Advisory board

*These consulting responsibilities are not related to any of the data we will be presenting today*
Outline

• Briefly review available data on overlap of type 1 diabetes and celiac disease.
• Present data pertinent to both celiac disease and islet autoimmunity in the ASK study.
• Discuss practical aspects of celiac disease screening and how we can combine resources to advance screening efforts for both of these autoimmune diseases.
TYPE 1 DIABETES AND CELIAC DISEASE
Overlapping Genetic & Environmental Risk Factors

Proposed Risk Factors:
- Genetic: Both HLA and non-HLA contributions
- Intestinal Barrier and Microbiome
- Early life infections
- Dietary factors
- Metabolome and other -omics
We Can Efficiently Screen for Both Diseases

- Cut labor time and supply cost by 30%
- Sensitivity and specificity identical to single ECL
Screening Tests for tTGA

• In clinical settings, we typically use the Enzyme Linked Immunosorbent Assay (ELISA).

• For the ASK study, we use highly sensitive and quantitative assays:
  – Radiobinding Assay (RBA)- IgA
  – Electrochemiluminescence Assay (ECL)- IgA, IgG, IgM
ASK RESULTS
Autoimmunity Screening for Kids (ASK) and ASK the Experts

- Mass screening program for Celiac Disease and Type 1 Diabetes in Colorado
- Children 1 yo to 17 yo
- Screen 50,000 children for tissue transglutaminase IgA (tTGA) and islet autoantibodies
- Fully implemented in February 2017
- Beyond Colorado, ASK the Experts strives to do the following for CD screening: access to mass screening, knowledgeable providers, and GFD education
Pathway Based on RBA tTGA

Initial Screen
- Initial tTGA+

Confirmation
- Confirmed persistent tTGA+
  - tTGA< x2 ULN
    - Referred to Primary Care Providers
  - tTGA≥ x2 ULN
    - ASYMPTOMATIC
    - SYMPTOMATIC

Follow-up
What Have We Learned from Children Diagnosed with Celiac Disease through ASK?

- **Iron Deficiency Improves with GFD**
  - Ferritin levels improve over 12 months.
  - Paired t-test, p<0.0001
  - Wilcoxon signed-rank test, p<0.0001

- **Symptoms Improve with GFD**
  - Quality of Life
  - Total (Self) improvement (6.76, -0.01, 13.54, p=0.050)
  - School (Self) improvement (9.89, 1.03, 18.74, p=0.030)
  - Social (Self) improvement (5.23, -3.52, 13.97, p=0.228)
  - Emotional (Self) improvement (5.00, -4.28, 14.28, p=0.275)
  - Physical (Self) improvement (3.43, -2.81, 9.67, p=0.266)
  - Total (Caregiver) improvement (7.91, 3.15, 12.66, p=0.002)
  - School (Caregiver) improvement (8.20, 1.99, 14.41, p=0.011)
  - Social (Caregiver) improvement (5.19, -0.93, 11.30, p=0.094)
  - Emotional (Caregiver) improvement (9.78, 3.29, 16.27, p=0.004)
  - Physical (Caregiver) improvement (10.65, 5.52, 15.78, p<0.001)

- **Quality of Life Improves with GFD**
  - Mean change and 95% CI

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Autoimmunity Screening for Kids
A simple test to detect childhood diabetes + celiac disease
What Have We Learned From Screening for T1D and Celiac?

- **996/>33,000** (3.0%) screened positive for tTGA
  - **487/568** (85.7%) with a positive tTGA confirmation
  - **255** diagnosed with CD
- **45/28,465** (0.16%) screened positive for BOTH islet autoimmunity and celiac disease autoimmunity
- **15/271** (5.5%) with a prior celiac disease diagnosis screened positive for islet autoimmunity
- **8/649** (1.2%) followed for islet autoimmunity and subsequently developed celiac disease autoimmunity

As of October 2023
CAN SCREENING FOR BOTH HELP US ADVANCE UNIVERSAL SCREENING?
It’s the law

• Starting in 2024, Italy will be the first to require screening for T1D and CD for all children 0-17 years
• “provisions concerning the definition of a diagnostic program for the identification of T1D and CD in the pediatric population”
  • Years 2024-25  3.85 mil Euro per year
  • Years 2026-  2.85 mil Euro per year

What would it take to get this done in other countries?
Research partners:
Why might we tie mass screening of CD with efforts in T1D?

Mass screening to identify presymptomatic T1D:
• Prevalence of 1% (ASK)
• 90% have no family history of T1D
• Awareness and minimal home glucose monitoring can prevent >80% hospitalizations for DKA
• Can be cost-effective in high prevalence areas with proper screening infrastructure
• Availability of trials (and treatment) for the delay or prevention of disease progression

Mass screening to identify early and unrecognized CD:
• Prevalence of 1-3% depending on region
• 90% have no family history of CD
• 2/3 are asymptomatic or subclinical
• Healing rates in children >> adults
• Screened CD patients get health benefits from treatment
• QoL is not worsened, may improve with treatment of previously undetected disease
• Cost effectiveness studies underway


Practical aspects of screening
What would it look like?

- Decreased incidence after age 10
- Cross-sectional vs serial tTG testing
- Testing up to 3 times still cheaper than initial HLA testing*
- Opportunistic testing (ie. with lead and dyslipidemia screening)
- Total IgA testing?

*Corrado M et al. “Cost minimization analysis of celiac disease screening strategies.” NASPGHAN 2023 poster

Liu E, Gastro 2017
Practical aspects of monitoring
Potential CD, transients, natural history

How to handle a positive tTG IgA test?

- CD (enteropathy present)
- Potential CD (no enteropathy yet)
- Transient autoimmunity

Will need Best Practices – apply lessons learned from ASK
- How to handle a low-positive vs high-positive tTG IgA test?
- When to refer?
- When to “watch and wait”? 
- When to biopsy?
- How to reduce “loss to follow up”?
- How to manage the “asymptomatic” patient?
Priorities and challenges

• Best Practices for a positive screening test
• Public awareness and understanding of CD
• Cost studies
• Partner perspectives
  – Patient groups
  – Health care providers
  – Professional healthcare associations
  – Payors
  – Pharmaceutical industry (in the near future!)
  – Policy makers
So what’s keeping us (in the US) from implementing mass screening for CD?

• Data – more supportive evidence of a benefit to impact recommendations
• Shape public perception – public awareness, willingness to undergo screening. Patient preference!
• Provider perception – provider education, willingness to screen
• Money – Cost effectiveness, overall dollars
• Policymakers – is this a priority
Last thought: Dual+ screening for autoimmunity

• There is benefit for both CD and T1D to be pushed together in mass screening.
  – Has mostly been one-sided

• It would be good for efforts in CD to be closer to equal footing with efforts in T1D

• How can we help from the CD perspective to push mass screening forward?
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Partners
Autoimmunity begins in early childhood for both T1D and CD

*Shared comorbidity, HLA predisposition and childhood onset*

The peak onset of celiac disease autoimmunity and CD is 2-3 years age.

Incidence of islet autoantibody seroconversion rises sharply by 9 months then declines slowly afterwards.
Good research partners:
Birth cohorts that prospectively follow children for T1D and celiac disease

CD has benefited from T1D cohort studies.
How can CD help T1D research?