

# Type 1 Diabetes

## Early Detection Summit 2026

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Edgbaston Park Hotel  
University of Birmingham



### Rachel Besser

Rachel is a consultant paediatric endocrinologist at Oxford Children's Hospital and Honorary senior clinical lecturer at the Centre for Human Genetics, Nuffield Department of Medicine, University of Oxford, leading the T1Early research programme.

In the UK, Rachel leads the UK Islet Autoantibody registry ([www.ukiab.org](http://www.ukiab.org)) for children and adults with one or more islet autoantibodies who do not yet need insulin. The T1Early Programme, focusses on gathering the evidence for screening and early detection in type 1 diabetes (T1D), undertaking work on feasibility, acceptability, cost-effectiveness, and clinical implementation. In Europe, she co-leads the follow up programme in EDENT1FI ([www.edent1fi.eu/](http://www.edent1fi.eu/)), a European-wide screening initiative.

Rachel holds a number of senior leadership positions including as Diabetes officer for the British Society for Paediatric Endocrinology and Diabetes (BSPED), Chair of the BSPED Pre-T1D Special Interest group, co-lead of the NHSE Task & Finish group on T1D screening, co-lead of the Oxford NIHR Biomedical Research Centre Metabolic Experimental Medicine theme, and sits on the Management board of the UK Type 1 diabetes Research Consortium. Rachel has led on a number of Pre-T1D consensus guidelines for ISPAD, BSPED and Breakthrough Type 1. She is funded by Diabetes UK, the National Institute of Health Research, and UKRI Horizon Europe. X @BesserBesser @T1Early