

Type 1 Diabetes

Early Detection Summit 2026

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Edgbaston Park Hotel
University of Birmingham



UNIVERSITY OF
BIRMINGHAM

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I am a diabetes physician and academic clinical lecturer in Diabetes and Endocrinology at the University of Exeter. Type 1 diabetes is known to occur in adults but classically thought of as a disease of children and the majority of research is in this age group. My research is looking to improve understanding of type 1 diabetes presenting in adults.

During my PhD I undertook research looking to better describe the pathophysiology and clinical features of type 1 diabetes presenting in adults and showed this is both similar and different from when the disease presents in children. I am currently looking to understand how the disease first develops in adults and how we might identify adult cases before the onset of clinical symptoms. This work has taken on increasing relevance given the new emergence of disease modifying therapies for early type 1 diabetes.