

JDRF typeoneenationsummit

IMPROVING LIVES. CURING TYPE 1 DIABETES. **T1D**

BREAKOUT 1

All about Artificial Pancreas

Imagine a future where tight glucose control is maintained automatically and with ease. This is the future with Artificial Pancreas Systems! Learn about what is on the market, what is coming soon, and the journey it has taken to get there.

The Art of Nurturing Kids with T1D

Dave Thomas, LMSW

How does a child's brain work and, better yet, how does it work when having to deal with type 1 diabetes? David Thomas tackles these challenges in his work as a therapist with children who have a chronic illness, alongside his personal experience as a parent of a son with T1D. He will provide parents with tips on how to motivate their kids into good diabetes self-management as they mature, and how to navigate the waters of rebellion and resistance if the kids we love push back in their T1D care.

T1D & Travel

Traveling is one of life's great pleasures. Whether it's across states, or across an ocean, don't let diabetes hold you back. This panel will provide tips, stories, and experiences to prepare and empower you on your next trip.

T1D, Pregnancy, and 1st Year Post Pregnancy

Etoi Garrison, MD, PhD and

Jenn Flesicher, MS, RDN, LDN, CDE, CHWC

What do I need to know about planning a pregnancy with T1D? Will my child have T1D? How can I parent responsibly when my blood sugar is 40? There are lots of questions about pregnancy, parenting and managing your diabetes. In this session, Dr. Garrison, and Jenn, a T1D mom, will relay some of their experiences with pregnancy and moms managing life with T1D.

For the Type 3's (a Conversation for Those That Love Someone with T1D)

Whether you are a spouse, grandparent, parent, or other caregiver, this discussion-based session will cover ideas on how best to communicate and support the one(s) you love with T1D.

Diabetes Camps

Diabetes camps offer a great way for your child to learn more about diabetes and get to know other children living with Type 1 Diabetes. Come meet representatives from diabetes camps from the South Region, and hear how camp is a life changing experience.

BREAKOUT 2

Advanced Insulin Pump Management

Gary Scheiner, MS, CDE

There's a big difference between using an insulin pump and excelling with an insulin pump. This session explores several key aspects of succeeding with insulin pump therapy: Fine-tuning basal and bolus insulin, making effective use of advanced pump features, and timely troubleshooting. The presenter has personally worn and trained patients on every make and model of insulin pump on the market since 1993 (28 in all)!

Diabetes, Emotions, and the Whole Family

Dave Thomas, LMSW

Let's explore how T1D impacts the whole family. We will discuss how siblings are affected in this journey, and how we best support and attend to them, alongside caring for and supporting our kids with T1D. This workshop will take a look at three important emotional milestones we want to see all kids progressing toward and how we help them get there.

Adults with T1D

Rachel Mayo

Whether you have been living with T1D for decades, or have recently been diagnosed, this discussion will touch on topics that matter to you. We will discuss day-to-day life with T1D, avoiding "burnout", and other relevant issues.

T1D & School

Going to school with type 1 diabetes requires a lot of preparation and planning - especially if you are the parent of a child with T1D. Our panel of medical providers, school nurses, and parents of T1Ds will discuss tips and strategies for making your child's school experience a success. While every child and school is unique, advice from those who have been there will help you in your journey.

Why Did I Get T1D?

Bill Russell, MD

Was it genetics, environment, viruses.... the possibilities are endless. Dr. Russell presents an overview of current theories on the causes of T1D, and also explains the TrialNet Pathway to Prevention study that looks for ways to prevent, delay and reverse the progression of type 1 diabetes. *The Type 1 Diabetes TrialNet team will be on site to screen family members (ages 1-45) who have a blood relative with T1D. More information: www.vanderbiltdiabetesresearch.com*

Teens Talk

Jenn Flesicher, MS, RDN, LDN, CDE, CHWC

In this group session, teens will find a safe space to share about themselves, their journey with T1D, and life in general without fear of judgment. They will find a circle of peers where they can be seen, heard, and accepted.

BREAKOUT 3

CGM: Making Sense of Sensor Data

Gary Scheiner, MS, CDE

Whether you have a continuous glucose monitor, or you're in the process of getting one, come here to learn how to get the most out of using a CGM.

T1D & Exercise

Whether you are an experienced athlete or someone just starting to exercise - there is something for everyone to learn here! Managing blood glucose levels during various types of sports and exercise activities can be a great challenge for someone living with T1D. Come learn tips, tricks and techniques from a panel of athletes, trainers and weekend warriors living with T1D and making it work.

Living with T1D Q & A

Rodney Snow, MD and

Jenn Flesicher, MS, RDN, LDN, CDE, CHWC

Answers and discussion around your most pressing questions about living with T1D. Great for newly-diagnosed parents and adults and T1D veterans alike!

Being Prepared for T1D Emergencies

Deanna Aftab Guy, MD, Revi Mathew, MD,

Natalie Wilson, RD, CDE

In this session, we will discuss hyperglycemia, hypoglycemia, and sick-days in T1D children along with tips for treatment.

Vanderbilt T1D Researchers

Meet some of the scientists who are hard at work at finding a cure for T1D, right here in Nashville at the Vanderbilt Diabetes and Training Center.

Siblings Talk

Lily & Janie Hubbard

This session is for teens with a sibling living with T1D! Come join in a discussion with fellow siblings. This session will allow for open and honest discussion of the highs and lows of being the brother or sister to someone living with T1D.