

EVENT SCHEDULE

8:45 am **Registration Opens**

9 – 10 am **Exhibitor Fair**

10 – 10:30 am **Morning Keynote: "My Experience as a T1D Guinea Pig" with Brian Herrick**

This keynote presentation by Brian Herrick will include his firsthand account of his artificial pancreas and clinical trial experience. Brian will also discuss the unique opportunities the Clinical Trials Connection has to offer and the impact that it makes on the type 1 community. He will also share the JDRF Mission Message and the strides JDRF is making towards finding a cure.

BREAKOUT SESSIONS

10:45 am – 11:45 am

BEYOND A1C

Life with diabetes goes beyond any single clinical measure. Hemoglobin A1c is considered a standard bearer for glycemic outcomes, but there are many limitations to that measure. This session will cover alternative clinical and patient reported outcomes that reveal day to day experiences of people with diabetes beyond hemoglobin A1c.

D-MOMS AND DADS

This session is specifically designed for parents of T1D children ages 0-12. Our expert panel of seasoned "diabetes parents" will share tips about how to best support T1D children, and specifically cover topics such as handling sleepovers, 504 plans, working with school nurses, etc.

SOMEONE I LOVE HAS T1D

This hands-on session is geared toward anyone who wants to better understand T1D and how to support someone they love who has the disease. Topics include overnight and sick day support, how to administer glucagon, carb counting basics, and more.

TECH-SAVVY T1D

Hear from acclaimed author Adam Brown, who wrote "Bright Spots & Landmines" as he talks about T1D tips such as what to eat to minimize blood sugar swings; insulin pump technology; helpful strategies to feel less stressed, guilty, and burned out; and simple ways to improve exercise and sleep.

2:15 pm – 3:15 pm

PROGRESS TO TYPE NONE

Dr. Jessica Dunne is the Director of Discovery Research for JDRF's Prevention Program. Hear from her as she shares the JDRF Mission Message and discusses the organization's research portfolio and progress toward preventing and ultimately, a cure for type 1 diabetes.

PARENTS OF TYPE ONE TEENS

Parents of T1D teens and young adults often face a new and different set of challenges. This panel session provides discussion around topics such as burnout and other psychological concerns, transitioning from high school to college, hormones, managing T1D with extracurricular and sports, etc.

TYPE ONE TEENS

No parents allowed! This session is limited exclusively to teens (ages 13-22) with T1D and is an opportunity for them to open up and share candidly about their experiences living with the disease. Physician and person with T1D, Dr. Heile, will lead the discussion.

THE UNEMPLOYED PANCREAS

Blogger Kerri Sparling, who authors "Six Until Me", will present this session based around her mantra of "Diabetes doesn't define me, but it helps explain me." Topics include how to balance life with T1D, finding hope versus fear, pregnancy and T1D, and parenting with T1D on board.

3:30 pm – 4:30 pm

T1D TRIGGERS

While there is a strong genetic correlation to developing T1D, there are many who develop T1D with no genetic connection. This panel discussion will cover the latest understanding of the various T1D triggers, as well as the impact on families with multiple T1D's. Hear from a parent of two T1D children, JDRF research experts, and a representative from TrialNet, an organization that provides T1D risk screening and innovative clinical trials aimed at slowing down or stopping the disease.

MIND OVER MANAGEMENT

In addition to physiological concerns, T1D can sometimes also create a host of psychosocial struggles. Hear from renowned psychiatrist ?? who will discuss topics such as depression, distress and burnout as well as family conflict.

HACKING DIABETES

This interactive session is intended for people who have tackled the basics of T1D management and care, and are ready to take it to the next level. A panel of seasoned T1D vets will have a hands on tips and tricks session for best managing and "hacking" diabetes.

PUMPED ON INSULIN

Our expert panel of T1D athletes will share tips and tricks for balancing diabetes with sports and exercise. Discussion will include managing highs and lows during high pressure situations, talking with teammates about T1D, the impact adrenaline has on blood sugars, working out with diabetes and more.

Each breakout session has four topic options. When you register online at TypeOneNationSummit.org, please select which one session topic you would like to attend during that breakout session.

11:45 am – 1 pm **Exhibitor Fair & Lunch**

A boxed lunch will be served to guests in the Exhibitor Fair. First come, first served. Vegetarian and gluten free options are available.

1 pm – 2 pm **Afternoon Keynote: Crystal Bowersox**

During this keynote there will be a Q&A and live performance by American Idol contestant and T1D, Crystal Bowersox.

REGISTER ONLINE TODAY AT
TypeOneNationSummit.org