



The following sessions are geared to three audiences: Parents of children with T1D (P), Adults living with T1D (A) and the General T1D Community (G). Please see the indication by each session as you make your selections

RESOURCE ROW & MORNING SESSIONS

Healthy Cooking Demonstration 9:00 – 11:00 (G)

Chef Robert Lewis, the Happy Diabetic Chef

Introduction to Diabetes for Newly Diagnosed 9:30-10:30 (G) – Candice Williams, CDE and Kristen Mercer, CDE

An informational gathering for those newly diagnosed to provide T1D groundwork which will include: providing basic training for alternate caregivers, receiving an overview of the T1D language used throughout the sessions of the Summit, and most importantly, the opportunity to meet and connect with other newly diagnosed families and individuals.

MAIN SESSION 11:00 – 12:30

Ballroom - The "Best" Time to Have Diabetes (G) – Kris Freeman

I will describe how embracing innovation in diabetes treatment has enabled me to compete at the highest level in sport. I will also speak about the importance of perseverance while pursuing happiness with diabetes.

SESSION 1 12:45 – 1:45 (Choose One)

Room A - Social Media Panel (A) – Moderated by Rob Howe

JDRF Dallas YLC Co-Chair Rob Howe (Diabetics Doing Things) hosts a panel full of Diabetes social media stars from around the country. Tune in as Jill Rippolone (T1DChick) Paloma Kemak (GlitterGlucose) Ariel Lawrence (JustALittleSuga), Austin Fuerst (EverydayT1D) and Chris Ruden talk about trends in the Diabetes Online community and answer your questions.

Room B - PEAK (Performance Excellence and Knowledge) (G) – Dr. Pablo Mora

JDRF PEAK program will share information about exercising safely with Type 1 diabetes. This program is a collaboration of JDRF with researchers around the world meant to address a missing piece in type 1 care and education.

Room C - Type 1 Diabetes and Women (A) – Dr. Heidi Shea

This session will discuss specific topics concerning women with Type 1 Diabetes including: maintaining healthy weight, how to adjust insulin during monthly hormonal changes, diabetes and pregnancy, and more.

Room D – Today's technology: What just hit the shelves? (G) – Dr. Huay-Lin Lo

Come hear the latest updates on all the newest technology that has come to market in the past year, and a glimpse into very soon to be released technology to help manage your T1D.

SESSION 2 1:55-2:55 (Choose One)

Room A – Ask the Endo Panel

Ask the Adult Endo Panel (A) – Moderated by Dr. Heidi Shea

Here's your chance, as an adult living with T1D, to gather with your peers in the adult T1D community and learn from top experts in the field. This panel of North Texas Endocrinologists will discuss your top T1D questions as you navigate both the challenges – and triumphs – of living and thriving with T1D as an adult. Panelists include: Dr. Pablo Mora, Dr. Jessica Abramowitz, Dr. Chris Hudak and Dr. Rosemarie LaJara.

Ask the Pediatric Endo Panel (P) – Moderated by Dr. Soumya Adhikari

As a parent of a child/youth living with T1D, there are many questions that can arise when it comes to helping manage the care of your child. Moderated by Dr. Adhikari, this panel of North Texas Pediatric Endocrinologists will facilitate conversation that will include topics ranging from emotional care, practical advice, and the everyday nuances of T1D. Panelists include: Dr. Shamita Trevedi, Dr. Abha Choudhary, Dr. Huay-Lin Lo and Dr. Juan Mejia.

Room B – The Exciting World of Clinical Trials (G) – Dr. Perrin White and Dr. Phillip Raskin

Dr. Philip Raskin and Perrin White will co-chair a review of recent, current and planned research on type 1 diabetes treatments, including trials of disease-modifying therapies and new devices such as the Bionic Pancreas.

Room C – The Health Policy World (G) – Kim Roosevelt

JDRF is more than just research. Hear about some of the latest and most exciting updates in the JDRF advocacy world. Plus, hear more about the changes in the healthcare policy world, including tools to help with health insurance issues for T1Ds.

Room D – Emotional Challenges for Children with T1D (P) – Dr. Nicole Bereolos

This session will explore the psychosocial challenges of living with diabetes for both the young person with diabetes and their loved ones. A dynamic discussion about the transitions expected as children navigate towards young adulthood living with T1D will occur. Coping strategies, both emotional and behavioral, will also be discussed to help equip caregivers with necessary tools to be successful during this journey.

SESSION 3 3:05-4:05 (Choose One)

Room A - Parent Roundtable (P) – Janice Walsh and Melissa Richards

Parenthood is the longest learning curve in the world... with diabetes as a close second. Whether you're new to diabetes or have been at it a long time, there is always good information to be shared in an open forum like this. Join this frank discussion group which will focus on an open dialogue from the parents who live life as "a part-time pancreas"!

Room B - Off to College: planning for success (P) – Dr. Jessica Abramowitz

In this session we will discuss the medical, social and academic considerations in the transition to college life and how to best plan for success. Panelists include college students: Hayden Haddock, Max Bradley, Samantha Miocic, Raquel Baron and her mom Tina Schnair,

Room C –Adulting with T1D – Thriving and Living Well (A) – Dana Roseman

Join the conversation with this diverse panel of other adults living well with type 1 diabetes. We will explore solutions to real world challenges while living healthy, productive and happy lives as adults with T1D.

Room D - Tomorrow's technology. What's Coming Down the Pipeline (G) – Dr. Soumya Adhikari

Take a look into the anticipated longer term roadmap for technological developments related to T1D management. The T1D that's around the corner is exciting!