

KEYNOTE SPEAKER

Kris Freeman

Kris is a four-time Winter Olympian, from 2002 – 2014, and former World Champion in the sport of Cross Country Skiing in 2003. He has held the US National Champion title 17 times. After retiring from cross country skiing he continues his athletic career as a triathlete and adventure racer, notably winning the grueling Sea to Summit Triathlon in July 2018. Freeman was diagnosed with type 1 diabetes 18 years ago while training for his first Olympic Games in Salt Lake City, Utah. Through perseverance, innovative insulin dosing, and embracing modern diabetes technology, he has never let diabetes stop him from achieving his goals. Kris has spoken at over 200 summer camps for children with diabetes, been a keynote speaker at Friends for Life in Orlando, and presented at over a dozen JDRF events.



TypeOneNation North TX Summit, 2019 Co-Chairs

Melissa Richards (Parent Roundtable)

Melissa is a type 1 mom to Mallory, age 18 and diagnosed at age 6. Over the past 13 years she has been involved with the JDRF chapters in both Dallas and Charlotte, NC where her family is from. She has actively volunteered with JDRF, mentored children with diabetes and supported Insulin for Life. Melissa's dream is to help "Turn Type One Into Type None"!



Janice Walsh (Parent Roundtable)

Janice is happy to serve as a co-chair for the 2019 Type One Nation summit. Her daughter, Elizabeth, was diagnosed with type 1 diabetes almost four years ago and serves as a JDRF Youth Ambassador. Janice, her husband, Gary, her daughter, Elizabeth, and her son, Jack, all greatly appreciate the strides that JDRF is making every day to find a cure for T1D! Janice maintains a busy schedule with several other volunteer endeavors and loves to spend precious time with her family.



PRESENTERS AND PANELISTS:

Jessica Abramowitz, MD (Off to College Panel Moderator)

Dr. Abramowitz is an Assistant Professor at UTSW Medical Center. She is originally from one of the Chicago suburbs, and received her initial medical training at the Sackler School of Medicine at Tel Aviv University. She completed her internal medicine residency, chief residency and Endocrinology fellowship all at the Hofstra North Shore LIJ School of Medicine. Dr. Abramowitz brings to UTSW a strong background in endocrinology and quality improvement research with special research and clinical interests in medical aspects of reproductive endocrinology and transitions of care from pediatric to adult endocrinology.



Soumya Adhikari, MD (Pediatric Endo Panel Moderator; Technology Session)

Dr. Adhikari completed his undergraduate education at the University of Florida where he was recognized as one of four "Four Year Scholars" for the fall graduating class. He continued to medical school at the University of Miami (FL), where he was awarded the "White Hat" award, as elected by his fellow 3rd year residents when asked to select the colleague they would most want as their own child's pediatrician. He completed a fellowship in Pediatric Endocrinology at UTSW, then joined the faculty as an Assistant Professor of Pediatrics. In 2008, he became the Director of the Pediatrics Clerkship, and serves as the Medical Director of the Endocrinology Clinic. Dr. Adhikari serves on the Greater Dallas JDRF Board of Directors.



Raquel Baron (Off to College Panel)

Raquel is a student, dancer and type 1 diabetic diagnosed in 2001. Originally from Dallas, Raquel is currently a senior dance major and business minor at The University of Texas at Austin. Once getting to college, Raquel took diabetes management into her own hands and found a passion for building a type 1 community. She is now co-president of Type Texas, UT's College Diabetes Network chapter, and is thankful for the opportunities that her diagnosis has provided. After graduation Raquel hopes to dance professionally and pursue her passion for event planning while continuing to support the type 1 community.



Nicole M. Bereolos, PhD, MPH, CDE (Emotional Challenges for T1D children)

Dr. Bereolos, a type 1 diabetic for nearly 27 years, is a clinical health psychologist in private practice throughout the Dallas area, focusing on helping those living with chronic medical conditions, especially diabetes. She completed her doctorate from UNT-Denton and a post-doctoral fellowship in behavioral medicine at Alpert Medical School of Brown University in Providence, RI. Currently, she is completing her post-doctoral master's in Clinical Psychopharmacology at Fairleigh Dickinson University. For 2018-2020, she was elected as a director for the American Association of Diabetes Educators, where she served on several committees.



Max Bradley (Off to College Panel)

Max is a 22 year old senior at the University of North Texas majoring in Journalism with a focus in Public Relations with hopes of working for a nonprofit after graduation. Max is originally from El Paso, TX but moved to Denton to attend UNT in 2015. He was diagnosed with Type 1 diabetes on March 16, 1998 and has faced all the high's and low's that have come from it since then. Max has never let T1D stop him from doing anything he has wanted to.



Abha Choudhary, MD (Pediatric Endo Panel)

Dr. Choudhary is an Assistant Professor of Pediatric Endocrinology at Children's Medical Center at University of Texas Southwestern Medical Center. She serves as the Medical Director of the Diabetes Program. Her areas of interest include pursuit of new technologies and their suitability in medical care. She completed her pediatric residency at The Children's Hospital of Philadelphia and fellowship in Pediatric Endocrinology at New York Presbyterian Hospital, Cornell University.



Austin Fuerst (Social Media Panel)

Austin is 23 years old, and has had type 1 diabetes for 21 years. He has an immense passion for educating and encouraging others with T1D. Austin is currently pursuing a Nutrition degree with the hopes of becoming a Registered Dietitian and a Certified Diabetes Educator. Austin manages a Social Media page called @Everyday_T1D. He created this page to share the real life highs and lows of T1D and to help encourage type 1 diabetics to manage their disease to the best of their abilities. Austin has over 8,000 online followers @everyday_t1d



Hayden Haddock (Off to College Panel)

Almost 12 years ago, when I was 8 years old, I was diagnosed as with type 1 diabetes. After coming home from the hospital and settling into my new way of life, I had asked the questions so many times...why me? A few years after being diagnosed, I picked up a guitar and began lessons. At that point I knew why...to show people that you can live life to the fullest and dream big dreams all while having type 1 diabetes. If I can take care of myself and share my music and touch just one person, I will know that I am doing my part in this world to help motivate and inspire others to do the same. I attend Texas A&M, and my music career has enabled me to bring awareness about T1D to my concert audiences.



Rob Howe (Social Media Panel Moderator)

Rob has been living with type 1 diabetes for 13 years. He is an Entrepreneur, Marketing Strategist, Podcaster and former professional basketball player. In 2015, Rob founded Diabetics Doing Things, in an effort to raise awareness around the amazing things that type 1 diabetics are doing around the world. As of 2018, Rob's podcast has been downloaded over 250,000 times, from listeners in over 50 countries. He hopes for a day where children, teens and adults who are diagnosed with T1D need only go online and search for people with type 1 diabetes who do the thing they love, and feel confident that the dreams for their life are still valid. Rob has over 31,500 online followers @DiabeticsDoingThings.



Christopher Hudak, MD (Ask the Adult Endo Panel)

Dr. Hudak, a native Texan from Plano, attended the University of Texas at Austin, where he received a B.A. in Biology, magna cum laude and an award for exemplary service and leadership as part of a pre-medical honor society. He attended Texas A&M Health Sciences Center College of Medicine for his M.D., completed his residency training in Internal Medicine at the University of Virginia and completed his fellowship training in Endocrinology, Diabetes, and Metabolism at UTSW in 2013. He is an active member of the American Medical Association, American College of Physicians, American Association of Clinical Endocrinologists, and the Endocrine Society. He is dedicated to providing his patients with a wonderful experience that emphasizes compassion, advocacy for the patient, patient education and the delivery of quality healthcare.



Patrick Idom (Adulting with T1D Panel)

Patrick joined the Army Infantry after high school and served 4 years. He attended Texas A&M and studied Economics and History. Patrick currently works at AIM Solutions, Inc as a Software Consultant and is married with two children. He was diagnosed with type 1 diabetes on Jan 4, 2017.



Paloma Kemak (Social Media Panel)

Paloma is better known online as "Glitter Glucose!" She shares her glittery, girly, fabulous life and just happens to live with type 1 diabetes. She was diagnosed in 2013 and created the "Glitter Glucose" persona to make friends who also live with T1D. Through her blog and Instagram, Paloma connects with people all over the globe by sharing "me toos," food, fashion and all her favorite things! Paloma has over 18,000 followers @glitterglucose.



Shelby Kimball (Adulting with T1D Panel)

Shelby was diagnosed with type 1 diabetes in 2001 after a couple of months with an initial misdiagnosis of type 2. After a few months on Humulin 70/30 he switched to Lantus and a fast acting insulin and has been on that ever since. He has been on a Dexcom CGM for about 4 years and is very interested in trying one of the "artificial pancreases" that are out or soon to be. In 2015, his then 3 year old son was diagnosed with T1D (and Celiac) and then in 2016 one of his then 10 year olds was also diagnosed. The other two boys are participating in Trial Net and have shown no signs of antibodies. He is the 2019 Incoming President of the Greater Fort Worth Association of REALTORS, and he serves on the JDRF Fort Worth/Arlington Chapter Board of Directors. He enjoys traveling and relaxing with his wife and four boys.



Rosemarie Lajara, MD (Ask the Adult Endo Panel)

Dr. Lajara is an Endocrinologist with Diabetes 360 Clinics, specializing in Endocrinology, Diabetes and Metabolism. She is President of the Diabetes America Physicians Association and an active member of several scientific advisory boards and professional societies, including the American Association of Clinical Endocrinologists, the Endocrine Society and the American Diabetes Association. She has authored multiple publications in prestigious medical journals, written textbook chapters, and served as editor for several medical journals. She has presented her work at many of the major endocrinology meetings including the Endocrine Society, AACE and ADA among others. In addition, she has been instrumental in developing programs and initiatives directed to improve the quality of care for patients with diabetes in at risk and underserved populations both nationally and internationally.



Ariel Lawrence, MA (Social Media Panel)

Ariel is a native New Yorker who is passionate about resolving issues of educational inequality, deepening her spiritual walk, and tackling health disparities. Ariel has lived with type 1 diabetes for 12 years. She's the Founder of Just a Little Suga' (www.justalittlesuga.com) and creator of the "Diabetics on the Margin" series--platforms shedding light on the experiences of individuals of color and marginalized communities affected by diabetes. Her work has also been featured on The Mighty, Beyond Type 1, Insulin Nation, Kevin MD and HealthLine. Ariel received her M.A. from Teachers College, Columbia University and A.B. from Princeton University. Ariel has over 4,000 online followers @justalittle_suga



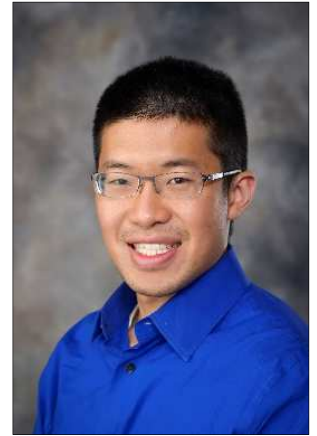
Chef Robert Lewis (Cooking Demonstration in Resource Row)

Chef Robert, The Happy Diabetic Chef, graduated from the prestigious Culinary Institute of America in 1976. In 1998 he was diagnosed with diabetes, thus began his motivation to create great tasting dishes that are easy to prepare. Chef Robert is a nationally recognized author, public speaker and spokesperson for all people affected with diabetes. Robert has collaborated with Lee Iacocca and has worked with Al Roker, Ben Vereen, Richard Simmons, Ann Curry, IndyCar racer Charlie Kimball, The Amazing Race Winner Nat Strand and many others. Chef Robert has been featured in many magazines and is the author of three bestselling cookbooks.



Huay-Lin Lo, MD (Ask the Pediatric Endo Panel; Today's Technology Session)

Dr. Lo obtained his medical degree from UTSW Medical Center in 2012. He completed his residency training at Texas Children's Hospital in Houston in 2015, and returned to UTSW to complete a fellowship in Pediatric Endocrinology. Afterwards, he joined the Division of Pediatric Endocrinology as an Assistant Professor in September of 2018. Dr. Lo is particularly interested in type 1 diabetes and is actively involved with Camp Sweeney, a summer camp for children with diabetes near Dallas.

**Juan Mejia, MD (Ask the Pediatric Endo Panel)**

I am originally from Colombia. I graduated from medical school in 2010 and worked in Colombia as a doctor for about 2.5 years before moving to the U.S. in 2013 to start my post-graduate training in Pediatrics at Miami Children's Hospital. After graduating as a pediatrician in 2016, I moved to Dallas to complete my sub-specialty training in Pediatric Endocrinology at UTSW/Children's Medical Center Dallas. I will be graduating as a Pediatric Endocrinologist in 2019. My drive towards endocrinology has always been my passion. I enjoy all topics in the field of endocrinology but without any doubt type 1 diabetes mellitus is one of the most interesting and dynamic.

**Kristen Mercer RN, BSN, BS (Newly Diagnosed Session)**

Kristen Mercer left her job as a retail buyer to pursue her passion to become a diabetes educator. Kristen has been working for Children's Health as a nurse and educator since 2016. She has been living with diabetes for over 21 years, and is a mother to a daughter with Type 1 as well. She enjoys showing patients and their families that diabetes does not have to limit you. Kristen spends her free time watching her kids at their sporting events.

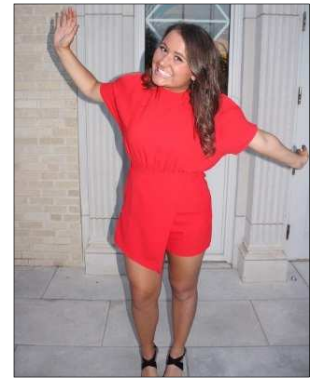
**Marsha Mackenzie MS RD/LD CDE (Ask the Pediatric Endo Panel)**

Marsha joined Children's Health in 2003 and serves as a Diabetes Educator. She's been actively involved in center research activities and helped the education program receive disease-specific certification with The Joint Commission. Her pediatric diabetes experience started at Children's Hospital Los Angeles where she worked seven years and among other tasks developed a weight management program for overweight children used at the hospital and subsequently in the school setting. Marsha earned a bachelor's degree in dietetics from Missouri State University and a Master's of Science from California State University, Northridge.



Samantha Miocic (Off to College Panel)

Samantha is a sophomore nursing major at Texas Christian University. In her free time, she plays club lacrosse at TCU, holds an Executive position in her sorority, Gamma Phi Beta, coaches lacrosse, babysits/mentors younger T1Ds, journals and shops for coffee! Fun fact: she is training to run a half marathon with the help of her “awesome Endo”, Dr. Mora! Sam was diagnosed with T1D when she was 10 years old, and wears the Dexcom CGM and OmniPod insulin pump.



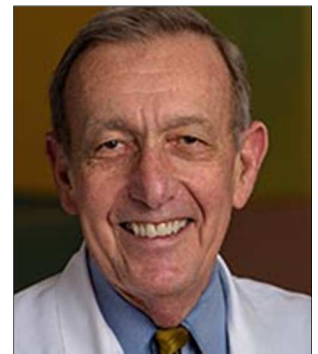
Pablo Mora, MD (Ask the Adult Endo Panel; PEAK Session)

Dr. Mora was born and raised in Costa Rica and completed medical school and training in internal medicine and critical care in San Jose, Costa Rica. He then completed a fellowship in endocrinology and metabolism at the UTSW Medical Center. He is a CDE, a fellow of the American College of Endocrinologists, and has a Masters' in Clinical Sciences from UT. Dr. Mora's clinical interests include new pharmacological therapies in diabetes as well as the use of modern technology for monitoring and making therapeutic decisions. He recently implemented a model of effective care for transitional (pediatric to adult) patients with diabetes. He holds an appointment as Clinical Professor at the UTSW Medical School, and he is a member of the Editorial Board for the Journal of Clinical Diabetes.



Philip Raskin, MD (Clinical Trials Session)

Dr. Raskin received his medical degree from the University of Pittsburgh, School of Medicine and completed a residency in Internal Medicine there. He did a Fellowship in Endocrinology, Diabetes and Metabolism at UTSW Medical Center at Dallas. He is board certified in Internal Medicine and Endocrinology, Diabetes and Metabolism. He is a Fellow of the American College of Physicians and the American College of Endocrinology, and is a Certified Diabetes Educator. He is presently Professor of Medicine, Department of Internal Medicine and holds the Clifton and Betsy Robinson Chair in Biomedical Research at the UTSW Medical Center at Dallas. He is an Attending Physician in the Diabetes Clinic at Parkland Health and Hospital Systems, and is the Principal Investigator in four NIH funded multicenter diabetes trials including: The Diabetes Control and Complications Trial, TrialNet, and The Glycemia Reduction Approaches in Diabetes. Dr. Raskin is a clinical researcher renowned for his work in diabetes, its complications and its management. He was the Editor of The Journal of Diabetes and Its Complications from 1990 to 2011 and has served as a past Editor of Clinical Diabetes. He is widely published in peer reviewed Journals, such as the New England Journal of Medicine, The Journal of Clinical Investigation, Diabetes, Diabetes Care, the Annals of Internal Medicine, and The Journal of Diabetes and Its Complications.



Jillian Rippolone (Social Media Panel)

Hi! I'm Jillian. I was diagnosed with type 1 at 8 years old in 1997. I was diagnosed one year after my brother was diagnosed with type 1. I am currently on the Omnipod insulin pump and Dexcom G5 CGM. I use my social media as a voice for diabetes awareness and advocacy. I want to inspire others and unite our type 1 community. You can find me on Instagram, @t1dchick! I have my bachelors degree in Special Education and Social Science and one day hope to become a Certified Diabetes Educator. Jill has over 25,000 online followers @t1dchick.



Kim Roosevelt (State of Healthcare Session)

Kim was a litigator with Jones Day and now serves as a community leader and volunteer. Kim currently serves on the JDRF International Board of Directors, International Advocacy Committee and as the Greater Dallas Chapter Advocacy Team Chair. Prior to this, Kim served for six years on the Greater Dallas JDRF Board, two years on the executive committee and chaired JDRF's Children's Congress in 2015. Kim lives in Dallas with her husband David and has two children, Elizabeth, age 16, who lives with T1D, and Caroline, age 14, who has Down syndrome.



Dr. Sani Roy (Pediatric Endo Panel)

Dr. Sani Roy grew up in the Dallas area, and knew from a young age that her calling was to be a doctor. She attended UTD where she graduated Magna Cum Laude with a degree in Neuroscience and a minor in Medical and Scientific Humanities. She completed medical school at UTSW Medical Center and her pediatric residency at Children's Medical Center Dallas. Dr. Roy trained in pediatric endocrinology at The Children's Hospital of Philadelphia. In 2015, she was a recipient of the Endocrine Society's Endocrine Scholars Award in Growth Hormone Research. She received a Certificate of Clinical Research from the Perelman School of Medicine at the University of Dr. Roy was thrilled to join Cook Children's in 2016. She is an accomplished singer and also enjoys yoga, tennis, being involved with her church, and traveling across the United States to visit her large extended family.



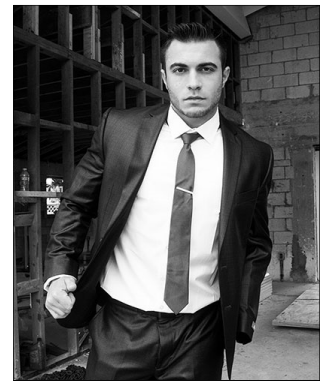
Dana Roseman, MPH, CDE, RD/LD (Adulting with T1D Panel Moderator)

Dana is a Dallas based Certified Diabetes Educator and Clinical Dietitian. Dana has many years of professional experience working with patients living with T1D along with her own personal experience with the disease. Dana's practice focuses on helping patients to optimize the use of pump therapy and continuous glucose monitors. In addition, Dana works with many endocrinologists in the DFW area, training medical staff and patients on the newest medications and treatment options for both type 1 and type 2 diabetes. Dana has presented at many national conferences promoting diabetes education and advances in technology and has been highlighted in local newspapers. Dana also serves as the Dallas JDRF chapter's Research Information Volunteer.



Chris Ruden (Social Media Panel)

Chris is an elite Powerlifter, entrepreneur, model and motivational speaker— despite his congenital birth defect leaving him with only two fingers on his left hand and a shorter left arm. 19 years into battling his physical situation, he was diagnosed with type 1 diabetes. But for Chris, losing is not an option. He is an advocate for fitness, managing diabetes, and the power of a positive mindset in overcoming any limitation! He also deadlifts over 600 pounds despite the fact of only having one hand! Chris has over 53,000 online followers @chrisruden.



Tina Schnair (Off to College Panel)

Tina grew up in Dallas and is the youngest of three children. She graduated from the University of Texas at Austin and is the proud mother of 2 beautiful daughters. Her youngest, Sophie, is 17 and a junior at Greenhill School. Raquel, her eldest, is 22 and graduating from UT Austin with a BFA in dance in the spring. Raquel was diagnosed with type 1 diabetes in January of 2002 when she was 5 years old. Tina's passion and the focus of her efforts has been raising her daughters. This included doing everything possible to minimize the impact of type 1 on Raquel's childhood while making sure she was able to pursue her passion of dancing.



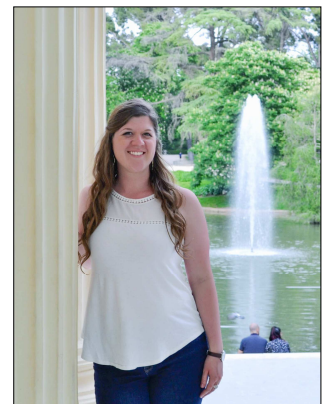
Heidi Chamberlain Shea, MD, FAAP, FACE (Women and T1D Session; Ask the Adult Endo Panel Moderator)

Dr. Shea is a board certified clinical Adult and Pediatric Endocrinologist and practices at Endocrine Associates of Dallas. Dr. Shea earned her undergraduate degree from the University of California Davis in Biological Sciences. She received her medical degree from Stritch School of Medicine, Loyola University in Chicago, then completed a 4 year Internal Medicine and Pediatrics program at Indiana University, where she also served as Internal Medicine and Pediatric Chief Resident. She completed her fellowship at the UTSW Medical Center. She is the current Director of the Diabetes Education Center at Endocrine Associates of Dallas and serves on the Greater Dallas JDRF Board of Directors.



Katie Shelton (Adulting with T1D Panel)

Katie, a Tennessee native, grew up in Stephenville, Texas before going on to earn her BFA from Texas Tech University. Katie spends her days as a graphic designer at a Fort Worth advertising agency. If she could, Katie would fill her insulin pump with coffee and administer it intravenously. Katie was diagnosed with T1D two years ago on Halloween — life's "sweetest" irony — and has since become enraptured by T1D jokes. Now involved with JDRF, Katie also volunteers at Presbyterian Night Shelter and contributes her talents to the Foundation for the Young Women's Leadership Academy of Fort Worth. Rolling with the highs and lows, and her two other autoimmune diseases, Katie still strives to embrace the challenges that come with wearing her pancreas.



Shamita Trivedi, DO (Ask the Pediatric Endo Panel)

Dr. Trivedi attended the Texas College of Osteopathic Medicine in Fort Worth, where she received her doctorate in osteopathic medicine. After medical school, Dr. Trivedi attended Loyola University in Chicago where she completed her Pediatrics residency. She then returned to north Texas for her Pediatric Endocrinology fellowship at Children's Medical Center. She enjoys all aspects of Pediatric Endocrinology and has a special place in her heart for Type 1 diabetes, especially because of the new and innovative technologies available so that the level of care she provides can be tailored more for each specific patient and family. She appreciates getting to deliver individualized care for her patients. Dr. Trivedi proudly practices pediatric endocrinology at Pediatric Endocrinology of North Texas in Plano, TX.



Cynthia Villalobos (Adulting with T1D Panel)

I have been in a long term relationship with type 1 diabetes for 23 years. I was diagnosed at 21 when I was in diabetic ketoacidosis and spent 9 days in the hospital. I was in college and determined not to let diabetes stop me from doing the things I liked. Rather than let diabetes control my life I opted to control diabetes. I have always been very active and exercise is one of my passions. I am a triathlete and enjoy running and cycling the most, completing marathons and century rides. I enjoy strength training and I teach antigraivty yoga at The Four Seasons Golf and Sports Club. By far my greatest accomplishment is having my son who is now 19 years old. I love being a mom!



Perrin White, MD (Clinical Trials Session)

Dr. White is the Chief of Pediatric Endocrinology at Children's Medical Center and is the first holder of the Audre Newman Rapoport Distinguished Chair in Pediatric Endocrinology. Recruited to UTSW in 1994 from Cornell University Medical College in NYC, he is a Professor of Pediatrics and directs the pediatric endocrinology program at UTSW. Dr. White holds undergraduate and medical degrees from Harvard University, was a resident in pediatrics at Johns Hopkins Hospital and a research fellow at Rockefeller University. He was included in *D Magazine's* Best Doctors list for 2018.



Candice Williams, RN, CDE (Newly Diagnosed Session)

Candice is currently a nurse and Certified Diabetes Educator with Cook Children's Medical Center. Her past experience includes emergency nursing and international public health education. Teaching children and families about healthy lifestyles and living with diabetes is her way of changing the world, one family at a time. Originally from the Washington D.C. area, she enjoys being crafty, travelling and having fun (with lots of carbs!).

