



Dr. Carol J. Levy, MD, CDE

Director of the Mount Sinai Diabetes Center and Type 1 Diabetes Clinical Research

Dr. Carol J. Levy, MD, CDE is an Associate Professor in the Department of Medicine, Division of Endocrinology, Diabetes and Bone Disease, and an Associate Professor in the Department of Obstetrics, Gynecology and Reproductive Science. She is a board-certified Endocrinologist and Certified Diabetes Educator. She is an expert in type 1 diabetes and diabetes in pregnancy as well as general endocrinology. She has over 20 years experience managing patients with these conditions.

As a child, she was diagnosed with type 1 diabetes and the patience and respect she received from clinicians along the way (including her obstetrician for her own pregnancies) reinforced her belief that a patient who understands the purpose of a treatment is one who is able to best manage his//her disease. As the Director of the Artificial Pancreas Research Program, she and her team strive to continue to improve the lives and glucose control of people with diabetes, by forwarding this technology through both research and clinical care. This pioneering clinical research program collaborates with multiple researchers both nationally and internationally and has the potential to revolutionize the management of patients with type 1 diabetes.



Chris Ruden

Keynote speaker, youth motivational speaker, and diabetic speaker

Chris Ruden is an elite Powerlifter, entrepreneur, model and motivational speaker– despite his congenital birth defect leaving him with only 2 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. “Limitations are self-imposed” – Chris Ruden

He uses his struggle to inspire people to overcome any and all adversity they may face in their lives through molding mindsets into resilient fortresses of self-belief. Through humor, logic, and passion, Chris’ relatable, yet hard hitting message inspires the masses. His education mirrors his experience, as he has a bachelors degree in exercise science and health promotion as well as a laundry list of certifications and specializations in fitness, therapy, and life coaching. He also dead-lifts over 600 pounds despite the fact of only having one hand! He has won almost every power-lifting meet he has competed in and is on track to be the world’s strongest Adaptive athlete. From helping an 11 year old with cerebral palsy walk to helping an 85yr old woman beat cancer twice, His message and work ethic are sure to inspire any crowd! He is an advocate for fitness, managing diabetes, and the power of a positive mindset in overcoming any limitation!