

# JDRF TYPE 1 DIABETES EDUCATION SUMMIT BOSTON

Saturday, April 9, 2022

Sheraton Boston Hotel

## EDUCATIONAL SESSIONS

**Improving Lives and Accelerating Cures** | JDRF works tirelessly to accelerate breakthroughs to cure type 1 diabetes (T1D) and improve the lives of those living with the disease. We continually expand our scientific knowledge, our connections and collaborations, our partners, and our global presence to unlock the science that will stop T1D. While we fight for cures, we strive just as hard to develop therapies to help people right now. From securing funding from the Federal Government, to accelerating new technologies and therapies through the regulatory approval process, our Advocacy team engages across the pipeline to ensure critical T1D research maintains its momentum, and life-changing breakthroughs can continue to be realized. In addition, advances in research need to be affordable and accessible, so we are working hard to ensure as many people as possible in the T1D community can benefit from these advancements. This unique co-facilitated session will take a deeper dive into JDRF's research strategy and priorities and highlight some exciting recent developments and advancements. In addition, attendees will gain an understanding of our current legislative and policy priorities, and how to get involved in driving our Advocacy agenda forward.

**Practical Tips for Controlling T1D During and After Exercise** | The focus of this session is to provide practical tips for reaching your fitness goals while living with T1D, including: how to reduce and eliminate hypoglycemia during exercise, how to get rid of post-exercise hypoglycemia, understanding the variables that cause changes to your glucose levels besides food and insulin, and how to effectively prepare for success!

**Real Talk with Teens** | Participate in discussions about real-life topics related to the everyday management of T1D. Hear from members of the Boston Children's Hospital (BCH) Diabetes Program Teen Advisory Committee, who will share their experiences and practical tips on a wide range of subjects relevant to both newly diagnosed individuals as well as anyone entering a new life stage of T1D. A multidisciplinary team of healthcare providers at BCH will be facilitating the conversation.

**Strong Families: Growing Up with T1D** | Growing up is hard, for parents and for kids. It can be even harder with T1D in the mix. This session will give parents and caregivers ideas and tools to support their children with T1D at every age and stage with ideas for becoming a family stronger than anything T1D can throw your way.

**Supporting Your Student with T1D: A Guide to 504 Plans and Considerations to Set Your Child Up for Success at School** | Sending your child to school with T1D can feel stressful, and you want to know they are safe and able to engage in all their school has to offer. In this talk we will go into detail about 504 plans; their practice and purpose and discuss other tips for supporting your child in school.

**T1D in Adulthood** | Panelists will share their perspectives on thriving with T1D in their careers, relationships, and everyday life.