JDRF TypeOneNation Summit Schedule

8:00-9:00 - Registration, Networking, and Resource Booths

9:00-9:45 - Keynote / General session — Gary Scheiner, JDRF Research Update

10:00—11:00 - Breakout Session 1

**Tools of Type 1s: What I've learned from over 100 intimate conversations with T1Ds across the world** - Rob Howe

Rob takes us behind the scenes of the tools and tactics used by some of the most influential T1Ds in their everyday lives that help make them extraordinary. Rob is the founder of Diabetics Doing Things, a podcast that tells the stories of people with Diabetes. Founded in 2015, Diabetics Doing Things has been downloaded over 250,000 times in more than 50 countries.

**Getting the Most from CGM — Gary Scheiner**

Research has shown that continuous glucose monitoring (CGM) can improve glucose control and quality of life for people with diabetes. Yet, many are just scratching the tip of the iceberg when it comes to BENEFITTING from this innovative technology. This program focuses on the practical aspects of CGM: Setting & using CGM alerts, applying trend information to improve control and enhance safety, and analyzing CGM data for make adjustments to one’s therapy.

**Vanderbilt T1D Researchers - Dr. Al Powers, Dr. Dianne Saunders**

Meet some of the scientists who are hard at work at finding a cure for T1D, right here in Nashville at the Vanderbilt Diabetes and Training Center.

**Diabetes Camps - Center for Courageous Kids, TCDC**

Get to know some of our local representatives from different camps your child can attend during the summer! Camps are a great way for kids to create connections and friendships with other kids who know exactly what they are going through.

**For the Caregivers - Krista Hockaday, Sharon Lyttle, Dr. Bradly Thrasher**

For anyone who takes care of, supports, or loves someone with T1D, this session is for you. We will discuss some common issues that secondary caregivers come across when dealing with T1D, offer best tips and tricks, and give an opportunity for people to share what has worked best for them.

**The Weight Debate - Caitlin Grenier**

What should I weigh? What should I eat? How much should I eat? When should I eat? A lot of us get caught up in these questions when we want to change our habits when it comes to managing T1D. But what if there is no one perfect answer - only a perfect for YOU answer? Caitlin will go through some coaching processes to get you to the healthy spot you want to be in.

11:00-1:00 - Lunch / General session — Technology Panel

1:00—2:00 - Breakout Session 2

**Living in the T1D Renaissance: How Social Media & Technology make this the best time to live with T1D** - Rob Howe

We’re living at the intersection of Diabetes Technology & Social Media connectivity, which make today the best time to live with Diabetes (if there is such a thing). Rob talks about the clinical & psychosocial outcomes of being involved with the Diabetes Online Community, from sharing blood sugars, to Diabetes hacks and making friends with T1Ds across the world.

**Carb Counting Tips & Tricks - Jenn Fleischer, RDN, CDE, Nutrition Therapist, Certified Health & Wellness Coach**

Remember when eating a meal was as simple as, well, just eating? Now we must quantify the glycemic effect of the meal in order to dose our insulin properly. We will discuss the role of carbohydrate (and other nutrients) in daily diabetes management, including how different carbs affect us in different ways. Basic and advanced techniques in carbohydrate gram counting will be presented, along with practical ways to handle fat & protein.
Traveling is one of life’s great pleasures. Whether it’s across states, or across an ocean, don’t let diabetes hold you back. This panel will provide tips, stories, and experiences to prepare and empower you on your next trip.

Whether you have been living with T1D for decades, or have recently been diagnosed, this panel discussion will touch on topics that matter to you. We will discuss day-to-day life with T1D, avoiding “burnout”, and other relevant issues.

Was it genetics, environment, viruses… the possibilities are endless. Dr. Russell presents an overview of current theories on the causes of T1D, and also explains the TrialNet Pathway to Prevention study that looks for ways to prevent, delay and reverse the progression of type 1 diabetes. The Type 1 Diabetes TrialNet team will be on site to screen family members (ages 1-45) who have a blood relative with T1D. More information: www.vanderbiltdiabetesresearch.com

Teens and parents are both welcome in this session to learn how T1D interacts with the ever-evolving teenager. Dr. Mizell will go over common issues she sees with teens with T1D and explain how best to handle it from the teens point of view, as well as the caregiver’s.

This session is for teens with a sibling living with T1D! Come join in a discussion with fellow siblings. This session will allow for open and honest discussion of the highs and lows of being the brother or sister to someone living with T1D.

Rob Howe from Diabetics Doing Things sits down to discuss tactics and approaches to exercise, both from his experience as a professional athlete, as well as general health & fitness tips for those who are live an active lifestyle with T1D. This session will be a brief presentation of Rob's experiences followed by an in-depth Q&A.

Dr. Thrasher will discuss the best ways to prepare yourselves for any emergency related to T1D. From emergencies at home to school, and everywhere in between, you will be equipped for anything that may come your way.

Jenn Fleischer, RDN, CDE, Nutrition Therapist, Certified Health & Wellness Coach Up, down, up down, up down.....we’ve all seen and felt what it’s like when our blood sugar takes us on a rollercoaster. Jenn will discuss best ways to deal with the rollercoasters, including how to NOT get frustrated or burnt out when having to deal with them.

So you want to take the next step in making a difference in the lives of people with T1D? Join our advocacy session! Sally will explain the different ways you can get involved in the legislative side of T1D.

Many people with T1D also suffer from other chronic conditions as well. If you are not only dealing with T1D, and need some support on how to juggle it all, this panel is for you. We will discuss best tips and tricks and share common practices with each other.

So you want to take the next step in making a difference in the lives of people with T1D? Join our advocacy session! Sally will explain the different ways you can get involved in the legislative side of T1D.

Many people with T1D also suffer from other chronic conditions as well. If you are not only dealing with T1D, and need some support on how to juggle it all, this panel is for you. We will discuss best tips and tricks and share common practices with each other.

3:15-4:00 - Insurance FAQ / General session with door prizes!