

12:00 – 12:30pm » Mission Message Main Ballroom

Progress in Research –Jaime A. Giraldo Ph.D.

12:30 – 1:30pm » Keynote Main Ballroom

Type 1 Diabetes in Context –Kerri Sparling

Join Kerri Sparling for a candid, funny, and unfiltered look at “real life” with type 1 diabetes (T1D). She'll talk about how T1D is a pursuit of balance, not perfection, and how an honest portrayal of T1D can help you achieve your health goals

1:50 – 2:50pm » Breakout Session 1 (please select one)

A **The Emotions of Type 1 Diabetes for Adults** –Kerri Sparling

Join author and advocate Kerri Sparling for a deep dive discussion about the emotional side of diabetes and how to create a culture of self-care.

B **Lighting up your plate “Happy Diabetic Style”** –Chef Robert Lewis

Chef Robert Lewis, The Happy Diabetic Chef shares his tips, tidbits and humorous anecdotes about cooking. This interactive workshop will give you inspiration to create and prepare simple yet delicious diabetic friendly meals. Robert will show you how to turn ordinary ingredients into something extraordinary.

C **Parenting on an Emotional Roller Coaster with T1D** –Chikeitha Owens

How do we relate to our children that have been diagnosed with T1D? In this session we will learn about the various ups and downs that young children and teens experience while battling this disease. You will learn about the Coping Mechanisms and the Do's and Don'ts when trying to relate and redirect your children to keep them on task. Parents will even learn about Cognitive Behavioral Techniques to help while parenting a child with T1D. Upon completion of this session, the goal is that you will have gained a better understanding of how to relate to your child and now possess coping mechanisms that will help tackle some of your struggles.

D **What's Next for Artificial Pancreas?** –Jaime A. Giraldo Ph.D.

This presentation will give an overview of 1st generation Artificial Pancreas (AP) systems which will be coming to the market this year, and will also discuss ongoing research to develop more advanced AP systems that will be coming to the market in the coming years.

3:00 – 4:00pm » Break Out Session 2 (please select one)

A **Pregnancy with T1D –Amy Wehbe, CDE**

Many questions arise when planning a pregnancy with Type 1 Diabetes. What can I expect my blood sugars to do? What can I do to deliver a healthy baby? What should I expect after my baby is born? Please join Amy, a Certified Diabetes Educator and mother with Type 1 Diabetes, as she discusses disease management goals during pregnancy and how to work with your health care team to ensure a healthy pregnancy.

B **Racing Through Life with T1D - Athletics and Diabetes –Bradford Gildon**

Introduction to concept of elite team of athletes who make up Diabetes Sports Project. Triathlons and endurance racing will be the primary topic of conversation, with personal experiences and stories of day-to-day life shared along the way.

C **The 504 Plan in School for Type 1's –Anne Imber**

This program empowers families to create purposeful, individualized 504 Plans that transition with a T1D through the school years. Designed to educate parents on the important role they have in managing these plans and to understand the 504 Plan process. Also discussed are how to adapt the plan to include Extracurricular Activities. Learn the differences between IEPs, 504s and Health plans and understand Texas state law that protects T1D students in addition to Federal law.

D **Nutrition Wellness and T1D –Dabney Poorter, BSN, RN, CN**

Shopping for the right foods to eat and finding the time to prepare meals and snacks can be challenging, especially when you add T1D into the mix! Learn how to work through the challenges of nutritious meals, snacks and carbohydrate counting.

4:10 – 5:10pm » Break Out Session 3 (please select one)

A **Living with T1D as an Adult –Dr. Mary Beth Cox, MD**

This discussion encompasses everything from doing your best to prevent complications, being proactive in your care and building a community of support around you.

B **The Art of Managing the Science: Designing Your Diabetes Experience –Jim Penn, CDE, PA**

Diabetes Management is a blank canvas. Science hands you the tools, but which ones you choose and how and when you use them determines what your picture of diabetes will look like. We'll discuss some of those tools and offer a few tips and tricks that can help you personalize and even enhance your diabetes management. Topics will include treating lows, rebound highs, sick days/ketones, how hormones effect insulin needs and blood glucose, tips to handle post meal highs, use of temporary basal rates and extended bolus via insulin pump, and the use of positive words in discussing diabetes.

C **T1D Teen Talk and College Transition –Anne Imber**

This program is a simplified, summarized overview of the many non-medical issues teens and T1D families face in Middle School & High School. Extracurricular Activities, ACT/SAT/AP/Dual Credit issues, Driving, Turning 18 and College preparation are a few of the topics. Also addressed are the differences between K-12 vs. College accommodations. High School is an important time to prepare for leaving home and living independently with T1D. This presentation will provide parents of teens an overview of what to expect during the transition from teen to adult.

D **Pump User Panel –Shannon Marengo**

This panel will consist of people who each use a different insulin delivery method, Medtronic pump, OmniPod pump, Tandem pump, and Multiple Daily Injections. The discussion will cover real-life experiences with managing diabetes with each of these methods. This will be an interactive panel with plenty of time for Q&A.