



Breakthrough T1D Community Summit Northern California

Saturday, September 21

8:00 – 9:00 a.m.	Check in & Vendor Fair	Lobby
8:40 – 8:55 a.m.	Youth & Teen Program Check-in	Upstairs in front of The Lab
9:00 – 10:00 a.m.	Keynote Presentation	Tahoe Room
10:15 – 11:15 a.m.	Break & Vendor Fair	Lobby
10:15 – 11:15 a.m.	Breakout Session #1	Tahoe, Shasta & Trinity Rooms
11:15 – 11:30 a.m.	Break & Vendor Fair	Lobby
11:30 – 12:30 p.m.	Breakout Session #2	Tahoe, Shasta & Trinity Rooms
12:30 – 1:00 p.m.	Vendor Fair	Lobby
12:30 – 1:30 p.m.	Lunch & Learn	Upstairs Atrium

Keynote

Accelerating Breakthroughs: Delay, Prevention, and Cell Therapies for Type 1 Diabetes (T1D)

Join us for a journey through the latest advancements in type 1 diabetes (T1D) research with Breakthrough T1D, with a focus on prevention and cell therapies. Attendees will leave with a deeper understanding of Breakthrough T1D's efforts to accelerate life-changing breakthroughs to delay and prevent T1D, updates on first in human cell therapies, and advancements in treating T1D and its complications.



Anastasia Albanese-O'Neill, Ph.D., APRN, CDCES

is associate vice president at Breakthrough T1D (formerly JDRF), where she is responsible for the Community Screening and Clinical Trial Education Department, which is focused on accelerating progress toward cures for type 1 diabetes (T1D) and raising awareness about early detection of T1D.

After earning B.A. and M.A. degrees in political science and international relations from the University of California, Los Angeles, Albanese-O'Neill enjoyed a successful career as a marketing executive at Southwest Airlines and later in higher education. When her oldest child was diagnosed with T1D, she pivoted to earn her B.S.N., M.S.N., and Ph.D. in nursing from the University of Florida (UF), where she then served as an assistant professor of nursing and pediatrics and as director of UF pediatric diabetes clinic operations and director of the outpatient pediatric diabetes education program.

While in academic medicine, Dr. Albanese-O'Neill maintained an active research portfolio and clinical practice. Her research on diabetes education, quality improvement, and diabetes technology has been published in peer-reviewed journals including *Diabetes Care*, *The Lancet*, *Pediatric Diabetes*, and *Diabetes Technology & Therapeutics*. Albanese-O'Neill has been a passionate diabetes advocate since 2002, and in this capacity has provided testimony at congressional hearings, the White House, and in the Florida legislature. She is a co-author on state, national, and international position statements on diabetes in the school setting aimed at reducing discrimination and improving care for students with diabetes. Albanese-O'Neill has received multiple national awards and was most recently recognized as the 2023 Diabetes Care and Education Specialist of the Year by ADCES.

She spends her free time with her family and friends and plans to retire as soon as a cure for T1D is discovered, but not a moment earlier.

Breakout Sessions #1

Beyond Insulin: What Else Can be Added to Make T1D More Manageable

10:15 – 11:15 a.m. in the Tahoe Room

Kim Fisher

Chair of Research on Breakthrough T1D Northern California's Board of Directors, Director of Programs at UC Davis Innovation Institute for Food Health

We know, all too well, that insulin is not a cure. Managing T1D with just insulin is a full-time job that none of us signed up for. Breakthrough T1D researchers believe that management of T1D will require multiple drugs and solutions, not just insulin. Learn what these options are, what is available now, and what is coming.

There's Nothing Constant but Change – Supporting the Evolving Needs of your T1D Child (for parents/caregivers)

10:15 – 11:15 p.m. in the Shasta Room

JoAnne Robb

Psychotherapist and MFT, fellow T1D Parent

When you're raising diabetes, there's always the next challenge. And it's hard to let go of our ideas of tight control as our children take steps to manage more independently. Learn about ways to navigate that challenge — what's best to foster our kid's growth around diabetes management while also keeping our anxiety in check.

The Emotional Side of Living with T1D: An Interview with UCSF Psychologist, Dr. Larry Fisher (for adults living with T1D)

10:15 – 11:15 p.m. in the Trinity Room

Dr. Larry Fisher

Ph.D. APBB, Professor Emeritus at UCSF

Hear about the latest research on the emotional toll T1D has on the adult community and protocols for clinicians to help with management of diabetes distress. Behavioral management is often left unaddressed in standard care, a situation that Dr. Fisher is working hard to change.

Breakout Sessions #2

Diabetes 101: For Caregivers & Grandparents

11:15 – 12:15 p.m. in the Trinity Room

Dr. Tariq Ahmad

Professor of Clinical Pediatrics at UCSF Children's Hospital Oakland

Do you have a loved one who is newly diagnosed, or are you a grandparent to a child living with T1D? Please join us to gain more insight into what's next, how to move forward, and leave with more resources in your T1D toolbox. For grandparents and caregivers, this session will help provide you with the knowledge you need to help care for a child living with T1D.

Strategies to Empower Individuals with T1D to Exercise with Confidence

11:15 – 12:15 p.m. in the Shasta Room

Dr. Dessi Zaharieva

Instructor, Certified Exercise Physiologist, CDCES at Stanford University

Exercise is beneficial for people with T1D but can also cause large fluctuations to blood glucose levels. This can lead to worry/fear that discourages some people from exercising, and healthcare advice on managing blood glucose levels during exercise can sometimes be inconsistent. This presentation will review research updates on exercise and T1D and discuss practical approaches for T1D management around exercise.

Differentiating and Optimizing Hybrid Closed Loop Systems

11:15 – 12:15 p.m. in the Tahoe Room

Kathryn Gentile Alvarez, CDCES

Exercise Physiologist at Integrated Diabetes Services

Kathryn will be educating us on the options we have for automated insulin delivery systems. As a clinician that lives with T1D, she will share with us personal experiences and tips and tricks on how to optimize these systems so they best work for you/your loved one.



Breakthrough T1D Community Summit Teen Track

Saturday, September 21

8:00 – 8:45 a.m.	Breakfast & Vendor Fair	Lobby
8:40 – 8:55 a.m.	Teen Program Check-in	Upstairs in front of The Lab
9:00 – 10:00 a.m.	Keynote Presentation	The Lab (upstairs)
10:15 – 11:15 a.m.	Break	
10:15 – 11:15 a.m.	Ready Set Go - College	The Lab (upstairs)
11:15 – 11:30 a.m.	Break	
11:30 – 12:30 p.m.	Panel Q&A	The Lab (upstairs)
12:30 p.m.	Parent Pick-up	Upstairs in front of The Lab
12:30 – 1:30 p.m.	Lunch & Learn	Upstairs Atrium

Keynote

A personal Journey of Type 1 Diabetes (T1D) through Research & Sport

9:00 – 10:00 am The Lab (upstairs)

Dr. Dessi Zaharieva is a diabetes researcher and martial artist. Dessi has been living with type 1 diabetes (T1D) for over 25 years and is a second-degree black belt in taekwondo and blue belt in Brazilian jiu jitsu. She has represented Team Canada in taekwondo for many years and earned a bronze medal at the World Championships in 2013. During this session, Dessi will share her personal and professional experiences both living with T1D and researching safe exercise with T1D.



Dr. Dessi Zaharieva is an Instructor, Certified Exercise Physiologist (CEP), and Certified Diabetes Care and Education Specialist (CDCES) currently working in Pediatric Endocrinology at Stanford University – School of Medicine. She is also a member of the Breakthrough T1D Northern California Chapter Board. Her research focuses on strategies to manage blood glucose concentrations around exercise in youth and adults with type 1 diabetes. She leads the 4T Exercise program that implements exercise education and monitors physical activity patterns in newly diagnosed youth with type 1 diabetes with support from the Helmsley Charitable Trust. Dr. Zaharieva has a passion for helping people like herself better manage their diabetes, especially with the challenges faced during exercise.

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Breakout Sessions

Ready Set Go - College

10:15 – 11:15 a.m. in The Lab

Dr. Tariq Ahmad

Pediatric Endocrinologist at Children's Hospital Oakland

Learn everything you need to know to prepare for the transition to college/independent living. Dr. Ahmad will present on going to college with T1D, rights and accommodations as a student living with T1D, medical forms and scholarships. Please note, the use of alcohol will be discussed during this presentation.

Panel Discussion and Q&A with College Students and Young Adults Living with T1D

11:30 – 12:30 p.m. in The Lab

Nelly (Rising Junior at UCSC), **Jaime** (Rising Junior at Stanford)

Join us for the opportunity to ask current college students and young adults living with T1D questions about transitioning to college and/or independent living. Hear how they navigated explaining T1D to their roommates and professors, disclosing to Disability Services, reordering and storage of their insulin and supplies, and other helpful tips and tricks.



Breakthrough T1D Summit en Español Northern California

Saturday, September 21

8:00 – 9:00 a.m.	Registro y Feria de Proveedores	Lobby
9:00 – 10:00 a.m.	Keynote Presentación	Tenaya Room
10:15 – 11:15 a.m.	Receso y Feria de Proveedores	Lobby
10:15 – 11:15 a.m.	Sesión #1	Tenaya Room
11:15 – 11:30 a.m.	Receso y Feria de Proveedores	Lobby
11:30 – 12:30 p.m.	Sesión #2	Tenaya Room
12:30 – 1:00 p.m.	Feria de Proveedores	Lobby

Keynote

Revolucionando el Tratamiento: Avances en la Investigación de la Diabetes Tipo 1

9:00 – 10:00 a.m. Tenaya Room

En esta conversación, exploraremos la diabetes tipo 1 desde la importancia de su detección en etapas tempranas y los métodos para su diagnóstico, hasta los tratamientos disponibles en la actualidad. También nos adentraremos en los avances pioneros en la investigación, destacando las nuevas terapias que prometen revolucionar el manejo de esta enfermedad, todo en un ambiente amigable donde cada pregunta es bienvenida.



Dr. Raquel López-Díez, Ph.D., trabaja como científica en el equipo de investigación de Breakthrough T1D y es la responsable del programa de Detección Temprana, el cual se enfoca en la identificación de la diabetes tipo 1 antes de la aparición de síntomas y la necesidad de tratamiento con insulina.

Con una demostrada experiencia en biología molecular y genética, obtuvo su licenciatura y su maestría en Biología Molecular y Celular en la Universidad Autónoma de Madrid. Continuó sus estudios presentando una tesis doctoral en el Centro de Biología Molecular Severo Ochoa (CBMSO), donde investigó la relación genética del Complejo Mayor de Histocompatibilidad (MHC/HLA en inglés) con enfermedades

autoinmunes como la artritis reumatoide. Completó su investigación postdoctoral y trabajó como científica durante una década en el programa de investigación de la diabetes en el Hospital NYU Langone, investigando las causas genéticas de complicaciones de la diabetes.

En Breakthrough T1D, la Dra. López-Díez se enfoca en promover la investigación básica y clínica que apoya la detección temprana de la diabetes tipo 1, colaborando con laboratorios académicos e industriales para el desarrollo de nuevas tecnologías y apoyando avances regulatorios para su implementación y beneficio de la población.

En su tiempo libre, Raquel se esfuerza por crear igualdad de oportunidades para mujeres y minorías en STEM a través de asociaciones como ECUSA NY y The City Tutors (NY City College), y disfruta promoviendo la cultura y el baile latino.

Breakout Session #1

Ganando maratones después del diagnóstico. La historia de Benny Madrigal sobre las carreras y como no perderse después de su diagnóstico

10:15 – 11:15 a.m. Tenaya Room

Benny Madrigal

Atleta de cross-country y atletismo viviendo con diabetes desde el 2009. Benny ha ganado 4 maratones, se ubicó entre los 3 primeros en más de 20 carreras de varias distancias y clasificó para el Maratón de Boston 6 veces. Ganando maratones después del diagnóstico. La historia de Benny Madrigal sobre las carreras y como no perderse después de su diagnóstico.

Breakout Session #2

Del diagnóstico al empoderamiento: El papel de los padres en la diabetes tipo 1

11:30 – 12:30 p.m. Tenaya Room

Eugenia Araiza

Nutrióloga bilingüe, Especialista en Educación y Cuidado de la Diabetes, y Health Coach certificada por la Junta de la American Association of Drugless Practitioners

El diagnóstico de diabetes tipo 1 es un evento que cambia la vida y resalta el papel crucial del apoyo de los padres en el manejo de la condición. Conoce cómo los padres pueden proporcionar cuidado, apoyo y empoderamiento a sus hijos, así como la importancia de cuidar de ellos mismos.