

## IPTN 2022 — Therapeutic Nutrition in Diabetes: Advancing the Conversation to Type 1

## Agenda

SATURDAY, October 22, 2022

TIME	PRESENTATION		SPEAKER
08:30	Welcome & Opening Remarks		Sean McKelvey
08:45	<p><b>Inter-Individual Glucose and Insulin Responses: Making the Case for Personalized Therapeutic Nutrition</b></p> <ul style="list-style-type: none"> <li>Review the inter-individual and intra-individual glucose response variability to nutrients based on large-scale trials and use of CGM</li> <li>Understand the variability by which pancreatic islets respond to sugar, protein and fat</li> <li>Understand how the basic response mechanisms differ between the three macronutrients</li> <li>Appreciate the need for additional clinical trials and consideration in the area of individualized insulin responses and personalized therapeutic nutrition</li> </ul>		Jelena Kolic, PhD
09:30	<p><b>Hyperinsulinemia, Insulin Resistance, and Adiposity in Type 1 Diabetes</b></p> <ul style="list-style-type: none"> <li>Recognize that not all types of type 1 diabetes are the same</li> <li>Understand the interactions between excess adiposity and T1D risk</li> <li>Recognize that insulin resistance and relative hyperinsulinemia are prominent and actionable features of T1D</li> <li>Review the mechanisms of relative hyperinsulinemia in T1D</li> <li>Identify the potential utility of therapeutic nutrition in T1D</li> </ul>		Justin Gregory, MD
10:15	15-MIN BREAK		
10:30	<p><b>Nutrition and Lifestyle Clinical Trials in Type 1 Diabetes: Past, Present and Future</b></p> <ul style="list-style-type: none"> <li>Understand the history of nutrition and lifestyle clinical trials in type 1 diabetes and at-risk individuals</li> <li>Appreciate the role of pancreatic beta cells, residual insulin secretion and biomarkers in type 1 diabetes clinical trials</li> <li>Appreciate the promises and pitfalls of future nutrition clinical trials in type 1 diabetes and at-risk individuals</li> </ul>		Kimber Simmons, MD
11:15	<p><b>Clinical Experience in Therapeutic Nutrition in T1D Practice</b></p> <ul style="list-style-type: none"> <li>Identify the short- and long-term considerations and benefits of therapeutic carbohydrate restriction in the management of type 1 diabetes</li> <li>Identify the specific considerations with regards to dosing of insulin</li> <li>Review current technologies useful in monitoring, including monitoring ketone levels</li> <li>Describe how the use of insulin pumps and insulin delivery systems should be modified when low carbohydrate dietary patterns are adopted</li> </ul>		Gaja Andzel, MD
12:00	30-MIN LUNCH BREAK		

12:30	<p><b>Behavioral Issues Related to Nutrition and T1D: How a non-psychologist can help</b></p> <ul style="list-style-type: none"> <li>• Recognize how the stance we use with patients matters (e.g. what is a collaborative approach? How do I meet a patient “where they are at?”)</li> <li>• Review how to screen for disordered eating in type 1 diabetes</li> <li>• Identify how to make safe and effective behaviour change suggestions or strategies for people with disordered eating and T1D</li> <li>• Examine strategies a clinician could use to address fear of hypoglycaemia</li> <li>• Discuss when it is appropriate to seek additional psychological expertise for T1D and nutrition therapy</li> </ul>		<b>Suja Srikameswaran, PhD</b>
13:15	<p><b>The Role of the RD in Management of T1D</b></p> <ul style="list-style-type: none"> <li>• Understand the perceived risks to someone with type 1 diabetes when adopting a carbohydrate-restricted diet</li> <li>• Consider these risks and how to navigate them/why they are indeed 'perceived' risks</li> <li>• Recognize that these perceived risks can be minimized with appropriate monitoring and education</li> <li>• Appreciate the benefits versus perceived cons of a carbohydrate-restricted diet for type 1 diabetes</li> </ul>		<b>Amy Rush, RD</b>
14:00	<p><b>Report from IPTN’s Clinical Working Group: Recommendations for Therapeutic Nutrition in T1D</b></p> <ul style="list-style-type: none"> <li>• Appreciate the benefit of having official guidelines for the use of therapeutic nutrition in type 1 diabetes</li> <li>• Recognize the importance of multidisciplinary input</li> <li>• Describe the key recommendations of this document and provide the clinical rationale</li> <li>• Recognize the potential barriers to implementation and how these might be overcome</li> </ul>		<b>Beth McNally, MSc, CNS, LDN</b> <b>Caroline Roberts, MD</b>
14:45	15-MIN BREAK		
15:00	<p><b>Patient/Caregiver/Advocacy Organization Discussion Panel</b></p> <ul style="list-style-type: none"> <li>• Appreciate the perspective and lived experience of people with type 1 diabetes, their caregivers, as well as patient advocacy organizations with regards to Therapeutic Nutrition and its potential role in managing T1D</li> </ul>		<b>Andrew Koutnik, PhD</b> <b>Anne Marie MacDonald, MD, MSc</b> <b>Linxi Mytkolli, BSc, MSc</b>
16:00	<p><b>Beyond Glucose Control: Hyperinsulinemia in Chronic Disease</b></p> <ul style="list-style-type: none"> <li>• Review hyperinsulinemia and its role in chronic disease development</li> <li>• Understand the role of therapeutic nutrition in hyperinsulinemia</li> </ul>		<b>Jim Johnson, PhD</b>
16:45	Closing Remarks   Conference Ends		