

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

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