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**typeone**  
nationsummit  
IMPROVING LIVES. CURING TYPE 1 DIABETES. **T1D**  
**IOWA**

JOIN THE EASTERN IOWA AND GREATER IOWA JDRF CHAPTERS FOR A DAY OF  
**EDUCATION - INFORMATION - INSPIRATION**

IN PARTNERSHIP WITH:



**DECEMBER 9, 2017**

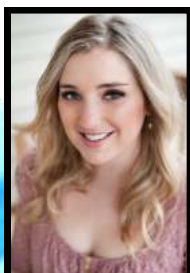
**9:00 AM - 4:00 PM**

MEDICAL EDUCATION RESEARCH FACILITY (MERF)

University of Iowa Health Care Campus

375 Newton Road Iowa City, IA 52246

**2017 TypeOneNation  
Summit Featured Speakers**



**Quinn Nystrom**  
Author



**Stephen England**  
Marathon Runner



**Dr. Eva Tsalikian**  
Endocrinologist



**Dr. Richard Carano**  
Endocrinologist



**Dr. Nidhi Bansal**  
Endocrinologist



**Dan Sleiter**  
Practitioner



**Wendy Sanders**  
Practitioner

**Also featuring other local type one diabetes professionals.**

**Space is limited so please register online today at:**  
**[www.medicine.uiowa.edu/community](http://www.medicine.uiowa.edu/community)**

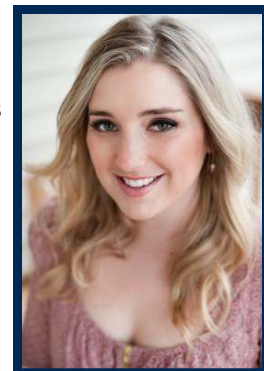
## EVENT SCHEDULE

**9:00 AM** Registration/Check-in Opens

**9:00 AM-10:00 AM** Exhibitor Fair

**10:00 AM-10:45 AM** Keynote Speaker: Quinn Nystrom, Author and T1D  
*"Learning to Live with Purpose and Passion"*

For the past 20 years, Quinn Nystrom has shared her story of living with type 1 diabetes to audiences across the country. As the National Youth Advocate for the American Diabetes Association (ADA) she spent a year traveling across the country to diabetes camps, convention halls, the White House, corporate offices and the United States Congress. Her message was simple: "We must find a cure for diabetes and provide support and care for the millions of people living with the disease." Quinn's book, "If I Kiss You, Will I Get Diabetes?" is her personal story of living with type 1 diabetes. Nystrom's journey chronicles her real life experiences of figuring out how to live a "normal" life with a chronic disease. Quinn's wish with this book is, "I'm hoping this book will provide courage and faith for your journey as it has my own."



**12:00 PM-1:00 PM** Lunch

## BREAKOUT SESSIONS

### 11:00 AM - 11:45 AM

#### JDRF & T1D ADVOCACY

Mary Horn and Aryn Lloyd, JDRF Volunteer Advocates, will discuss the importance of Government Advocacy, especially the Special Diabetes Program, and how you can get involved in this key area of T1D research and advocacy.

#### T1D DIET & MEAL PLANNING

Tired of trying to figure out meal ideas for your T1D? Come and learn about some new T1D meal options that not only keep the carb count down, but are healthy for your T1D and the entire family.

#### T1D FROM BIRTH TO TEEN

Dan Sleiter will discuss and offer tips on how to care for the younger T1Ds. This will include the ages of Birth to 12 years old and will focus on what caregivers can do to provide a healthy lifestyle for their younger T1Ds.

### 1:00 PM - 1:45 PM

#### PSYCHOLOGY OF T1D

Melissa Wehr and Lori McCollum will discuss the important, but often ignored, topic of T1D and mental health. Presenters will provide tips on what to look for and how to help your T1D have a healthy mental health.

#### DIABETES 101—T1D AT SCHOOL

The University of Iowa Diabetes Pediatric Care team will discuss sending your T1D to school and the basic fundamentals of caring for yourself or someone with T1D on a day-to-day basis.

#### T1D TEENAGERS

Wendy Sanders will discuss how to help your teenage T1Ds through the years of adolescences and their T1D. Learn ways to develop a positive relationship with your teenager in regards to their T1D and provide a supportive environment.

### 2:00 PM - 2:45 PM

#### RESEARCH AND TECHNOLOGY

Dr. Tsalikian and Dr. Bansal from the University of Iowa will discuss the latest research breakthroughs and diabetes technology. They will also discuss future research plans and how it relates to an eventual T1D cure.

#### RUNNING WITH T1D

Stephen England, ultra marathon and marathon runner, of Team Novo Nordisk will be on hand to talk about how he prepares to run marathons and exercise with T1D as well as providing tips for athletically active T1Ds.

#### ADULT T1D

Dr. Carano will discuss management of your T1D as an adult. Discover what you should be expecting from your T1D Care Provider and tips for successfully managing your T1D in the adult years of your life.

Each Breakout Session has three topic options. When you register online at [IowaTypeOneNationSummit.org](http://IowaTypeOneNationSummit.org), please select which one session topic you would like to attend during each Breakout Session.

### KIDS CAMP

While children are allowed to attend sessions, Kid Camp provides supervised care (ages 5-12) and structured age-appropriate activities. Kid Camp is open from 9am—3pm (closed for lunch)



## MEALS

We will take a lunch break from 12:00PM—12:45PM. A lunch will be provided free of charge. Gluten free meals will be provided.

## PARKING

Parking is available across the street from MERF in the Newton Road Parking Ramp (360 Newton Road, Iowa City, IA 52242). We will provide you a parking voucher when you check-in.

## FEATURED SPEAKERS



### T1D RESEARCH & TECHNOLOGY : Dr. Eva Tsalikian, MD University of Iowa Stead Family Department of Pediatrics

Eva Tsalikian, MD, is director of the division of pediatric endocrinology and diabetes and vice chair for clinical affairs for the University of Iowa Stead Family Department of Pediatrics. Originally from Athens, Greece, she joined the UI Roy J. and Lucille A. Carver College of Medicine faculty in 1983. "My research is mostly about the causes, effects, treatment, and prevention of Type 1 diabetes. I am interested in hypoglycemia—very low blood sugar. For example, we are looking at brains through MRIs [magnetic resonance imaging] and also neurocognitive functioning, and we use continuous glucose monitoring to see if hypoglycemia affects the development of the brain. A lot of people have looked at this in adults and older children. We are looking at children ages 4 to 10. I am also working on a project to find ways to prevent Type 1 diabetes. Unfortunately, the incidence of Type 1 diabetes in children is increasing, and there are no clear reasons why this is happening. We are trying to find out if we can predict diabetes before it happens. We are screening all first-degree relatives of patients. [First-degree relatives are parents, siblings, or children.] Then for the ones with positive antibodies, which we know destroy cells that make insulin in the pancreas, we are trying to find if medicine can block the destruction by the antibodies of these pancreatic cells and thus prevent diabetes. We are not there yet, but it's exciting. I am also involved in trials to see what medication to give to newly diagnosed patients with diabetes to preserve the function of the pancreatic cells that make insulin."



### T1D RESEARCH & TECHNOLOGY: Nidha Bansal, MBBS, MPH University of Iowa Stead Family Department of Pediatrics

MBBS, M.P. Shah-Medical College  
MPH, University of Iowa  
Internship, Medicine, Shah Medical College  
Resident, Pediatrics, M.P. Shah Medical College  
Resident, Family Medicine, Phoebe Putney Memorial Hospital, Inc  
Resident, Pediatrics, Albany Medical Center  
Resident, Pediatrics, Akron Children's Hospital  
Fellow, Endocrinology, Rainbow Babies and Children's Hospital



### ADULT T1D "What to Expect From My Care Provider": Dr. Richard Carano, MD

MacFarland Clinic, Ames, IA  
American Board of Internal Medicine Certification; American Board of Internal Medicine Subspecialty-Endocrinology  
BA, Drake University, Des Moines, IA, 1973-1976;  
MD, University of Iowa Medical School, Iowa City, IA, 1977-1981  
Internal Medicine - LaCrosse Lutheran Hospital/Gunderson Clinic, LaCrosse, WI, 1981-1982  
Internal Medicine - LaCrosse Lutheran Hospital/Gunderson Clinic, LaCrosse, WI, 1982-1984  
Endocrinology/Metabolism, Albany Medical College, Albany, New York, 1984-1986



### RUNNING WITH T1D—T1D & ATHLETICS: Stephen England Team Novo Nordisk

Like most boys growing up in the suburbs of London, Stephen England wanted to be a footballer (soccer). But since he moved to New York City, in 2006, he's relit a passion for running and has competed in several of the US's top marathons and ultra-marathons, including the Leadville 100, where he met the team. "They weren't just racing other teams," he says, "they were showing that you can live with diabetes and still pursue whatever you want in life. For years, I had been doing the opposite, trying not to draw attention to my diabetes and myself. I enjoy being in the spotlight now, talking about diabetes and wearing it with pride."



### PSYCHOLOGY OF T1D: Melissa Wehr, LISW, RPT-S Melissa Wehr Counseling Services

Master's Degree in Social Work from the University of Iowa  
Bachelor's Degree in Psychology from Truman State University  
Licensed Independent Social Worker  
Registered Play Therapist—Supervisor  
"I specialize in working with children with diabetes who are experiencing adjustments to diagnosis or other social/emotional/behavioral issues related to diabetes. I can and have worked individually with either the child and/or the parents or the family as a whole. As a person living with Type 1 diabetes myself, many families have found I offer a unique perspective when working through the experiences many children and families face. I can also apply this personal experience to those affected by other chronic illnesses."



### T1D BIRTH TO TEEN: Daniel M. Sleiter, A.R.N.P., C.P.N.P., M.S.N. UnityPoint Health Blank Children's Hospital

University of Iowa College of Nursing  
Certified Pediatric Nurse Practitioner



### T1D TEENAGERS AND YOUNG ADULTS: Wendy S. Sanders, ARNP Mercy Cedar Rapids Mercy Diabetes Center

University of South Dakota, Bachelor of Science  
Allen College, Master of Science in Nursing  
American Academy of Nurse Practitioners; Iowa Nurse Practitioner Society



### PSYCHOLOGY OF T1D: Lori O'Dell McCollum, Ph.D. Comprehensive Psychological Services

A licensed psychologist, Dr. McCollum received her doctorate from the University of Iowa in 1997 with specialties in School and Pediatric Psychology. Her primary interests are in working with children, adolescents, and young adults. Dr. McCollum is licensed in both Iowa and Illinois and is certified by the National Register of Health Service Providers. She is certified to provide EMDR treatment for clients with a history of trauma.

JDRF Iowa Outreach  
1026 A Avenue NE  
Cedar Rapids, IA 52406

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**Register Online by December 2**  
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## 2018 SPRING EVENTS

**APRIL 28 | BURLINGTON, IA**

BURLINGTON 5K/WALK TO BENEFIT JDRF

**APRIL 28 | WATERLOO, IA**

CEDAR VALLEY WALK TO BENEFIT JDRF

**MAY 5 | MOLINE, IL**

QUAD CITIES ONE WALK [walk.jdrf.org](http://walk.jdrf.org)

**MAY 12 | DES MOINES**

DES MOINES ONE WALK [walk.jdrf.org](http://walk.jdrf.org)

**MAY 12 | CEDAR RAPIDS, IA**

CEDAR RAPIDS ONE WALK [walk.jdrf.org](http://walk.jdrf.org)

**MAY 19 | DUBUQUE, IA**

DUBUQUE WALK TO BENEFIT JDRF