VIRTUAL CONFERENCE – MARCH 4, 2022

10TH

Healthcare Professionals'

EDUCATION DAY

THE CHARLES H. BEST DIABETES CENTRE

State of the Art Management of Type 1 Diabetes in Adults

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UNIVERSITY OF TORONTO
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** The MiniMed™ 770G is indicated for people living with Type 1 diabetes, ages 2 and older. Some user interaction required.

Medtronic

Building On The Best Concept Design By Ian Robertson Design

About Us

Founded in 1989, The Charles H. Best Diabetes Centre, fondly known as the Best Centre, is a one-of-a-kind community-based healthcare centre. We are a registered charity that specializes in serving people of all ages, living with type 1 diabetes (T1D). Referrals come from all sources including hospitals, primary care, community care and other specialists. The Best Centre care model is truly interdisciplinary and highly responsive to the individual needs of our patients and their caregivers; our team stays with them through transitions in medical care. Our clinical and administrative teams work collaboratively to deliver many comprehensive programs including new diagnosis, pediatric, youth, adult and senior programs. Also, pump programs for initial and upgrade training, an after-hours urgent care program and an integrated mental health counselling program. Our clinical team of educators is comprised of nurses, dietitians and social workers who partner with our affiliated physicians. Please visit **www.charleshbest.com** to learn more and follow us on social.

Connect with us!

Our Mission

To keep our children, youth and adults living with type 1 diabetes healthy until a cure is found.

THE CHARLES H. BEST

Charitable Number 13662-3295-RR0001

Welcome message from The Charles H. Best Diabetes Centre

As we enter our 33rd year of providing support and expertise to people living with T1D, we are proud to share our passion with all of you in celebration of the 10th Healthcare Professionals' Education Day. With 2021 being our first virtual conference, we are confident that today's event will be even better. We miss seeing you in person, but it will make the return to the conference centre even sweeter next year.

THE CHARLES H. BEST DIABETES CENTRE

The Best Centre has continued to respond to the needs of our community with unprecedented numbers of new and returning patients. Currently, we are at an all-time high of 8 newly diagnosed patients every month. The advances across all diabetes industries is welcome as we continuously learn to support patients in achieving better clinical outcomes.

The Building on the Best expansion campaign work continues to ensure we can address the forecast for the next 5 years - to a projected 150% more patients by 2027. On page 1, you will see the concept design of the addition planned to our current heritage home site, where our capacity will more than double. We are very hopeful that this $5 million fundraising effort will be completed by 2024. Please visit us at **www.buildingonthebest.ca** to learn more.

Finally, I am so pleased to share that the **Type 1 Diabetes Educator Certificate Course** has been launched. The development of these 10 modules was a labour of love and the dream became a reality with the help of our partners at Continuous Learning, Ontario Tech University. The Charles H. Best Diabetes Centre is indebted to its founder, Marlene Grass, for envisioning this project. Importantly, I would like to recognize the people who provided significant contribution to the development of the modules. Special thanks to: Diana Balicsak, RD; Jeremy Gilbert, MD; Margaret Korosec, RN; Sandy Hubbard, RN; Kerry Katz, RN; Susan Kettle, RD.

Kind regards,

Lorrie Hagen, RD, MHSc, CHE
Executive Director, The Charles H. Best Diabetes Centre

From the Conference Planning Committee

Welcome to our 10th annual and 2nd virtual conference; exploring new ways to enhance the lives of those living with type 1 diabetes (T1D). Through research and new technologies there are ever changing ways in which our interprofessional teams can support care, self- management and living well with diabetes. We are pleased to offer a full day accredited program through Continuing Professional Development, Faculty of Medicine, University of Toronto. We are grateful to our outstanding and internationally renowned faculty members for their contributions to this day. We are confident that both you and those in your care will benefit from the program. We would also like to recognize our sponsors for their generous support, without which this day would not be possible. The conference objectives are:

1. To bring together faculty with expertise in type 1 diabetes in order to explore innovative and state-of-the-art evidence to improve the quality of care provided to T1D patients.
2. To provide an opportunity for multidisciplinary professional development for all healthcare providers engaged in the research, care and management of T1D.

As always, we welcome your feedback, please be sure to complete the online evaluation.

Regards,

Marlene Grass, Lorrie Hagen, Jacqueline James, Valerie Lewis and Sharm Simon
Conference Planning Committee

TEMERTY FACULTY OF MEDICINE
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Continuing Professional Development

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, approved by Continuing Professional Development, Temerty Faculty of Medicine, University of Toronto. You may claim a maximum of 5.5 hours.

10TH Healthcare Professionals' EDUCATION DAY

State of the Art Management of Type 1 Diabetes in Adults

TEMERTY FACULTY OF MEDICINE
UNIVERSITY OF TORONTO
Continuing Professional Development

THE CHARLES H. BEST DIABETES CENTRE

VIRTUAL CONFERENCE AGENDA – MARCH 4, 2022

8:10 am – 8:55 am (EST)	Breakfast	Platinum Sponsor Symposium
9:00 am (EST)	Opening Remarks (MC)	Lorrie Hagen, Executive Director The Charles H. Best Diabetes Centre
9:05 am – 9:50 am (EST)	**Session 1** Type 1 Diabetes: A "Clear and Present Danger" for the Aging Brain?	Dr. Alan M. Jacobson
9:55 am – 10:40 am (EST)	**Session 2** Continuous glucose monitoring and Pumps in Pregnancy: Open and Closed. What do we know?	Dr. Denice Feig
10:45 am – 11:10 am	**Break**	Stretch break Virtual booths
11:15 am – 12:00 pm (EST)	**Session 3** The journey from insulin to cell therapy for diabetes treatment	Dr. A.M. James Shapiro
12:05 pm – 12:50 pm (EST)	**Session 4** Mental Health Illnesses & Living with type 1 diabetes.	Dr. Rodrigo Mansur
12:55 pm – 1:45 pm (EST)	**Lunch Break**	1:15 – 1:45 pm (EST) Presenting Sponsor Symposium Network/Booths
1:50 pm – 2:35 pm (EST)	**Session 5** Tips and tricks to help people optimize their use of advanced diabetes technologies.	Dr. Jeremy Gilbert Dr. Ilana Halperin
2:40 pm – 2:55 pm (EST)	**Break**	Interactive break Virtual booths
3:00 pm – 3:45 pm (EST)	**Session 6** Macro and Micro: The latest scoop on nutrient recommendations for diabetes.	Ms. Patti Urbanski
3:50 pm (EST)	Closing Remarks	Lorrie Hagen, Executive Director The Charles H. Best Diabetes Centre
3:55 pm – 4:00 pm (EST)	Evaluations	Online
4:00 pm (EST)	End of Day	Recorded sessions will be available March 7, 2022 for 6 months.

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Diabetes can be complicated.

We can help.

Lilly

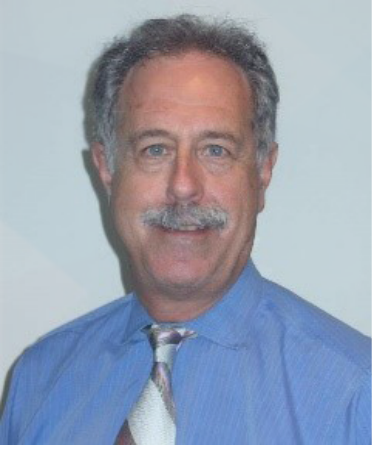
Lilly

Moderator

Lorrie Hagen, Executive Director

Bio

Lorrie Hagen, RD, MHSc, CHE. Executive Director of The Charles H Best. Diabetes Centre since 2017. She has over 23 years of experience in both the acute and community healthcare sectors. Before joining the Best Centre, Lorrie practiced as a Clinical Dietitian at The Hospital for Sick Children (Cancer Centre) for many years. In 2012, she transitioned into clinical leadership with the Blood and Marrow Transplant Program and then as Senior Manager for the Organ Transplant & Medical Specialties units. Most recently, she has joined Community Care Durham as a Board Director. Throughout her career, Lorrie has demonstrated an inter-professional and collaborative approach to promoting clinical excellence in patient services, staff engagement and an unrelenting commitment to patient and family centred care. Lorrie has her Master's in Health Administration (MHSc) from the University of Toronto (Institute of Health Policy, Management and Evaluation). She has completed leadership studies at the Rotman School of Management, Western Continuing Education and undergraduate studies from Ryerson University (BASc Honours, Food and Nutrition) and the University of Guelph (BSc, Animal and Biological Sciences). She is an active member of the Canadian College of Health Leaders and is a Certified Health Executive (CHE). Lorrie enjoys her varied "hats"; leading and learning from her clinical, administrative and development teams. She continues to work closely with staff, patients, families, volunteers, community members, partners and sponsors. The future of the Best Centre's success will continue to build on innovative care and programming; growing to meet the demands of type 1 diabetes patients of all ages.



Type 1 Diabetes: A "Clear and Present Danger" for the Aging Brain?

Dr. Alan M. Jacobson, MD

SESSION 1

Bio

Dr. Jacobson has a BA in Religious Studies from Yale University and MD from the University of Chicago Medical School. He completed a residency in Psychiatry at Massachusetts General Hospital and remained on the Harvard Medical School Faculty, becoming Professor of Psychiatry with Tenure in 1996. He directed the Joslin Diabetes Center's Behavioral Research and Clinical Mental Health Programs and served as its Chief Medical Officer. In 2009, Dr. Jacobson became Emeritus Professor at Harvard and relocated to Winthrop Hospital to serve as its Chief Research Officer and Director of its Research Institute. In 2019, Winthrop merged into the NYU Langone Health System and also formed the NYU Long Island School Medicine where he is a Professor in the Foundations of Medicine Department.

His research has focused on the psychological, social, and central nervous system effects of diabetes in children and adults. Using neuro-imaging techniques to examine the effects of diabetes and metabolism on the brain and identify the causes of these alterations. These studies use insulin clamp methods to examine acute effects of insulin and glucose variation on brain chemistry and functioning as well as chronic effects of diabetes on brain structure. He also studies how to improve diabetes outcomes using bio-medical, educational and behavioral interventions in single-site and multi-site trials. This research includes the multi-site national Diabetes Control and Complications Trial (DCCT) and its natural history follow-up study Epidemiology of Diabetes Control and Complications (EDIC). Dr. Jacobson led the effort to design and implement the cognitive and quality of life endpoint assessments for DCCT and EDIC and has been the lead investigator for the long-term cognitive follow-up of the cohort. Currently, he is researching the interacting effects of aging and type 1 diabetes using cognitive and MRI assessments.

Learning Objectives

At the end of the session participants will be better able to:

1. Identify the risk factors in individuals with type 1 diabetes for neuro-cognitive decline complications.
2. Recognize the pattern of brain structure changes that is associated with type 1 diabetes.
3. Recommend mitigation strategies to reduce serious cognitive decline inevitable as people with type 1 diabetes get older.

SESSION 2

Pumps in Pregnancy: Open and Closed! What do we know?

Dr. Denice Feig, MD, MSc, FRCPC

Bio

Dr. Denice Feig is a Professor of Medicine in the Division of Endocrinology and Metabolism at the University of Toronto, and holds a cross-appointment in both the Department of Obstetrics & Gynaecology and the Department of Health Policy, Management and Evaluation. She is a Senior Clinician Scientist at the Lunenfeld-Tananbaum Research Institute, and an Adjunct Scientist at the Institute for Clinical Evaluative Sciences (ICES). She is Head of the Diabetes and Endocrinology in Pregnancy Program at Mount Sinai Hospital and Chair of the University of Toronto Diabetes in Pregnancy Study Group. Her research focus is in the area of clinical trials and epidemiology in women with diabetes in pregnancy and she recently received the Norbert Feinkel Award for Outstanding Contributions to the field of Diabetes and Pregnancy from the American Diabetes Association.

Learning Objectives

At the end of the session participants will be better able to:

1. Evaluate emerging evidence for continuous glucose monitoring (CGM) and standard insulin pump use in pregnancy.
2. Compare the evidence in using hybrid closed loop in pregnancy.
3. Consider applications in patients with type 1 diabetes to use hybrid closed loop systems in pregnancy and upcoming trials.

The Journey From Insulin To Cell Therapy For Diabetes

Dr. James Shapiro, MD, PhD

SESSION 3

Bio

James Shapiro was born in Leeds, England, son of a family doctor. He developed a longstanding interest in liver and islet cell transplantation as a medical student. He has been on Faculty at the University of Alberta since 1998, where he now holds the Canada Research Chair in Transplantation Surgery and Regenerative Medicine. Dr. Shapiro was the lead investigator on the famous "Edmonton Protocol" cell transplant treatment for diabetes. He was the first in Canada to start clinical trials with human stem cell-derived insulin secreting cells. He is Director of the Liver Transplant, Living Donor Liver Transplant and Islet Transplant Programs at the University of Alberta. His many awards include a Hunterian Medal from the Royal College of Surgeons of England, and Gold Medals from the Governor General and from the Royal College of Physicians and Surgeons of Canada. He is a Fellow of the Royal Society of Canada and a Fellow of the Canadian Academy of Health Sciences.

Learning Objectives

At the end of the session participants will be better able to:

1. To compare and contrast new opportunities for transplant and stem cell technologies.
2. To evaluate the quality and applicability of the scientific evidence and the potential future implications for type 1 diabetes patient care.

SESSION 4

Mental Health Illnesses & Living with Type 1 Diabetes

Dr. Rodrigo B. Mansur, MD, PhD

Bio

Dr. Mansur is a staff psychiatrist at the University Health Network (UHN) in Toronto and an Assistant Professor in the Department of Psychiatry at the University of Toronto. Dr. Mansur completed his medical degree at the Universidade Federal de São Paulo/Escola Paulista de Medicina (UNIFESP/EPM), Brazil where he also received his Psychiatry residency training and PhD. Then completed fellowship training in Psychiatry at the University of Toronto. Dr. Mansur's research has primarily focused on investigations of etiological processes of mood disorders, using a combination of clinical and neurobiological methods; and the development and evaluation of mechanistically novel interventions for these conditions. Current targets of interest include the role of brain insulin signaling, which his team has explored using innovative approaches, such as functional magnetic resonance imaging and modern biomarkers techniques. Dr. Mansur also leads a clinical trials unit, designing and executing studies testing the potential of anti-diabetes and weight loss agents in the treatment of depression and bipolar disorder.

Learning Objectives

At the end of the session participants will be better able to:

1. Consider the frequency and impact of mental health illnesses in adults with type 1 diabetes.
2. Implement general therapeutic principles for patients.
3. Identify special considerations of pharmacological treatment in this patient population.

Tips And Tricks To Help People Optimize Their Use Of Advanced Diabetes Technologies

SESSION 5

Dr. Jeremy Gilbert, MD, FRCPC

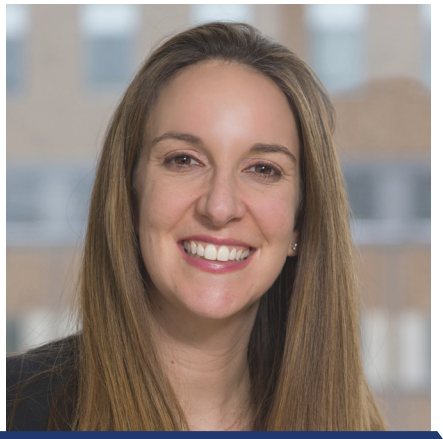
Bio

Dr. Gilbert completed his medical degree, internal medicine training and endocrinology residency at the University of Toronto. He is an associate professor at the University of Toronto.

He is the former program director for adult endocrinology and metabolism at the University of Toronto and is currently the section chair for endocrinology and metabolism at the Royal College of Physicians and Surgeons of Canada.

He has authored chapters in the 2013 and 2018 Diabetes Canada Guidelines and was a member of the steering committee of the 2018 Diabetes Canada Guidelines and current Diabetes Canada Guidelines. He is on the executive and is a national editor for the Canadian Journal of Diabetes.

He is a passionate teacher and has academic interests in undergraduate, postgraduate and continuing medical education in diabetes and endocrinology. He has received numerous awards for outstanding teaching including the 2021 Educator of the Year Award by The Canadian Society of Endocrinology and Metabolism.



Dr. Ilana J Halperin, MD MSc FRCPC

Bio

Dr. Ilana Halperin is a full-time staff physician and assistant professor in the job description of Clinician in Quality and Innovation. Dr. Halperin has a BSc from McGill University, an MD from the University of Western Ontario and she completed internal medicine and endocrinology training at the University of Toronto. Additionally, Ilana earned a MSc in Quality Improvement and Patient Safety at the Institute for Health Policy, Management and Evaluation, University of Toronto.

She was an early adopter of digital tools and virtual care, and was recently named the physician lead for digital and virtual health at Sunnybrook Health Sciences Centre, Toronto, where she practices endocrinology. She has a large type 1 diabetes practice with a special interest in young adults and pregnant women and has been recognized as a national expert in the integration of diabetes technology into virtual care.

Learning Objectives

At the end of the session participants will be better able to:

1) Evaluate the advantages and disadvantages of different glucose sensors and insulin pumps.
2) Identify and apply key metrics from ambulatory glucose profiles and pump reports to facilitate useful care planning conversations with patients with type 1 diabetes.
3) Apply and implement practical tips to optimize use of advanced glucose sensors and insulin pumps.

SESSION 6

Macro and Micro: The Latest Scoop on Nutrient Recommendations for diabetes

Patti Urbanski, MEd, RD, LD, CDCES

Bio

Patti is a Certified Diabetes Care and Education Specialist and a Clinical Dietitian with St. Luke's Diabetes Care Program in Duluth, Minnesota. Patti was a member of the American Diabetes Association Nutrition Science Review Committee and writing committee for the 2019 ADA Nutrition Consensus Statement and the 2013 ADA Nutrition Position Statement. Ms. Urbanksi currently serves on the American Diabetes Association Science and Health Care Executive Board, and has served on the ADA national board of directors as well as the Professional Practice Committee. She is a past chair of the Diabetes Dietetic Practice Group of the Academy of Nutrition and Dietetics and is a frequent author and speaker on nutrition and diabetes education topics.

Learning Objectives

At the end of the session participants will be better able to:

1. Implement the current American Diabetes Association macronutrient recommendations for type 1 diabetes.
2. Evaluate the key evidence for a variety of "diets" for type 1 diabetes.
3. Review recommendations for micronutrient supplementation for type 1 diabetes and evaluate practical applications for your patients.

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BUILDING ON THE BEST

THE CHARLES H. BEST DIABETES CENTRE
EXPANSION CAMPAIGN

The Charles H. Best Diabetes Centre has launched the Building on the Best expansion campaign to raise $5 million to grow the current facility to support the next generation of type 1 diabetes patients. Without the life-saving care delivered by The Best Centre, type 1 diabetes patients would unnecessarily present with complications to overburdened health system partners.

The Best Centre sees about 2,000 patients and conducts more than 17,000 healthcare interactions per year to support patients and their caregivers. The challenge continues.

The opportunity is NOW to invest in this transformation in community healthcare.

PLEASE DONATE NOW

buildingonthebest.ca | buildingonthebest@charleshbest.com

Charity # 13662 3295 RR0001