

EPIC DIABETES CONFERENCE

MAY 20, 2023 | 9:00 AM - 3:30 PM

EMPOWERING PATIENTS
FOR
INDIVIDUALIZED CARE



EPIC: Empowering YOU

WELCOME

Sarit Polsky, MD, MPH

Associate Professor of Medicine and Pediatrics
Director of the Pregnancy and Women's Health Clinic
Barbara Davis Center for Diabetes
University of Colorado Denver



PRESENTED BY:

**Barbara Davis Center for Diabetes
and the
Children's Diabetes Foundation**



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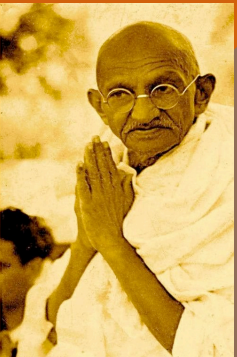
HOUSEKEEPING



Emergency Low Station: CDF Station



"Namaste,
I honor the place
in you where the
entire Universe
resides. A place
of light, of love,
of truth, of peace,
of wisdom.
I honor the place
in you where
when you are in
that place and I
am in that place
there is only
One of us."
- Mahatma
Gandhi



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EPIC: Empowering YOU

Thank you for attending!

Erin Cobry, MD

Assistant Professor of Pediatrics
Barbara Davis Center for Diabetes
University of Colorado Denver

Sarit Polsky, MD, MPH

Associate Professor of Pediatrics & Medicine
Barbara Davis Center for Diabetes
University of Colorado Denver

Gregory P. Forlenza, MD

Associate Professor of Pediatrics
Barbara Davis Center for Diabetes
University of Colorado Denver





Thank you



BDC Staff:

Regina and Anne

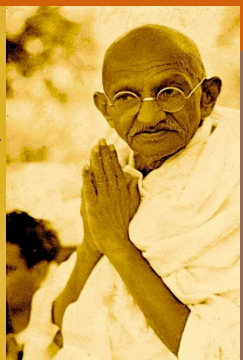
Speakers

CDF Staff:

Dana, Amanda, Sydney, Lindsay, Kristi, Kristyn, Miriam, Sophia, Mackenzie, Morgan, Sarah, and Gaven

Volunteers

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Namaste!

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THANK YOU TO TODAY'S SPONSOR



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2024 EPIC DIABETES CONFERENCE

DATE TBD

Be sure to follow the Children's Diabetes Foundation on social media and stay tuned for our upcoming date for the EPIC Diabetes Conference in 2024!



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Please fill out the POST-EPIC SURVEY coming to your e-mail.

You will be entered to win one of two \$50 Amazon gift Cards.



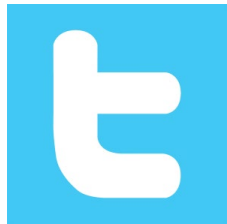
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FOLLOW CDF ON SOCIAL MEDIA!



Children's Diabetes Foundation



@CDFdiabetes



@CDFdiabetes

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Barbara Davis Center for Diabetes

UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS

www.BarbaraDavisCenter.org

303-724-2323



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UPCOMING CDF EVENTS

T1D Strong Day Camp

Colorado Soccer Foundation, 15960 E Colfax Ave,
Aurora, CO 80011

June 7-9, 9:00am – 4:00pm

CDF's Annual Run for the Ring 5K and Fun Run

Barbara Davis Center, Anschutz Campus
August 5

Carousel Ball

Hyatt Regency Denver, 650 15th Street, Denver,
Colorado 80202
October 28



Keep an eye on Children's Diabetes Foundation social media for more information on upcoming fundraisers!



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[ChildrensDiabetesFoundation.org](https://www.ChildrensDiabetesFoundation.org)

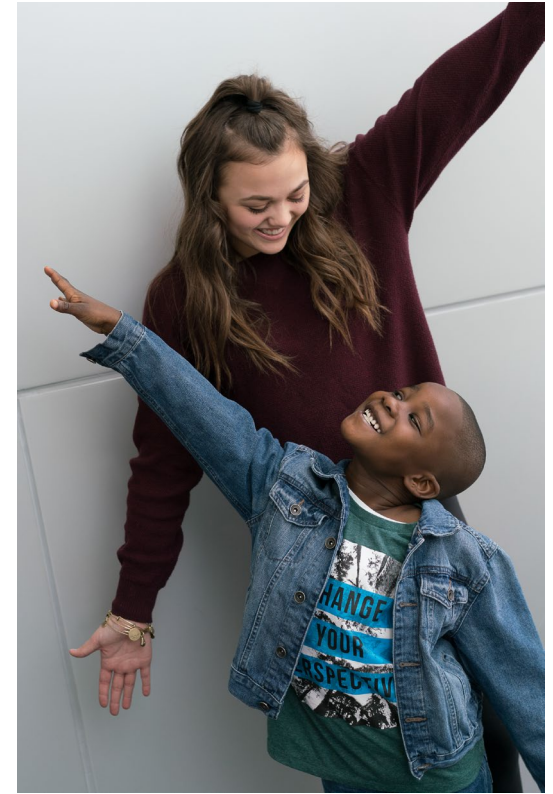


DONATIONS APPRECIATED!

Please consider making a donation to:

Children's Diabetes Foundation

to support this conference for future years.



ChildrensDiabetesFoundation.org/Donate

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Distribution of EPIC Conference 2023 Attendees



- 92 People with Diabetes
- 60 Parents
- 18 Significant Others
- 5 Grandparents
- 5 Siblings
- 16 People in Medical Field
- 13 School Nurses
- 3 Caregivers
- 6 Other

EPIC Conference 2023 Theme

**STRIVING FOR
LIFELONG
HEALTH**



Survival

- People living with diabetes are living longer

Diabetes in the United Kingdom

How long can people with diabetes expect to live?

The Office for National Statistics estimates life expectancy amongst new births to be:

- 77 years for males
- 81 years for females

<https://www.diabetes.co.uk/diabetes-life-expectancy.html>

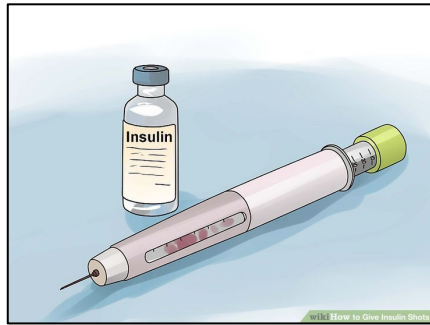


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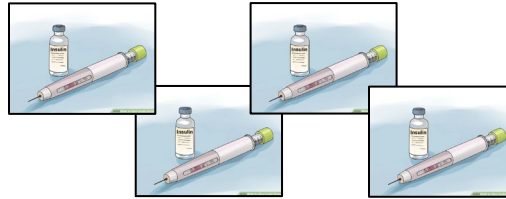
Diabetes Treatments



1920s

30s

40s



Sulphonylureas

50s

60s

70s

80s

Metformin

Meglitinide Derivatives

TZDs

α -glucosidase inhibitors

GLP-1 agonists



SGLT-2 inhibitors



90s

2000s

2010s

2020s



DPP-4 inhibitors

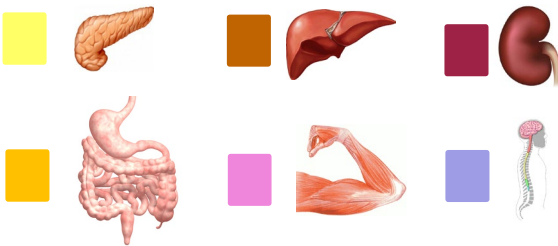
GIP/GLP-1 agonist

amylinomimetics

Bromocriptine

Colesevelam

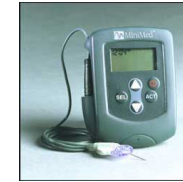
Sibutramine (withdrawn Europe)



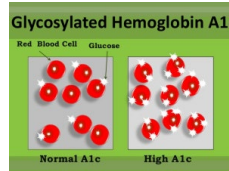
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Glucose Monitoring



1920s 30s 40s 50s 60s 70s 80s 90s 2000s 2010 to present



Insulin Pumps



1920s 30s 40s 50s 60s 70s 80s 90s 2000s 2010 2018 on



Hypoglycemia

- People living with diabetes often experience hypoglycemia (severity ranges from mild to life-threatening)

	All respondents n=552	T1DM n=94	T2DM n=456
Total hypoglycemia			
Overall			
Incidence proportion, % (95% CI)	65.2 (61.0 to 69.0)	83.0 (74.1 to 89.2)	62.0 (56.9 to 65.8)
Non-severe hypoglycemia			
Overall			
Incidence proportion, % (95% CI)	58.2 (53.8 to 62.0)	77.0 (67.1 to 84.0)	54.0 (49.6 to 58.7)
Severe hypoglycemia			
Overall			
Incidence proportion, % (95% CI)	40.4 (36.5 to 44.7)	54.3 (44.2 to 64.0)	38.0 (33.4 to 42.3)

Ratzki-Leewing A et al, BMJ. 2018; 6(1): e000503.



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CONFERENCE SCHEDULE

8:00 - 9:00 AM Registration

9:00 - 9:30 am Welcome and Diabetes Today (All Tracks) – Sarit Polsky, MD, MPH

9:30 - 10:30 AM How to Prevent and Manage Extreme Glucose Events

Adult Track

*Severe Hypoglycemia and
Diabetic Ketoacidosis*

Michael McDermott, MD

Pediatric Track

*Managing Extremes during
School Sports and Testing*

Kimber Simmons, MD

Advanced Track

*Using DM Technology to
Minimize Glucose Extremes*

Greg Forlenza, MD and
Aaron Michels, MD



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HAVE QUESTIONS DURING A PRESENTATION?

- Raise your hand at the end of the presentation

OR

- Write down your question on a card and giving it to a conference volunteer.



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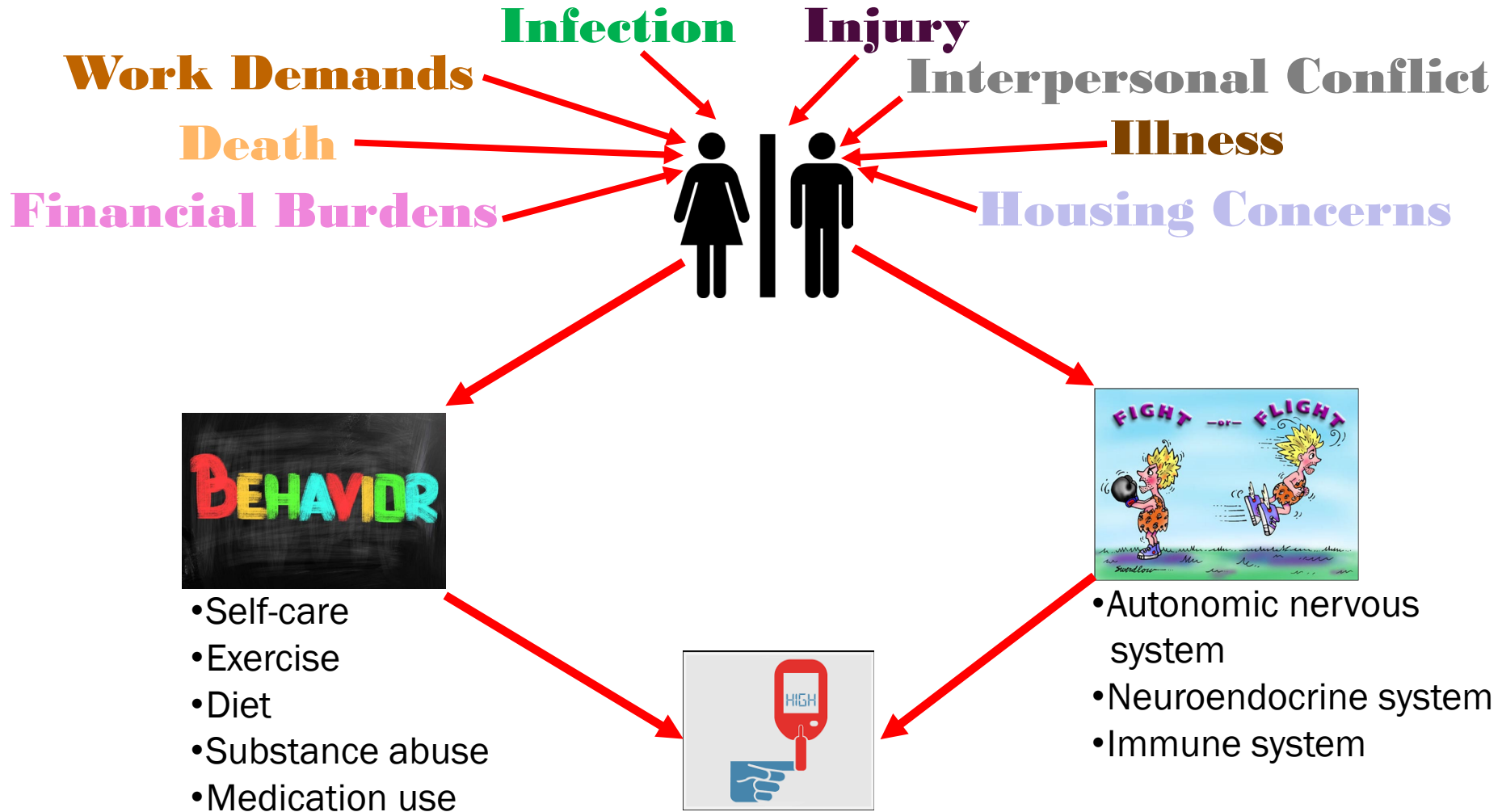


EPIC Conference 2023 Theme

**STRIVING FOR
LIFELONG
HEALTH**



Connection between Mind and Body



Lloyd C, et al. *Diabetes Spectrum*. 2005. 18(2): 121-127.

CONFERENCE SCHEDULE

10:45 - 11:45 AM How to Stay Happy and Fulfilled Living with Diabetes

Adult Track

*Managing Emotional Ups
and Downs of Diabetes*

Jaimie Wolfelt, LPCC

Pediatric Track

*Managing Emotional Ups
and Downs of Diabetes*

Paige Trojanowski, MD

Advanced Track

*Programs and Medications to Help
Navigate Mental Health*

Rachel Davis, MD and

Emily Hemendinger, LCSW, MPH, CPH, ACS

11:45 AM – 12:45 PM Lunch and Patient Panel

(Panel themes: Technology impacts on long-term quality of life and Establishing lifelong healthy exercise habits)



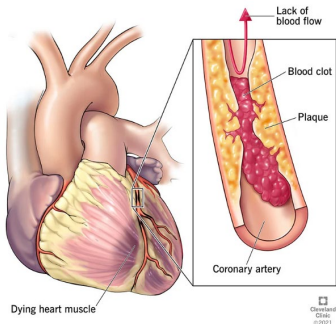
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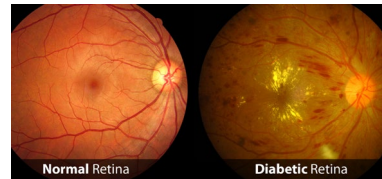


Diabetes Complications: Know What's Out There

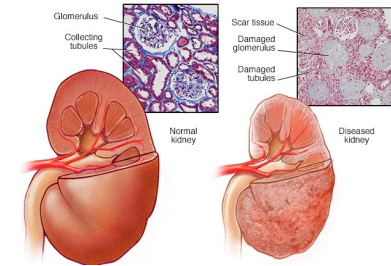
Heart



Eyes



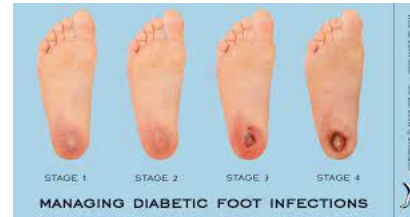
Kidneys



Liver



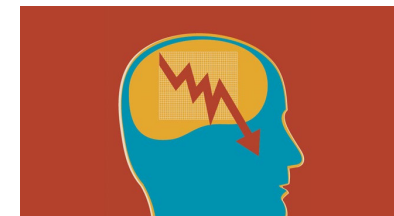
Feet



Bone, Muscle



Cognitive Decline/Dementia



Hearing Impairment



ADA. *Diabetes Care*. 2023. 46(Suppl 1): S158-S190.
Dimitri-Pinheiro S, et al. *Porto Biomed J*. 2021. 6(1): e112.

Diabetes Complications: Prevention and Treatment

Heart



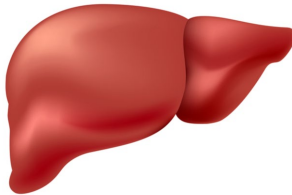
Eyes



Kidneys



Liver



Feet



Bone



Brain



Ears



CONFERENCE SCHEDULE

12:45 - 1:45 PM Understanding and Preventing Diabetes Complications

Adult Track

Protecting Hearts and Kidneys

Leigh Perreault, MD

Pediatric Track

Protecting Hearts and Kidneys

Petter Bjornstad, MD

Advanced Track

Protecting Bones and Brains

Viral Shah, MD and

Meghan Pauley, MD

2:00 PM – 2:45 PM Keynote Address: Long-term Strategies for Healthy Living with Diabetes

2:45 PM – 3:00 PM Keynote Q&A

Jennifer Sherr, MD (Professor of Pediatrics, Yale University)

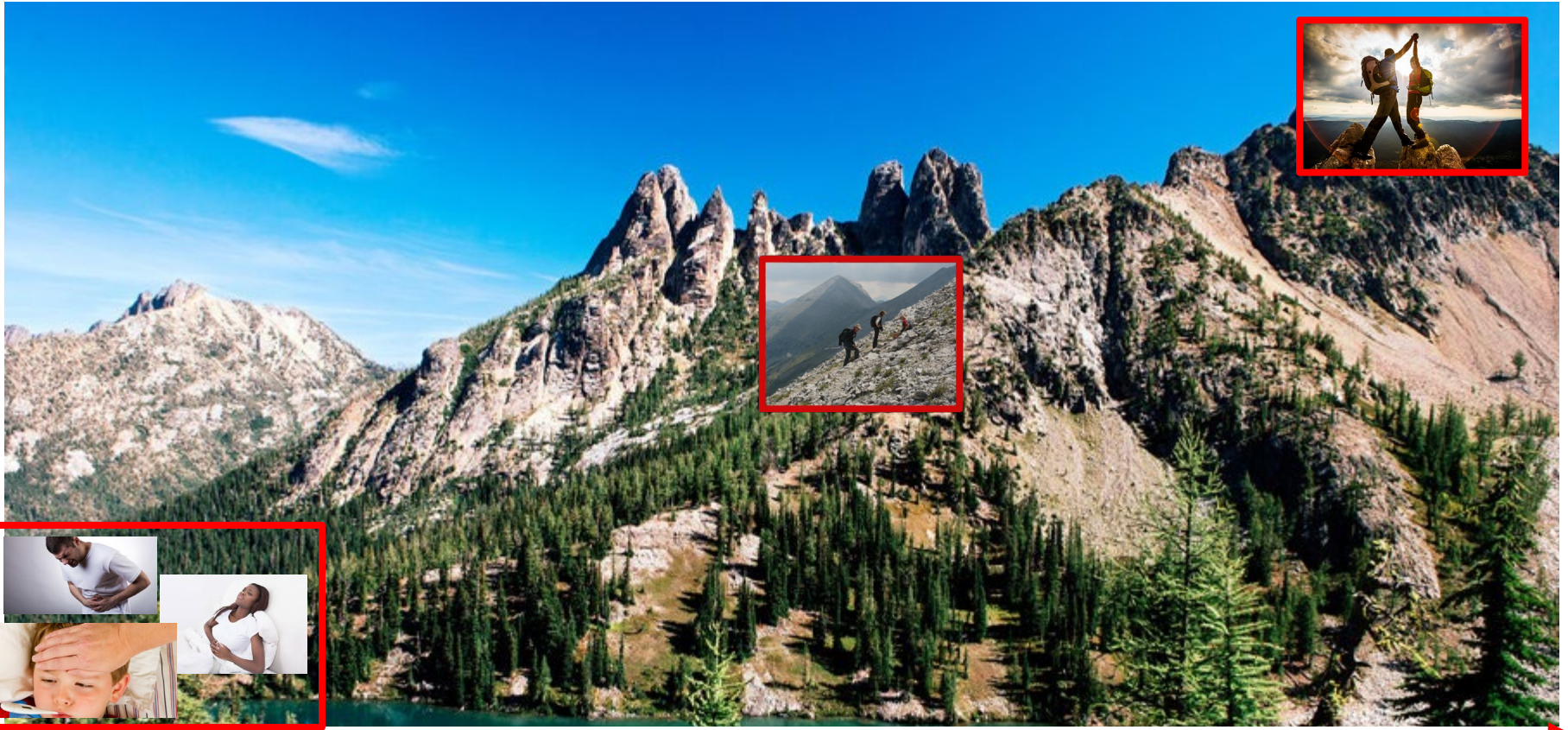
3:00 – 3:15 PM Closing Remarks – Erin Cobry, MD



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PAST

PRESENT

FUTURE

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HEALTH**

