# Breakthrough T1D Community Summit: Northern California

## Saturday, August 29

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|---|---|---|
| 8:00 – 9:00 a.m. | **Check In & Vendor Fair** | Lobby |
| 8:40 – 8:55 a.m. | **Youth & Teen Program Check-in** | Upstairs in Front of The Lab |
| 9:00 – 10:00 a.m. | **Keynote Presentation** | Tahoe Room |
| 10:00 – 10:15 a.m. | **Break & Vendor Fair** | Lobby |
| 10:15 – 11:15 a.m. | **Breakout Session #1** | Tahoe, Shasta & Trinity Rooms |
| 11:15 – 11:30 a.m. | **Break & Vendor Fair** | Lobby |
| 11:30 – 12:30 p.m. | **Breakout Session #2** | Tahoe, Shasta & Trinity Rooms |
| 12:30 p.m. | **Youth and Teen Program Pick-Up** | |
| 12:30 – 1:00 p.m. | **Vendor Fair** | Lobby |
| 12:30 – 1:30 p.m. | **Lunch & Learn** | Atrium (upstairs) |

# Keynote

## Breakthroughs in Type 1 Diabetes: Where we are, where we are going

9:00 – 10:00 a.m. in the Tahoe Room

This presentation will provide an update on recent research breakthroughs in type 1 diabetes (T1D) care, share an update on clinical advances, and discuss important clinical trials that are currently recruiting. Most importantly, it will highlight your role in this progress and how you can get involved and help us create a world without T1D.

**Anastasia Albanese-O'Neill, Ph.D., CPNP-PC, CDCES** serves as vice president, medical affairs, at Breakthrough T1D (formerly JDRF) where her team focuses on accelerating clinical adoption of emerging therapies in T1D and raising awareness about early detection and clinical trial participation. Prior to joining Breakthrough T1D, Albanese-O'Neill was an assistant professor of pediatrics and nursing at the University of Florida, where she maintained an active research portfolio and clinical practice. Her research has been published in peer-reviewed journals including Diabetes Care, The Lancet, Pediatric Diabetes, and Diabetes Technology & Therapeutics.

Albanese-O'Neill has been a passionate diabetes advocate since her daughter was diagnosed with T1D in 2002, and has provided testimony at congressional hearings, the White House, and in the Florida legislature. She is a co-author on state, national, and international position statements on diabetes in the school setting aimed at reducing discrimination and improving care for students with diabetes. She was recognized as Diabetes Care and Education Specialist of the Year by ADCES in 2023.

# Breakout Sessions #1

## Advancing Cures Panel Discussion
## with Moderator, Karen Jordan, Chair of Breakthrough T1D's International Board of Directors

10:15 – 11:15 a.m. in the Tahoe Room

**Dr. Piotr Witkowski**

Professor of Surgery, Director of Pancreatic and Islet Transplant Program at University of Chicago and Lead Investigator of Eledon Clinical Trial

**Dr. Gary Meininger**

Executive Vice President and Chief Medical Officer at Sana Biotechnology

In the last few years, there have been some incredible breakthroughs in cell therapies to replace the body's ability to produce insulin! Join us to hear from our expert panelists from Sana and the University of Chicago's Eledon clinical as we discuss the latest breakthroughs in cell therapy research to cure T1D. This will include deep dives into cell replacement therapy strategies, immune protection and other novel approaches. This session will be moderated by Karen Jordan, Chair of Breakthrough T1D's International Board of Directors.

## Access and Affordability:
## How far we've come and why the work isn't done

10:15 – 11:15 p.m. in the Shasta Room

**Jackie LeGrand**

Senior Manager, Health Policy, Breakthrough T1D

Breakthrough T1D advocacy is critical to advancing breakthroughs for the entire type 1 diabetes (T1D) community. With the support of our grassroots advocates, our work helps advance treatments, influence policy, and improve access to care for those all over the world who need it. As one of the organization's Advocacy Pillars, Health Policy is key to improving access to therapies for the T1D community. We'll discuss some of the latest efforts to improve affordability and access for existing and future treatments.

## Supporting your Child with Type 1 Diabetes (Parent/Caregiver Session)

10:15 – 11:15 p.m. in the Trinity Room

**Dr. Diana Naranjo**

Clinical Professor at Stanford University Medical Center, Division of Endocrinology, Gerontology, and Metabolism

When you're raising diabetes, there's always the next challenge. And it's hard to let go of our ideas of tight control as our children take steps to manage more independently. This talk covers the emotional impact of diabetes and how to better support each other through the highs and the lows.

# Breakout Sessions #2

## Breakthroughs in Improving Lives: Where we are and where we are going

11:30 – 12:30 p.m. in the Tahoe Room

**Dr. Anastasia Ablanese-O'Neill**

Ph.D., APRN, CDCES, and Vice President of Medical Affairs, Breakthrough T1D

The pace of innovation in the T1D space right now is truly remarkable. Stay ahead of the curve with a deep dive into the latest tools and treatments for type 1 diabetes (T1D) management. We will examine how the newest insulin delivery systems, dual-ketones and blood glucose monitoring, and pharmaceutical innovations are working together to improve glycemic outcomes and simplify life for the T1D community.

## How to Bolus for Hidden Carbohydrates in Multicultural Foods

11:30 – 12:30 p.m. in the Trinity Room

**Victoria Brandt**

MPH, RDN, CDCES at Pediatric Diabetes Clinic/Diabetes and Pregnancy Clinic, Kaiser Permanente Walnut Creek

Accurately estimating carbohydrate content in multicultural dishes can be challenging, and determining appropriate insulin coverage adds an additional layer of complexity. This session will provide an overview of common multicultural foods that may contain hidden or unexpected sources of carbohydrates. Participants will learn practical strategies considerations for bolusing more effectively when consuming these foods.

## Making Sense of CGM Data: Translating Trends into Treatment Adjustments

11:30 – 12:30 p.m. in the Shasta Room

**Dr. Marina Basina**

Clinical Professor, Medicine – Endocrinology, Gerontology, & Metabolism at Stanford University School of Medicine, Breakthrough T1D Northern CA Board Member

**Dr. Saleh Adi**

Founding Director, Madison Clinic for Pediatric Diabetes at UCSF; Co-Founder and former Chief Medical Advisor at Tidepool.org; Former VP of Medical Affairs, Willow Labs, Inc.

Join Dr. Marina Basina and Dr. Saleh Adi for an in-depth look at transforming your CGM trends into actionable insights. This session will teach you how to analyze glucose patterns to fine-tune your pump or injection settings, helping you minimize fluctuations and maximize your time in range.

# Breakthrough T1D Community Summit Teen Track

## Saturday, August 29

| | | |
|---|---|---|
| 8:00 – 8:45 a.m. | **Breakfast & Vendor Fair** | Lobby |
| 8:40 – 8:55 a.m. | **Teen Program Check-in** | Upstairs in front of The Lab |
| 9:00 – 10:00 a.m. | **Keynote Presentation** | The Lab (upstairs) |
| 10:00 – 10:15 a.m. | **Break** | |
| 10:15 – 11:00 a.m. | **Breakout Session #1** | The Lab (upstairs) |
| 11:00 – 11:45 p.m. | **Breakout Session #2** | The Lab (upstairs) |
| 11:45 – 12:00 p.m. | **Break** | |
| 12:00 – 12:30 p.m. | **Breakout Session #3** | The Lab (upstairs) |
| 12:30 p.m. | **Parent Pick-up** | Upstairs in front of The Lab |
| 12:30 – 1:30 p.m. | **Lunch & Learn** | Atrium (upstairs) |

# Keynote

## My Journey as a Firefighter Living with T1D

9:00 – 10:00 am in The Lab (upstairs)

From the front lines of emergency response to the daily battle of blood sugar management, this presentation explores the resilience required to thrive as a firefighter with type 1 diabetes (T1D). It highlights how the discipline of the fire service and the constant vigilance of T1D management can forge a unique strength, proving that chronic illness is not a barrier to a life of service and heroism.

### Matt Greiner, Firefighter and T1D Coach

Matt was diagnosed with T1D in 2000 at the age of six. Because of that, he doesn't remember life without it, which is a big part of why he developed such a strong passion for not just managing T1D, but truly thriving with it. Matt began his journey in the fire service at a young age, joining an explorer program at 14. He was hired as a firefighter at 20 years old with East Contra Costa County Fire District in California. After a couple of years, he lateraled to Rodeo-Hercules Fire District, where he spent nearly a decade promoted through the ranks to Captain at a relatively young age.

Two years ago, Matt moved to Florida with his family and made the decision to start over from the ground up with Hillsborough County Fire Rescue. He went through the academy and probation again in his 30s, where he finished as the number one recruit out of a class of 40 cadets. After successfully completing probation, he made the decision to retire early from the fire service to spend more time with his family and fully pursue his passion for helping others.

Today, Matt works as a coach specializing in helping individuals with T1D take control of their health and performance. He guides his clients in improving blood sugar management, reducing total daily insulin, increasing time in range, and building strong, sustainable habits through training and nutrition. Helping other people with T1D transform their health, confidence, and quality of life has become his true passion.

# Breakout Session #1

## Ready, Set, Go - College

10:15 – 11:00 a.m. in The Lab

**Dr. Tariq Ahmad**
Pediatric Endocrinologist at Children's Hospital Oakland

Learn everything you need to know to prepare for the transition to college/independent living. Dr. Ahmad will present on going to college with T1D, rights and accommodations as a student living with T1D, medical forms and scholarships. Please note, the use of alcohol will be discussed during this presentation.

# Breakout Session #2

## Panel Discussion and Q&A with College Students and Young Adults Living with T1D

11:00 – 11:45 a.m. in The Lab

**Lucy (Senior at CalPoly), Vikram (2026 Graduate from UC Davis), & TBD**

Join us for the opportunity to ask current college students and young adults living with T1D questions about transitioning to college and/or independent living. Hear how they navigated explaining T1D to their roommates and professors, disclosing to Disability Services, reordering and storage of their insulin and supplies, and other helpful tips and tricks.

# Breakout Session #3

## "T1D Can Make You Stronger"
## Inspirational Talk and Q&A with Jordan Williams

12:00 – 12:30 p.m. in The Lab

**Jordan Williams**

First Ultimate Fighting Championship Fighter Living with T1D

As a young athlete, Jordan grew up in a rigorous and competitive lifestyle. In high school, he became a three-time All-American in wrestling, placing at the state and national level. After being diagnosed with type 1 diabetes in junior college in 2010, Jordan won the gold medal in the 197-pound weight class at the state championships. Through focus and dedication to sports, Jordan then became the first and only type 1 diabetic to ever compete in the UFC by the age of 30.