Register now!

4TH ANNUAL Pacific Northwest Diabetes Summit

TYPE 1 AND 2 DIABETES

This year’s presenting sponsor

The Summit is for anyone impacted by diabetes, including individuals with Type 1 or Type 2 diabetes, their loved ones, and providers in medical, school and community settings.

Conference fees:
1 person $30
2 people $50
3 people $70
Student $15

Saturday, November 19, 2011 — 1 to 5:30 p.m.
Check in begins at noon
OHSU Center for Health & Healing
3303 SW Bond Ave., Portland, OR 97239 • Parking in the CHH parking garage

Summit Highlights include interactive workshops and discussion of:

- Coping with diabetes
- Traveling and diabetes
- What’s new in the field
- Having a healthy heart
- Eating out and carb counting
- Healthy kids
- Exercise and diabetes
- Transitioning care after high school graduation
- Cooking tips
- Research updates
- Technology: pumps and sensors
- Sex, Pregnancy and Parenting with Diabetes
- Strategies for success in managing your diabetes
- Eating out and carb counting
- What’s new in the field
- Transitioning care after high school graduation
- Technology: pumps and sensors
- Strategies for success in managing your diabetes

For more information and to register please go to
www.ohsuhealth.com/diabetes

For further details:
503 494-1226

Our target audience is 12 and older, sorry, childcare is not available.
# 2011 Pacific NW Diabetes Summit Agenda

**Saturday November 19, 2011**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>1:10-1:10</td>
<td>Welcome&lt;br&gt;Farahnaz Joarder MD, Stephen LaFranchi MD,&lt;br&gt;Andrew Ahmann MD and Bruce Boston MD</td>
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<tr>
<td>1:10-1:20</td>
<td>A patient story- Introduction to Dr. Polonsky&lt;br&gt;William Polonsky, PhD</td>
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<td>1:20-1:50</td>
<td>Coping with Diabetes- William Polonsky, PhD</td>
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<td>1:50-2:10</td>
<td>Break- Vendor Fair</td>
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<tr>
<td>2:20-2:50</td>
<td>Session - Type 1&lt;br&gt;Exercise &amp; type 1 diabetes --Larry Verity PhD&lt;br&gt;Travel with Diabetes Kathy Hanavan NP&lt;br&gt;Carb Counting Remix: Practice with Mixed Meals in Our Kitchen- Kate Cable RD, CDE</td>
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<td>Session - Type 1&lt;br&gt;Sex, Pregnancy &amp; Parenting with Diabetes - Liz Stephens MD and Heather Clute MA&lt;br&gt;Strategies for Success w/ type 2- William Polonsky PhD&lt;br&gt;Healthy Heart- Scott Chadderdon MD &amp; Farahnaz Joarder MD</td>
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<td>2:20-2:50</td>
<td>Session - Type 1&lt;br&gt;Strategies for Success w/ type 1 Michael Harris PhD&lt;br&gt;Sex, Pregnancy &amp; Parenting with Diabetes - Liz Stephens MD &amp; Heather Clute MA&lt;br&gt;Is a Pump for you-Joannie Kono RN, CDE (youth) &amp; Sara Hohn RN, CDE (adult)&lt;br&gt;Cooking Tips for type 2 - Kari Kohrs MPH, RD, CDE&lt;br&gt;What's new in Diabetes: Fact or Fiction- Jessica Castle MD&lt;br&gt;Treatments for type 2 - Fawn Wolf MD</td>
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<td>3:00-3:30</td>
<td>Session - Type 1&lt;br&gt;Technology - latest in pumps, sensors type 1- Ken Ward MD&lt;br&gt;Movin’ Out, Movin’ On: Diabetes After Childhood Jennifer Raymond MD &amp; Kimberly Kraus MSW, LCSW&lt;br&gt;Packing your lunch for school, work or eating out--carb counting Don Kain RD, CDE &amp; Amelia McQuery RD, CDE&lt;br&gt;Meter Madness: Making Sense of your glucose meter-Linda Blarjeske RD, CDE&lt;br&gt;&quot;Healthy Kids&quot; Pediatric Obesity-Natasha Polensek MD&lt;br&gt;Exercise &amp; type 2 diabetes--Larry Verity PhD</td>
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<td>3:30-3:50</td>
<td>Break</td>
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<td>4:00-4:30</td>
<td>Session - Type 3&lt;br&gt;Closing- Inspirational Speaker- Jay Hewitt- Elite Ironman triathlete</td>
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<td>4:40-5:10</td>
<td>Vendor Fair</td>
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