

Exercise in type 1 diabetes

Wednesday March 8th, 2023
5.00 – 6.00 pm CET

Webinar for physicians and
nurses treating type 1 diabetes

Exercising is important, but managing type 1 diabetes before, during and after exercise is often challenging. It requires knowledge, different insulin dose and nutritional adjustments based on the form and intensity of the exercise. Loss of glycaemic control and fear of hypoglycaemia are also possible barriers where individuals with type 1 diabetes need help.

Please see more information about our speakers on the next page.

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for free
registration

Program

5.00 – 5.05 pm Welcome words from Sanofi

5.05 – 5.20 pm Landscape of type 1 diabetes
& exercise

Presented by Dr. Peter Adolfsson

- latest guidelines
- information and tools to help individuals with type 1 diabetes & exercising

5.20 – 5.55 pm Expert panel discussion: best practices

- aerobic and anaerobic exercise
- insulin use and prevention of hypoglycaemia
- patient cases

5.55 – 6.00 pm Key take-aways and closure



Dr. Peter Adolfsson

Dr. Peter Adolfsson is a senior physician at the hospitals of Halland, Kungälv and Halmstad. He received his medical training at the Sahlgrenska Academy of Gothenburg University and, subsequently, went on to specialize in pediatrics and sports medicine. His scientific activities focus on the impact of diabetes technology, exercise, diabetes in general and sometimes physical activity beneath the surface – scuba diving. Peter is the first author of the two latest ISPAD Clinical Practice Consensus Guidelines related to Exercise, 2018 and 2022.



Kristina Grimstad Nordstrand

Kristina Grimstad Nordstrand is educated as a teacher and is located in Norway. She has had diabetes for 14 years now and is combining regular work and family life with a professional carrier in powerlifting. Kristina has won gold medals in two national championships and four bronze medals in international championships. She is a passionate ambassador for living a normal life with diabetes and being engaged in physical activity even on a top level at the same time.



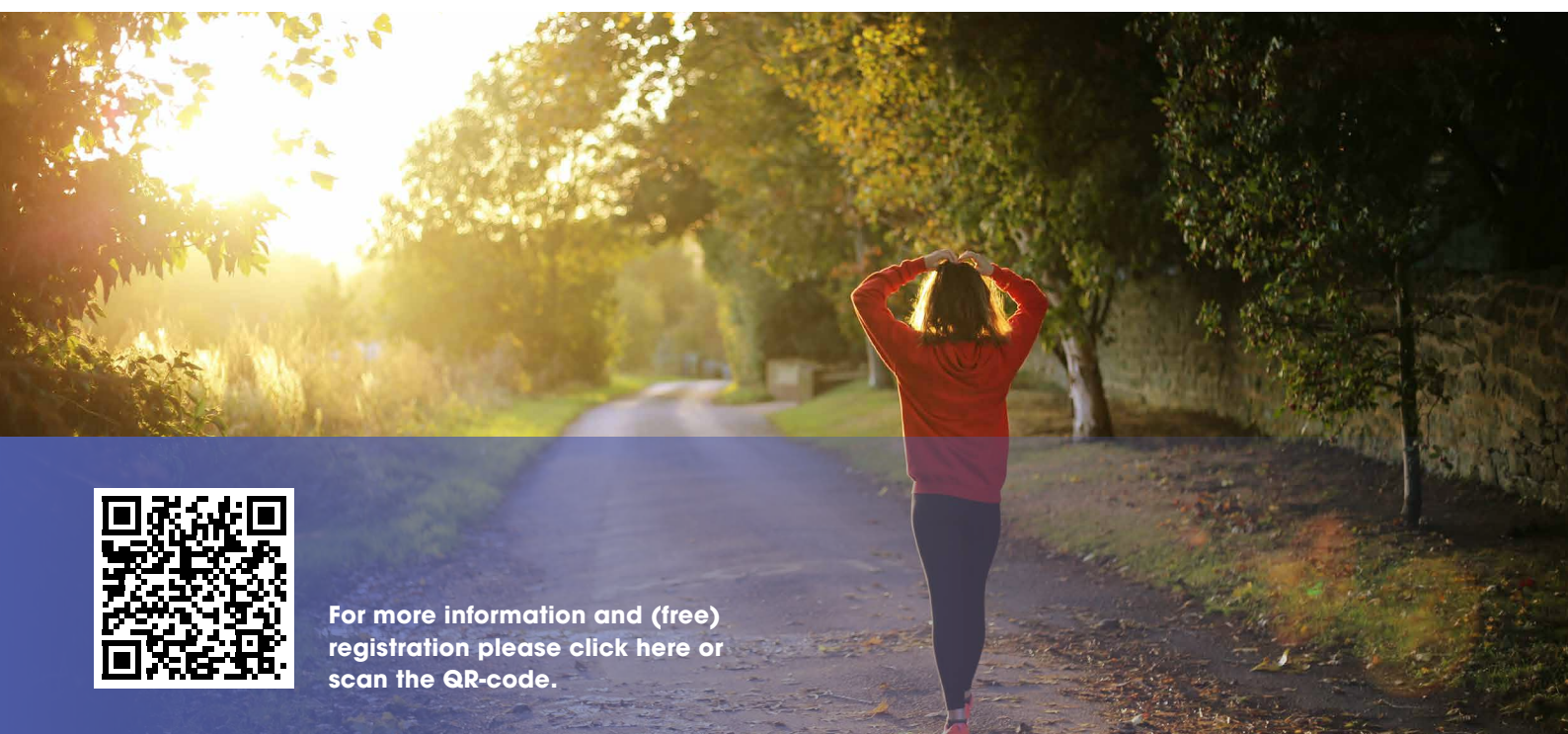
Dr. Elina Pimiä

Dr. Elina Pimiä is the Head of Diabetes Outpatient Clinic in the city of Tampere in Finland. She also works as the Chief Physician in the Finnish Diabetes Association. She has a wide experience as a specialist in internal medicine and endocrinology and she works actively to enhance and develop the treatment and quality of life of people with diabetes.



Prof. Bastiaan de Galan

Prof. Bastiaan de Galan is a medical specialist and professor of diabetology at the Maastricht university medical centre and at the Radboud university medical centre, both in the Netherlands. His research focuses on clinical diabetology with a particular interest in iatrogenic hypoglycemia and impaired awareness of hypoglycemia and its relation to adverse clinical outcomes in people with type 1 and (insulin-requiring) type 2 diabetes. Bastiaan is coordinator of the HypoRESOLVE research consortium. He is also associate editor for Diabetologia and secretary for the International Hypoglycemia Study Group.



For more information and (free) registration please click here or scan the QR-code.