



JDRF PEAK PROGRAM FOR HCPS

Do you treat patients with type 1 diabetes (T1D) who exercise or wish to start?

The JDRF PEAK program offers the information you need to help manage physical activity and exercise in individuals with T1D

Developed by a steering committee led by Dr. Rémi Rabasa-Lhoret, the **JDRF Performance in Exercise and Knowledge (PEAK)** program is an innovative, unique outreach initiative to help increase education on effective management of physical activity for individuals with type 1 diabetes (T1D). Its goal is to break new ground in supporting safe, informed exercise within the T1D community. The JDRF PEAK program is available to physicians, nurses, pharmacists, diabetes educators and other healthcare professionals involved in the management of patients with T1D who exercise or wish to exercise.

After attending PEAK, participants should be better able to:

- Describe the environmental, dietary, physiological, and psychosocial elements that impact physical activity in people with type 1 diabetes (T1D)
- Demonstrate how to manage different types of physical activity in people with T1D
- Develop treatment plans for patients with T1D who exercise or wish to exercise
- Implement strategies to ensure safe exercise in patients with T1D, including identifying appropriate nutritional requirements for each patient
- Educate patients on optimal insulin management to minimize risk of hypoglycemia and hyperglycemia

REGISTER ONLINE:

Event in English - <https://www.regonline.com/PEAKTORONTOHCP>

Event in French - <https://www.regonline.com/PEAKMONTREALPROFESSIONNELS>

For more information, please contact:

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