

# 27<sup>th</sup> European Diabetes Congress

June 20-21, 2018 | Rome, Italy

## Type 1 diabetes: Seeing the whole person

**Sara Lasker\***

\*Madison T1D Coach LLC., USA

There is a mind shift that needs to occur in the clinical world of diabetes management to stay relative. The shift is to listen to the patient; what they were wanting out of their life with diabetes, and what/who can help motivate them; patients want to be more involved, motivated, and guided to find solutions to manage their diabetes. The management of type 1 diabetes goes beyond the basics and dives into the balance of the occupational, social, spiritual, intellectual, physical, emotional, and environmental (OSSIPPEE) factors to live happy, healthful lives with diabetes. To stay relevant in your practice, you must come explore OSSIPPEE.

### Recent Publications

1. Curry, A. (November 2017) Race and Type 1 Diabetes. Diabetes Forecast.
2. Fricchione, G. (2016) Stress Management: Enhance your Well-Being by Reducing Stress and Building Resilience. Harvard Health Publishing.
3. Jones, P. (2013) Design for Care: Innovating Healthcare Experience.
4. Kwon, J. (July 2017) Glycemic Outcomes Beyond A1c: Consensus on Measuring What Matters.
5. Schwartz, D. (January 2017) Seeing the Person, Not the Illness: Promoting Diabetes Medication Adherence Through Patient-Centered Collaboration. Clinical Diabetes.

### Biography

Sara Lasker is one of the first MCHES, CDE's in the world! As a Certified Diabetes Educator (CDE) and Master Certified Health Education Specialist (MCHES) she works with people to become the diabetes expert of their type 1 diabetes by discovering the Occupational, Social, Spiritual, Intellectual, Physical, Emotional, and Environmental balance.

CoachSara@MadisonT1DCoach.Life

### Notes: