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| **Masterclass title (max. 10 words):**  *The title should be as brief as possible and clearly indicate the nature of the abstract. If you wish to include a subtitle, it must be included in this field and included in the 10-word limit.* |
| A clinical and practical approach to using an advanced AID system- **the mylife YpsoPump & CamAPS FX AID System** in Exercise |

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| **Presenters:**  *Please provide details of all proposed presenters including their name, email address, ADS or ADEA member number (if applicable) and their residential state.* |
| **Dr. Andrea Ballmer**  Andrea Ballmer is a trained physician from Switzerland with over 20 years experience in the pharmaceutical and medical device industry in Europe, Australia/New Zealand and China. Andrea is the head of Medical Affairs for Ypsomed Australia  **Prof Othmar Moser**  Prof Othmar Moser, PhD is a Professor in the Exercise Physiology and Metabolism, at the Institute for Sports Science at the University of Bayreuth. His research interests are Internal Medicine, Endocrinology, Diabetes, Metabolism, Physiology, Diabetes Mellitus, Blood Glucose, Insulin, Energy Metabolism, Glucose, Glucose Measurement, Glucose Metabolism.  Local HCP: TBD  Patient using the system: TBD  Recommended duration: 2 hours |

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| **Session Chair(s):**  *Please provide details of the nominated session chair(s), including their name and email address.* |
| Dr Andrea Ballmer: Ypsomed Australia, Head of Medical Affairs  [andrea.ballmer@ypsomed.com](mailto:andrea.ballmer@ypsomed.com) |

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| **Session description (max. 200 words):**  *Please provide a description of the session, including an overview of the session content, proposed format and presenters.* |
| 1. Introduction & challenges of Exercise and living with T1D using an AID system    * Introduce/Refresher on mylife CamAPS FX system + YpsoPump system and how it works 2. Exercise with CamAPS: From Recommendations to Individualised solutions    * Summary & Review the published clinical data across all AID systems available in Australia including any published data on CamAPS FX (and other systems) for exercise    * Fragile relationship between exercise & T1D    * General recommendations for mylife CamAPS FX around exercise (low Intensity vs HIT)    * Individual solutions for different populations    * Ongoing research 3. Optimising mylife CamAPS FX AID system for Exercise in adults /(children): an Australian experience 4. How I do it? Lived experience in using the mylife CamAPS FX AID + YpsoPump system for endurance based exercise regimens – A User’s perspective. 5. Panel Q&A with all speakers.   Prof Moser will discuss the available clinical data and recommendation in using mylife CamAPS FX in exercise, followed on a practical and individualised approach for different exercise modalities and intensities.  Our local Health Care Professional will provide their clinics experience on exercise with the mylife YpsoPump + mylife CamAPS FX AID System – how to optimise for low/high intensity exercise regimens and provide real world case Glooko reports from users.  A patient who uses the system for endurance exercise will present their lived experience. They will detail how the mylife CamAPS FX System has modified their approach to exercise (particularly as it relates to endurance sport, e.g long distance cycling) and summarise the impact the system has made to their overall wellbeing. |

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| **Evidence base (max. 100 words):**  *Where appropriate, please include a brief description and citations of the evidence that supports your session or will be presented and discussed during the session.* |
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| **Key learning objectives (max. 100 words):**  *Please identify the key knowledge and/or skills that delegates should achieve by the conclusion of the session. Key learning objects can be presented in dot point form.* |
| Key learning objectives   * Learn about the available clinical data on exercise and AID in T1D * Practical and individualised examples on exercise and AID * Share experience & best practice from Australia. * Hear from an existing user. * Introduce the challenges of managing different forms of exercise when living with T1D   Review published data from AID systems available in general   * Share Recommendations for how the clinical team could optimise mylife CamAPS FX AID system in different forms of exercise (low Intensity vs HIIT) * Share some examples of experience & reports from patients who have been optimised with mylife CamAPS FX AID system (a practical approach using before & afters) * Share lived experience from a patient using the system for endurance sport |