



Dessi Zaharieva

Instructor, Pediatrics - Endocrinology and Diabetes

Bio

BIO

Dr. Dessi P. Zaharieva is an Instructor, Certified Exercise Physiologist (CEP), and Certified Diabetes Care and Education Specialist (CDCES) currently working in Pediatric Endocrinology at Stanford University – School of Medicine in collaboration with Dr. David M. Maahs, Division Chief of Pediatric Endocrinology. Her research focuses on strategies to manage blood glucose concentrations around exercise in youth and adults with type 1 diabetes. She is currently the Principal Investigator (PI) of the 4T Exercise Study that implements exercise education and monitors physical activity patterns in newly diagnosed youth with type 1 diabetes with support from the Leona M. and Harry B. Helmsley Charitable Trust. She is also working on integrating wearable physical activity tracker data (e.g., heart rate, step count, energy expenditure) and continuous glucose monitoring (CGM) data into the Electronic Medical Record (EMR) and our Timely Interventions for Diabetes Excellence (TIDE) remote monitoring platform. This data overlay will allow healthcare professionals and diabetes educators to visualize and integrate exercise discussions into standard diabetes care visits.

Dr. Zaharieva completed her Ph.D. at York University in Toronto, Canada under the supervision of leading exercise physiologist, Dr. Michael C. Riddell. She has published numerous research articles on glucose regulation and exercise with topics ranging from the effects of caffeine on exercise metabolism to hypoglycemia prevention strategies using automated insulin delivery systems (i.e., closed loop technology) during exercise. She has also served as a regular presenter at academic conferences and various industry partners on the use of technology to better manage diabetes and volunteers with non-profit organizations such as I Challenge Diabetes (ICD) and Connect in Motion (CIM).

Dr. Zaharieva has also been living with type 1 diabetes for over 25 years and is a second-degree black belt in taekwondo and blue belt in Brazilian jiu jitsu. She has represented Team Canada in taekwondo for many years and earned a bronze medal at the World Championships in 2013. Dr. Zaharieva has a passion for helping people like herself better manage their diabetes, especially with the challenges faced during exercise.

ACADEMIC APPOINTMENTS

- Instructor, Pediatrics - Endocrinology and Diabetes

HONORS AND AWARDS

- Outstanding Oral Presentation Award, 12th Annual Pediatrics Research Retreat (April 2021)
- Top 10 Reviewers for 2020, Canadian Journal of Diabetes (Jan 2021)
- ISPAD-JDRF Research Fellowship, International Society for Pediatric and Adolescent Diabetes (ISPAD) (Dec 2020)
- Vanier Canada Graduate Scholarship, Canadian Institutes of Health Research (CIHR) (2015-2018)
- Winner of 'Inspirational Females', Best Health Magazine (Jun 2014)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Northern California (NorCal) JDRF Board Member, Juvenile Diabetes Research Foundation (JDRF) (2022 - present)
- Guest Editor, *Frontiers in Endocrinology - Special Issue* (2022 - present)
- Advisory Board Member, Dexcom (2022 - present)
- National Youth Strategies Committee Member, American Diabetes Association (2021 - present)
- Research Committee Member, Stanford Pediatrics Advancing Anti-Racism Coalition (SPAARC) (2021 - 2023)

PROFESSIONAL EDUCATION

- Certified Diabetes Educator, Certification Board for Diabetes Care and Education (CBDCE) (2022)
- Certified Exercise Physiologist, Health and Fitness Federation of Canada (HFFC) (2019)
- Doctor of Philosophy (PhD), York University (2018)
- Master of Science (MSc), York University (2014)
- Bachelor of Kinesiology (BKIN), Brock University (2011)

LINKS

- Twitter: <https://twitter.com/5dess?lang=en>

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

The 4T (Teamwork, Targets, Technology, and Tight Control) Exercise Study focuses on addressing the attitudes & barriers to exercise for families and newly diagnosed youth with type 1 diabetes (T1D). We are currently establishing feasibility and understanding physical activity patterns and behaviours in newly diagnosed youth with T1D using wearable activity trackers. This work also involves delivering structured exercise education to families and youth with T1D over telehealth.

CLINICAL TRIALS

- Teamwork, Targets, Technology, and Tight Control in Newly Diagnosed Pediatric T1D - 4T Study, Not Recruiting

Publications

PUBLICATIONS

- **Changing Glucose Levels during the Menstrual Cycle as Observed in the Type 1 Diabetes Exercise Initiative Study.** *Canadian journal of diabetes*
Li, Z., Yardley, J. E., Zaharieva, D. P., Riddell, M. C., Gal, R. L., Calhoun, P.
2024
- **Automated Insulin Delivery Systems in Pediatric Type 1 Diabetes: A Narrative Review.** *Journal of diabetes science and technology*
Adolfsson, P., Hanas, R., Zaharieva, D. P., Dovc, K., Jendle, J.
2024: 19322968241248404
- **Equitable implementation of a precision digital health program for glucose management in individuals with newly diagnosed type 1 diabetes.** *Nature medicine*
Pralhad, P., Scheinker, D., Desai, M., Ding, V. Y., Bishop, F. K., Lee, M. Y., Ferstad, J., Zaharieva, D. P., Addala, A., Johari, R., Hood, K., Maahs, D. M.
2024
- **Assessment of Glycemia Risk Index and Standard Continuous Glucose Monitoring Metrics in a Real-World Setting of Exercise in Adults With Type 1 Diabetes: A Post-Hoc Analysis of the Type 1 Diabetes and Exercise Initiative.** *Journal of diabetes science and technology*
Morrison, D., Vogrin, S., Zaharieva, D. P.
2024: 19322968241246458
- **Exercising Safely with the MiniMed™ 780G Automated Insulin Delivery System.** *Diabetes technology & therapeutics*
O'Neal, D. N., Zaharieva, D. P., Morrison, D., McCarthy, O., Nørgaard, K.

2024; 26 (S3): 84-96

- **Advances in Exercise and Nutrition as Therapy in Diabetes.** *Diabetes technology & therapeutics*
Riddell, M. C., Shakeri, D., Smart, C. E., Zaharieva, D. P.
2024; 26 (S1): S141-S152
- **Smart Start - Designing Powerful Clinical Trials Using Pilot Study Data.** *NEJM evidence*
Ferstad, J. O., Prahalad, P., Maahs, D. M., Zaharieva, D. P., Fox, E., Desai, M., Johari, R., Scheinker, D.
2024; 3 (2): EVIDoA2300164
- **"It changed everything we do": A mixed methods study of youth and parent experiences with a pilot exercise education intervention following new diagnosis of type 1 diabetes.** *Journal of diabetes and its complications*
Tanenbaum, M. L., Addala, A., Hanes, S., Ritter, V., Bishop, F. K., Cortes, A. L., Pang, E., Hood, K. K., Maahs, D. M., Zaharieva, D. P.
2023; 38 (1): 108651
- **Diabetic ketoacidosis (DKA) at diagnosis in youth with type 1 diabetes (T1D) is associated with a higher hemoglobin A1c even with intensive insulin management.** *Diabetes technology & therapeutics*
Zaharieva, D. P., Ding, V., Addala, A., Prahalad, P., Bishop, F., Hood, K., Desai, M., Wilson, D. M., Buckingham, B. A., Maahs, D. M.
2023
- **Sex influences health: reporting on female characteristics should be mandatory in exercise and physical activity-related diabetes research.** *Diabetologia*
Yardley, J. E., Govette, A., Laesser, C. I., Lespagnol, É., Logan, J. E., Sim, J. A., Talbo, M. K., Prévost, M. S., Perry, T., von Zezschwitz, J. D., Bally, L., Brazeau, A. S., Heyman, et al
2023
- **The Promising Success of Project Extension for Community Healthcare Outcomes (ECHO) Diabetes: Case Series.** *JMIR diabetes*
Figg, L., Addala, A., Jain, I., Anez, C., Midney, P., DeChirico, C., Symanski, C., Fitzgerald, B. C., Colbert, K., Raymer, T., Stockton-Joretég, C., Murphy, E., Collins, et al
2023; 8: e46050
- **"Empowering Us": A Community-Led Survey of Real-World Perspectives of Adults with Type 1 Diabetes Using Insulin Pumps and Continuous Glucose Monitoring to Manage Their Glucose Levels.** *Diabetes research and clinical practice*
Read, M., Henshaw, K. D., Zaharieva, D. P., Brown, T. C., Varga, A. E., Bray, C., Cox, M., Goody-Rohdin, P. J., Hider, K., Jelleyman, P., Jenkins, A., Jones, C., Kerr, et al
2023: 110830
- **A Comparison of Faster Insulin Aspart to Standard Insulin Aspart using Hybrid Automated Insulin Delivery System in Active Children and Adolescents with Type 1 Diabetes: A Randomized, Double-Blind Crossover Trial.** *Diabetes technology & therapeutics*
Dovc, K., Bergford, S., Fröhlich-Reiterer, E., Zaharieva, D. P., Potocnik, N., Müller, A., Lenarcic, Z., Calhoun, P., Fritsch, M., Sourij, H., Bratina, N., Kollman, C., Battelino, et al
2023
- **A quantitative model to ensure capacity sufficient for timely access to care in a remote patient monitoring program.** *Endocrinology, diabetes & metabolism*
Chang, A., Gao, M. Z., Ferstad, J. O., Dupenloup, P., Zaharieva, D. P., Maahs, D. M., Prahalad, P., Johari, R., Scheinker, D.
2023: e435
- **Swimming With the Omnipod 5 Automated Insulin Delivery System: Connectivity in the Water.** *Diabetes care*
Hughes, M. S., Kingman, R. S., Hsu, L., Lal, R. A., Buckingham, B. A., Zaharieva, D. P.
2023
- **An Overview of Diet and Physical Activity for Healthy Weight in Adolescents and Young Adults with Type 1 Diabetes: Lessons Learned from the ACTION Consortium.** *Nutrients*
Bishop, F. K., Addala, A., Corbin, K. D., Muntis, F. R., Pratley, R. E., Riddell, M. C., Mayer-Davis, E. J., Maahs, D. M., Zaharieva, D. P.
2023; 15 (11)
- **Practical Aspects and Exercise Safety Benefits of Automated Insulin Delivery Systems in Type 1 Diabetes.** *Diabetes spectrum : a publication of the American Diabetes Association*
Zaharieva, D. P., Morrison, D., Paldus, B., Lal, R. A., Buckingham, B. A., O'Neal, D. N.
2023; 36 (2): 127-136
- **Disparities in Hemoglobin A1c Levels in the First Year After Diagnosis Among Youths With Type 1 Diabetes Offered Continuous Glucose Monitoring.** *JAMA network open*

- Addala, A., Ding, V., Zaharieva, D. P., Bishop, F. K., Adams, A. S., King, A. C., Johari, R., Scheinker, D., Hood, K. K., Desai, M., Maahs, D. M., Prahallad, P. 2023; 6 (4): e238881
- **Perceived Knowledge and Confidence for Providing Youth-Specific Type 1 Diabetes Exercise Recommendations amongst Pediatric Diabetes Healthcare Professionals: An International, Cross-Sectional, Online Survey** *PEDIATRIC DIABETES*
Chinchilla, P., Dovc, K., Braune, K., Addala, A., Riddell, M. C., Dos Santos, T., Zaharieva, D. P. 2023; 2023
 - **Advances in Exercise and Nutrition as Therapy in Diabetes.** *Diabetes technology & therapeutics*
Zaharieva, D. P., Riddell, M. C. 2023; 25 (S1): S146-S160
 - **Project ECHO Diabetes Cost Modeling to Support the Replication and Expansion of Tele-mentoring Programs in Non-research Settings.** *Diabetes therapy : research, treatment and education of diabetes and related disorders*
Lewit, E. M., Figg, L. E., Addala, A., Filipp, S. L., Lal, R., Gurka, M. J., Herndon, J. B., Haller, M. J., Maahs, D. M., Walker, A. F. 2023
 - **ISPAD Clinical Practice Consensus Guidelines 2022: Exercise in children and adolescents with diabetes.** *Pediatric diabetes*
Adolfsson, P., Taplin, C. E., Zaharieva, D. P., Pemberton, J., Davis, E. A., Riddell, M. C., McGavock, J., Moser, O., Szadkowska, A., Lopez, P., Santiprabhob, J., Frattolin, E., Griffiths, et al 2022; 23 (8): 1341-1372
 - **Associations of disordered eating with the intestinal microbiota and short-chain fatty acids among young adults with type 1 diabetes.** *Nutrition, metabolism, and cardiovascular diseases : NMCD*
Igudesman, D., Crandell, J., Corbin, K. D., Zaharieva, D. P., Addala, A., Thomas, J. M., Bulik, C. M., Pence, B. W., Pratley, R. E., Kosorok, M. R., Maahs, D. M., Carroll, I. M., Mayer-Davis, et al 2022
 - **A model to design financially sustainable algorithm-enabled remote patient monitoring for pediatric type 1 diabetes care.** *Frontiers in endocrinology*
Dupenloup, P., Pei, R. L., Chang, A., Gao, M. Z., Prahallad, P., Johari, R., Schulman, K., Addala, A., Zaharieva, D. P., Maahs, D. M., Scheinker, D. 2022; 13: 1021982
 - **The Intestinal Microbiota and Short-Chain Fatty Acids in Association with Advanced Metrics of Glycemia and Adiposity Among Young Adults with Type 1 Diabetes and Overweight or Obesity.** *Current developments in nutrition*
Igudesman, D., Crandell, J., Corbin, K. D., Muntis, F., Zaharieva, D. P., Casu, A., Thomas, J. M., Bulik, C. M., Carroll, I. M., Pence, B. W., Pratley, R. E., Kosorok, M. R., Maahs, et al 2022; 6 (10): nzac107
 - **Weight Management in Young Adults with Type 1 Diabetes: The Advancing Care for Type 1 Diabetes and Obesity Network Sequential Multiple Assignment Randomized Trial Pilot Results.** *Diabetes, obesity & metabolism*
Igudesman, D., Crandell, J., Corbin, K. D., Zaharieva, D. P., Addala, A., Thomas, J. M., Casu, A., Kirkman, M. S., Pokaparakarn, T., Riddell, M. C., Burger, K., Pratley, R. E., Kosorok, et al 2022
 - **Late Afternoon Vigorous Exercise Increases Post-Meal but Not Overnight Hypoglycemia in Adults with Type 1 Diabetes Managed with Automated Insulin Delivery.** *Diabetes technology & therapeutics*
Morrison, D., Paldus, B., Zaharieva, D. P., Lee, M. H., Vogrin, S., Jenkins, A. J., La Gerche, A., MacIsaac, R. J., McAuley, S. A., Ward, G. M., Colman, P. G., Smart, C. E., Seckold, et al 2022
 - **An Evaluation of Point-of-Care HbA1c, HbA1c Home Kits, and Glucose Management Indicator: Potential Solutions for Telehealth Glycemic Assessments.** *Diabetology*
Zaharieva, D. P., Addala, A., Prahallad, P., Leverenz, B., Arrizon-Ruiz, N., Ding, V. Y., Desai, M., Karger, A. B., Maahs, D. M. 2022; 3 (3): 494-501
 - **Relationship Between Moderate-to-Vigorous Physical Activity and Glycemia Among Young Adults with Type 1 Diabetes and Overweight or Obesity: Results from the Advancing Care for Type 1 Diabetes and Obesity Network (ACTION) Study.** *Diabetes technology & therapeutics*
Muntis, F. R., Igudesman, D., Cristello Sarteau, A., Thomas, J., Arrizon-Ruiz, N., Hooper, J., Addala, A., Crandell, J. L., Riddell, M. C., Maahs, D. M., Pratley, R. E., Corbin, K., Mayer-Davis, et al 2022

- **Advancements and future directions in the teamwork, targets, technology, and tight control-the 4T study: improving clinical outcomes in newly diagnosed pediatric type 1 diabetes.** *Current opinion in pediatrics*
Zaharieva, D. P., Bishop, F. K., Maahs, D. M., 4T study research team
2022; 34 (4): 423-429
- **"Much more convenient, just as effective:" Experiences of starting continuous glucose monitoring remotely following Type 1 diabetes diagnosis.** *Diabetic medicine : a journal of the British Diabetic Association*
Tanenbaum, M. L., Zaharieva, D. P., Addala, A., Prahalad, P., Hooper, J. A., Leverenz, B., Cortes, A. L., Arrizon-Ruiz, N., Pang, E., Bishop, F., Maahs, D. M.
2022: e14923
- **More hypoglycemia not associated with increasing estimated adiposity in youth with type 1 diabetes.** *Pediatric research*
Sartea, A. C., Kahkoska, A. R., Crandell, J., Igudesman, D., Corbin, K. D., Kichler, J. C., Maahs, D. M., Muntis, F., Pratley, R., Seid, M., Zaharieva, D., Mayer-Davis, E.
2022
- **Strengths and Challenges of Closed-Loop Insulin Delivery During Exercise in People With Type 1 Diabetes: Potential Future Directions.** *Journal of diabetes science and technology*
Paldus, B., Morrison, D., Lee, M., Zaharieva, D. P., Riddell, M. C., O'Neal, D. N.
2022: 19322968221088327
- **Design of the advancing care for type 1 diabetes and obesity network energy metabolism and sequential multiple assignment randomized trial nutrition pilot studies: An integrated approach to develop weight management solutions for individuals with type 1 diabetes.** *Contemporary clinical trials*
Corbin, K. D., Igudesman, D., Addala, A., Casu, A., Crandell, J., Kosorok, M. R., Maahs, D. M., Pokaprakarn, T., Pratley, R. E., Souris, K. J., Thomas, J., Zaharieva, D. P., Mayer-Davis, et al
2022: 106765
- **Mindfulness, disordered eating, and impulsivity in relation to glycemia among adolescents with type 1 diabetes and suboptimal glycemia from the Flexible Lifestyles Empowering Change (FLEX) Intervention Trial.** *Pediatric diabetes*
Irwin, A., Igudesman, D., Crandell, J., Kichler, J. C., Kahkoska, A. R., Burger, K., Zaharieva, D. P., Addala, A., Mayer-Davis, E. J.
2022
- **Advances in Exercise and Nutrition as Therapy in Diabetes.** *Diabetes technology & therapeutics*
Zaharieva, D. P., Riddell, M. C.
2022; 24 (S1): S129-S142
- **Current and Novel Strategies to Reduce Fear of Hypoglycemia as a Barrier to Physical Activity in Adults and Youth With Type 1 Diabetes.** *Canadian journal of diabetes*
Zaharieva, D. P., Addala, A.
2022; 46 (1): 1-2
- **Adding glycemic and physical activity metrics to a multimodal algorithm-enabled decision-support tool for type 1 diabetes care: Keys to implementation and opportunities.** *Frontiers in endocrinology*
Zaharieva, D. P., Senanayake, R., Brown, C., Watkins, B., Loving, G., Prahalad, P., Ferstad, J. O., Guestrin, C., Fox, E. B., Maahs, D. M., Scheinker, D.
2022; 13: 1096325
- **Tele-education model for primary care providers to advance diabetes equity: Findings from Project ECHO Diabetes.** *Frontiers in endocrinology*
Addala, A., Filipp, S. L., Figg, L. E., Anez-Zabala, C., Lal, R. A., Gurka, M. J., Haller, M. J., Maahs, D. M., Walker, A. F., Project ECHO Diabetes Research Team, Haller, M., Sheehan, E., Bernier, A., et al
2022; 13: 1066521
- **A Randomized Crossover Trial Comparing Glucose Control During Moderate-Intensity, High-Intensity, and Resistance Exercise With Hybrid Closed-Loop Insulin Delivery While Profiling Potential Additional Signals in Adults With Type 1 Diabetes** *DIABETES CARE*
Paldus, B., Morrison, D., Zaharieva, D. P., Lee, M. H., Jones, H., Obeyesekere, V., Lu, J., Vogrin, S., La Gerche, A., McAuley, S. A., MacIsaac, R. J., Jenkins, A. J., Ward, et al
2022; 45 (1): 194-203
- **Teamwork, Targets, Technology, and Tight Control in Newly Diagnosed Type 1 Diabetes: Pilot 4T Study.** *The Journal of clinical endocrinology and metabolism*
Pralhad, P., Ding, V. Y., Zaharieva, D. P., Addala, A., Johari, R., Scheinker, D., Desai, M., Hood, K., Maahs, D. M.
2021

- **Opportunities and challenges in closed-loop systems in type 1 diabetes.** *The lancet. Diabetes & endocrinology*
Wilson, L. M., Jacobs, P. G., Riddell, M. C., Zaharieva, D. P., Castle, J. R.
2021
- **Comparable glucose control with fast-acting insulin aspart versus insulin aspart using a second-generation hybrid closed-loop system during exercise.** *Diabetes technology & therapeutics*
Morrison, D., Zaharieva, D., Lee, M. H., Paldus, B., Vogrin, S., Grosman, B., Roy, A., Kurtz, N., O'Neal, D. N.
2021
- **Fast-Acting Insulin Aspart Versus Insulin Aspart Using a Second-Generation Hybrid Closed-Loop System in Adults With Type 1 Diabetes: A Randomized, Open-Label, Crossover Trial.** *Diabetes care*
Lee, M. H., Paldus, B., Vogrin, S., Morrison, D., Zaharieva, D. P., Lu, J., Jones, H. M., Netzer, E., Robinson, L., Grosman, B., Roy, A., Kurtz, N., Ward, et al
2021
- **First Randomized Controlled Trial of Hybrid Closed Loop Versus Multiple Daily Injections or Insulin Pump using Self-Monitoring of Blood Glucose in Free-Living Adults with Type 1 Diabetes Undertaking Exercise.** *Journal of diabetes science and technology*
Paldus, B., Lee, M. H., Morrison, D., Zaharieva, D. P., Jones, H., Obeyesekere, V., Lu, J., Vogrin, S., LaGerche, A., McAuley, S. A., MacIsaac, R. J., Jenkins, A. J., Ward, et al
2021: 19322968211035110
- **Advances in Exercise and Nutrition as Therapy in Diabetes.** *Diabetes technology & therapeutics*
Riddell, M. C., Davis, E. A., Mayer-Davis, E. J., Kahkoska, A., Zaharieva, D. P.
2021; 23 (S2): S131-S142
- **Glucose management for exercise using continuous glucose monitoring: should sex and prandial state be additional considerations? Reply to Yardley JE and Sigal RJ [letter].** *Diabetologia*
Moser, O. n., Riddell, M. C., Eckstein, M. L., Adolfsson, P. n., Rabasa-Lhoret, R. n., van den Boom, L. n., Gillard, P. n., Nørgaard, K. n., Oliver, N. S., Zaharieva, D. P., Battelino, T. n., de Beaufort, C. n., Bergenstal, et al
2021
- **Clinically serious hypoglycemia is rare and not associated with time-in-range in youth with new-onset type 1 diabetes.** *The Journal of clinical endocrinology and metabolism*
Addala, A., Zaharieva, D. P., Gu, A. J., Prahalad, P., Scheinker, D., Buckingham, B., Hood, K. K., Maahs, D. M.
2021
- **"I was ready for it at the beginning": Parent experiences with early introduction of continuous glucose monitoring following their child's Type 1 diabetes diagnosis.** *Diabetic medicine : a journal of the British Diabetic Association*
Tanenbaum, M. L., Zaharieva, D. P., Addala, A. n., Ngo, J. n., Prahalad, P. n., Leverenz, B. n., New, C. n., Maahs, D. M., Hood, K. K.
2021: e14567
- **The Development of an Exercise Advisor App for Type 1 Diabetes: Digitization Facilitates More Individualized Guidance.** *Journal of diabetes science and technology*
McGaugh, S. M., Edwards, S., Wolpert, H., Zaharieva, D. P., Gulati, N., Riddell, M. C.
2020: 1932296820979811
- **Carbohydrate Requirements for Prolonged, Fasted Exercise With and Without Basal Rate Reductions in Adults With Type 1 Diabetes on Continuous Subcutaneous Insulin Infusion.** *Diabetes care*
McGaugh, S. M., Zaharieva, D. P., Pooni, R., D'Souza, N. C., Vienneau, T., Ly, T. T., Riddell, M. C.
2020
- **Differences in Physiological Responses to Cardiopulmonary Exercise Testing in Adults With and Without Type 1 Diabetes: A Pooled Analysis.** *Diabetes care*
Eckstein, M. L., Farinha, J. B., McCarthy, O., West, D. J., Yardley, J. E., Bally, L., Zueger, T., Stettler, C., Boff, W., Reischak-Oliveira, A., Riddell, M. C., Zaharieva, D. P., Pieber, et al
2020
- **Differences in physiological Response to cardio-pulmonary Graded Exercise Stress Test in People with Type 1 Diabetes and Non-diabetics - A pooled Analysis**
Eckstein, M., Farinha, J., McCarthy, O., West, D., Yardley, J., Bally, L., Zueger, T., Stettler, C., Boff, W., Reischak-Oliveira, A., Riddell, M., Zaharieva, D., Pieber, et al
SPRINGER WIEN.2020: S347-S348

- **Glucose Management during physical Activity/Sport by Using continuous Glucose Meters (CGM/isCGM) in Type 1 Diabetes - EASD/ISPAD Position Statement, supported by ADA and JDRF**
Moser, O., Riddell, M. C., Eckstein, M. L., Adolfsson, P., Rabasa-Lhoret, R., van den Boom, L., Gillard, P., Norgaard, K., Oliver, N. S., Zaharieva, D. P., Battelino, T., De Beaufort, C., Bergenstal, et al
SPRINGER WIEN.2020: S340–S341
- **Weight Management in Youth with Type 1 Diabetes and Obesity: Challenges and Possible Solutions.** *Current obesity reports*
Zaharieva, D. P., Addala, A., Simmons, K. M., Maahs, D. M.
2020
- **Glucose management for exercise using continuous glucose monitoring (CGM) and intermittently scanned CGM (isCGM) systems in type 1 diabetes: position statement of the European Association for the Study of Diabetes (EASD) and of the International Society for Pediatric and Adolescent Diabetes (ISPAD) endorsed by JDRF and supported by the American Diabetes Association (ADA).** *Pediatric diabetes*
Moser, O., Riddell, M. C., Eckstein, M. L., Adolfsson, P., Rabasa-Lhoret, R., van den Boom, L., Gillard, P., Norgaard, K., Oliver, N. S., Zaharieva, D. P., Battelino, T., de Beaufort, C., Bergenstal, et al
2020
- **Glucose management for exercise using continuous glucose monitoring (CGM) and intermittently scanned CGM (isCGM) systems in type 1 diabetes: position statement of the European Association for the Study of Diabetes (EASD) and of the International Society for Pediatric and Adolescent Diabetes (ISPAD) endorsed by JDRF and supported by the American Diabetes Association (ADA).** *Diabetologia*
Moser, O., Riddell, M. C., Eckstein, M. L., Adolfsson, P., Rabasa-Lhoret, R., van den Boom, L., Gillard, P., Norgaard, K., Oliver, N. S., Zaharieva, D. P., Battelino, T., de Beaufort, C., Bergenstal, et al
2020
- **The competitive athlete with type 1 diabetes.** *Diabetologia*
Riddell, M. C., Scott, S. N., Fournier, P. A., Colberg, S. R., Gallen, I. W., Moser, O., Stettler, C., Yardley, J. E., Zaharieva, D. P., Adolfsson, P., Bracken, R. M.
2020
- **Clinically Significant Hypoglycemia Is Rare in Youth with T1D during Partial Clinical Remission**
Addala, A., Gu, A., Zaharieva, D., Prahallad, P., Buckingham, B. A., Scheinker, D., Maahs, D. M.
AMER DIABETES ASSOC.2020
- **Early Introduction of Continuous Glucose Monitoring Is Well Accepted by Youth and Parents**
Addala, A., Hanes, S., Zaharieva, D., New, C., Prahallad, P., Maahs, D. M., Hood, K. K., Tanenbaum, M. L.
AMER DIABETES ASSOC.2020
- **Newly Diagnosed Pediatric Patients with Type 1 Diabetes Show Steady Decline in Glucose Time-in-Range (TIR) over 1 Year: Pilot Study**
Zaharieva, D., Prahallad, P., Addala, A., Scheinker, D., Desai, M., Hood, K. K., Leverenz, B., Maahs, D. M.
AMER DIABETES ASSOC.2020
- **TITLE: CONTINUOUS GLUCOSE MONITORING VERSUS SELF-MONITORING OF BLOOD GLUCOSE TO ASSESS GLYCEMIA IN GESTATIONAL DIABETES.** *Diabetes technology & therapeutics*
Zaharieva, D., Teng, J. H., Ong, M. L., Lee, M. H., Paldus, B., Jackson, L., Holihan, C. A., Shub, A., Tipnis, S., Cohen, O., O'Neal, D. N., Krishnamurthy, B.
2020
- **No Disadvantage to Insulin Pump Off vs Pump On During Intermittent High-Intensity Exercise in Adults With Type 1 Diabetes.** *Canadian journal of diabetes*
Zaharieva, D. P., Cinar, A., Yavelberg, L., Jamnik, V., Riddell, M. C.
2020; 44 (2): 162-168
- **Advances in Exercise, Physical Activity, and Diabetes.** *Diabetes technology & therapeutics*
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PRESENTATIONS

- Strategies for Glycemic Management around Exercise for Type 1 Diabetes - Harold Hamm Diabetes Center Summit (August 26, 2022)
- Diabetes Teen Boot Camp: A Type 1 Diabetes Perspective - Diabetes Training Camp [DTC] Foundation (August 6, 2022 - August 8, 2022)
- Navigating the "Blood Glucose Rollercoaster" During and After Exercise with Type 1 Diabetes - ORRSE Annual Meeting (July 30, 2022)
- Fighting Back with Type 1 Diabetes - Kids N' Us Conference (May 28, 2022)
- Navigating Strategies to Encourage Physical Activity in Children and Adolescents with Type 1 Diabetes: Presented by Drs. Zaharieva and Davis - International Society for Pediatric and Adolescent Diabetes (ISPAD) (March 29, 2022)
- How to Safely Get Your Patients Moving - Touro University Conference (November 5, 2021)
- Being Physically Active with Artificial Pancreas Systems and Continuous Glucose Monitoring - American Diabetes Association Encore: Diabetes Essentials for Clinicians: 10-Month Online Program (January 6, 2021)
- Glucose Management in the Pediatric and Adult Female Population: Sex Differences in the Management of Exercise in the Pediatric and Adult Population - Advanced Technologies & Treatments for Diabetes (ATTD) Conference (2/1/2023)
- ATTD Yearbook Chapter: Advances in Exercise and Nutrition as Therapy in Diabetes - Advanced Technologies & Treatments for Diabetes (ATTD) Conference (February 2023)
- Exercise in Diabetes: Is Technology Useful for Breaking Down Barriers to Exercise in Diabetes? - Advanced Technologies & Treatments for Diabetes (ATTD) Conference (February 2023)
- Wireless Blood Pressure Monitoring - 21st Virtual Diabetes Technology Meeting (DTM) (November 4, 2021)
- Staying Active to Feel Your Best: Ask the Expert, Type 1 Diabetes Series - Stanford University (November 2021)
- Reduce Glycemic Fluctuations and Promote Physical Activity in Type 1 Diabetes - Association of Diabetes Care & Education Specialists (ADCES) Conference (August 12, 2021 - August 15, 2021)
- Use of CGM in Women with Gestational Diabetes Mellitus - 81st Scientific Sessions - American Diabetes Association Conference (6/14/2021)
- Strategies for Exercise with Minimal Carbohydrate Intake for Weight Loss and Exercise with Automated Insulin Pumps - Diabetes Action Canada Webinar (January 22, 2021)
- Exercise and Type 1 Diabetes - Connected in Motion (CIM) Slipstream Conference for Healthcare Providers (May 2021)
- Strategies for Avoiding the Dreaded Exercise Low - Connected in Motion (CIM) Slipstream Conference (4/25/2021)
- Use of Exercise Monitors to Provide Information for Monitoring Type 1 Diabetes - 20th Diabetes Technology Meeting (DTM) (11/16/2020)
- Strategies for Prevention of Exercise-Associated Dysglycemia in Type 1 Diabetes - Australian Diabetes Conference (ADC) (October 22, 2021)
- Level Up Your Fitness - Children with Diabetes (CWD) Friends for Life Conference (March 20, 2021)
- Youth with type 1 diabetes benefit from early continuous glucose monitoring initiation irrespective of diabetic ketoacidosis at diagnosis: 4T pilot study results - 15th Advanced Technologies & Treatments for Diabetes (ATTD) Conference (April 30, 2022)
- Physical activity and glucose management in newly diagnosed youth with type 1 diabetes: 4T exercise pilot study results at 6 months. - International Society for Pediatric and Adolescent Diabetes (ISPAD) Conference (October 13, 2021)
- Integration of physical activity metrics into electronic health records using apple HealthKit for youth with type 1 diabetes. - International Society for Pediatric and Adolescent Diabetes (ISPAD) Conference (October 13, 2021)

- Perceived knowledge and exercise prescription for type 1 diabetes among pediatric diabetes healthcare providers. - International Society for Pediatric and Adolescent Diabetes (ISPAD) Conference (October 13, 2021)
- Reducing Basal Insulin 90 Minutes Before Exercise Protects Against Hypoglycemia Better than Insulin Suspension at Exercise Onset in T1D: The OmniTIME Results - 78th Scientific Sessions - American Diabetes Association Conference (June 23, 2018)