

The **Best** **Diabetes** **Conference** You'll ***Ever*** Attend!

Saturday, September 23, 2017
Cervantes Convention Center
at America's Center • St Louis, MO

START

Life with diabetes **just got BETTER**



INSPIRATIONAL. MOTIVATIONAL. EDUCATIONAL.

Not to mention

FUNNY and ENTERTAINING!

We throw out the sterile, grey, clinical setting and hit you with: Inspiring speakers. **HUMOR**. Motivating workshops. **EMPOWERING** educational lectures. Hands-on activities. An interactive health fair brimming with exhibitors (aka lots of free goodies and giveaways). A **YUMMY LUNCH** and the opportunity to connect and make some new friends along the way.

COST

Early Bird Registration
NOW until September 20, 2017

\$30 per person

\$25 per person when
two or more register together

After September 20

\$45 per person

LOCATION

Cervantes Convention Center
at America's Center
701 Convention Plaza
St. Louis, MO 63101

Parking

The closest parking is at America's
Parking Garage off 7th St., rates vary.

Register Now!

tcoyd.org/2017stlouis

800.998.2693





MEET OUR FEARLESS LEADER AND FELLOW PWD*!

DR. STEVEN EDELMAN

Hello there!

My name is Steven Edelman and when I was 15 years old I was diagnosed with diabetes. I was told all sorts of horror stories and was given only 20 more years to live! CAN YOU BELIEVE THAT?

At that time, I was pretty naive about diabetes, but as I grew older my motto became, "Prove 'em wrong!"

I'm 61 now, and I am so fortunate to be living a healthy, happy, and productive life with diabetes. I want all of YOU to do the same!

Come join TCOYD for the best diabetes education available to mankind! Bring your loved ones and be ready to transform the way you feel about diabetes. We'll educate you, motivate you and empower you, all while providing you with a few laughs along the way!

We are with you through the highs and lows,

*person w/diabetes

Conference Director
Steven V. Edelman, MD
TCOYD Founder & Director
Clinical Professor of Medicine
UCSD School of Medicine
Director, Diabetes Care Clinic
VA Medical Center, San Diego

Health **FAIR**

A walk-away experience
that will keep you
**laughing and
learning** all year long.

Sounds good, right? **Here's more great stuff!**

7:30am – 4:30pm

Exhibitor Booths Open and Ready for Action! State-of-the-art device companies, Innovative pharmaceuticals, Local support programs and Healthy lifestyle options

10:40 – 11:30am

Yoga Session

1:30 – 3:30pm

Free Screenings Eye • Blood Pressure • and More

Ask A Specialist Doctors • Diabetes Educators • Dietitians

Nurses • Pharmacists • and More

PS You're going to need a suitcase to cart
away all your **great goodies** and giveaways
...bags provided (but not suitcases!)





YOUR FABULOUS DAY with TCOYD!

Saturday, September 23
7:30am—5:00pm

Morning Schedule

- | | |
|----------|---|
| 7:30 am | Registration & Health Fair Open |
| 9:00 am | Welcome & Introduction
Janet B. McGill, MD; and
Patricia Gaye Knutsen, MSN, ACNS-BC |
| 9:10 am | Diabetes on the Offensive:
Getting Educated, Motivated and Empowered
Steven V. Edelman, MD |
| 10:10 am | The Emotional Side of Diabetes
William Polonsky, PhD, CDE |
| 10:40 am | Morning Break
Visit Health Fair Exhibits (Cheese, apples
and beverages available in Health Fair) |

(see next page
for type 1 and type 2 track programs)

Type 1 Track

11:30 am

Mid-Morning Session

Golden Rules for Type 1s: Tips for Living Well with Diabetes

Jeremy Pettus, MD; Steven V. Edelman, MD;
Suzanne Lohnes, RN, CDE; Becky Pastor, MEd, LPC, MFA;
and Bert Berla

12:30 pm

Delicious & Healthy Lunch

1:30 pm

Afternoon Workshops A - Select One

Introduction to Continuous Glucose Monitoring (CGM): For Those Considering or Just Starting

Tricia Santos, MD

Advanced CGM: Tips for the Experienced User

Jeremy Pettus, MD

Dealing with the Emotional Toll of Diabetes-Related Complications

William Polonsky, PhD, CDE

2:30 pm

Afternoon Workshops B - Select One

Treatments for Type 1 Other Than Insulin

Tricia Santos, MD

Not Your Boring Pump Talk

Ian Blumer, MD, FRCPC; and Patricia Gaye Knutsen, MSN, ACNS-BC

Alcohol and Diabetes, Do They Mix?

Jeremy Pettus, MD

3:30 pm

Afternoon Session

Diabetes Tomorrow: What's on the Horizon for Type 1s?

Jeremy Pettus, MD; Tricia Santos, MD;
and Janet B. McGill, MD

Closing Session

for everyone!

4:30 pm

Pearls of Wisdom: Insights from Top Diabetes Doctors

Steven V. Edelman, MD; Jeremy Pettus, MD;
Tricia Santos, MD; and Ian Blumer, MD, FRCPC

5.00 pm

Raffle and Wrap-Up



Type 2 Track

Mid-Morning Session

11:30 am

What's New for Type 2s?

Ian Blumer, MD, FRCPC

12:00 pm

Lighten Up Your Plate with Chef Lewis

Chef Robert Lewis

12:30 pm

Delicious & Healthy Lunch

2:00 pm

Afternoon Workshops A - Select One

Cooking Class with Chef Lewis

Chef Robert Lewis

**An In-Depth Look at Type 2 Treatments,
Including Insulin Options**

Ralph Oiknine, MD

Why Weight? Medical and Surgical Options

Christopher Eagon, MD

3:00 pm

Afternoon Break

Visit Health Fair Exhibits

Beverages available in Health Fair
throughout the afternoon

3:30 pm

Afternoon Workshops B - Select One

Meter Reading: High, Low, Now What?

Suzanne Lohnes, RN, CDE

**Diabetes Criminals and Diabetes Police:
Patients and Providers Can Learn From One Another**

Steven V. Edelman, MD, and William Polonsky, PhD, CDE

**Keep Your Kidneys Kicking
and Your Heart Pumping**

Ian Blumer, MD, FRCPC

Conference & Health Fair Schedule 2017

Mark Your
Calendar
JOIN US
IN A CITY
NEAR YOU

February 11 Honolulu, Hawaii
March 25 Santa Clara, California
April 8 Salt Lake City, Utah
May 6 Raleigh, North Carolina
June 3 Overland Park, Kansas
**NEW TYPE 1 Weekend
Conference & Retreat**
June 23-25 San Diego, California
September 23 St. Louis, Missouri
October 7 Missoula, Montana
November 18 San Diego, California



Hey There Medical Professionals!

Do you want to earn some **CME/CEU credits**?
Attend MAKING THE CONNECTION. It's a
CME conference held in tandem with this
Taking Control Of Your Diabetes Conference
& Health Fair.

www.tcoyd.org/cme

Registration:
Online only for you
**savvy healthcare
providers.**

Early-Bird Registration
\$50
Ends September 13,
2017

TCOYD SWEET MEMBERSHIP

Friend \$30 Ambassador \$50

We want you to **stay connected** to TCOYD all year long.
It's so much better than hangin' with us for just one day.

Here's just a taste of our membership benefits:

Conference reg discounts

Taking Control Of Your Diabetes E-book

Members' only newsletter

Yummy and easy recipes

The most **up to date** info
on diabetes comin' at you
straight from Dr. Steve himself

Visit tcoyd.org and sign up!



Registration Assistance Program

Would you love to come to the TCOYD conference, but need help with the registration fee?

Give us a call to hear about our registration assistance program.

Another reason why TCOYD is SO FABULOUS!

Did you know that it actually costs TCOYD about \$175 per conference attendee to make our conferences a reality? YEP, pricey isn't it? How do we do it if we're only charging around \$30 per person? We make up the cost difference by raising funds from our generous donors in addition to being supported by a number of educational grants.

TCOYD is a 501(c)3 nonprofit charitable educational organization.

All donations directly support TCOYD, are tax deductible, and are GREATLY APPRECIATED.

Cancellations

If you need to cancel do so by September 15, 2017, to receive a full refund.

SPONSORS

Platinum



Gold



Silver



Supporting



Special Guest Speakers

***Extra relatable faculty**
(they're livin' with type 1
or type 2)



Ian Blumer, MD, FRCPC
Diabetologist and Author
Dr. Blumer is also an international speaker whose motto is, "Rule your diabetes; don't let it rule you!"



***Chef Robert Lewis**
The Happy Diabetic Chef
Chef Lewis is a graduate of the prestigious Culinary Institute of America. He shares his tips, tidbits and humorous anecdotes about cooking and living well with diabetes.

The BEST of the BEST

These diabetes thought leaders
will provide you with invaluable
information and improve the
way YOU or someone you
care about lives with type 1
or type 2 diabetes!

Director

***Steven V. Edelman, MD**, Endocrinologist,
Founder & Director TCOYD,
Clinical Professor of Medicine,
UCSD School of Medicine,
VA Medical Center San Diego

Type 1 Track Co-Director

***Jeremy Pettus, MD**, Endocrinologist,
Assistant Professor of Medicine,
UCSD School of Medicine

Type 2 Track Co-Director

Tricia Santos, MD, Endocrinologist,
Assistant Professor of Medicine,
UCSD School of Medicine

Local Co-Directors

Patricia Gaye Knutsen, MSN, ACNS-BC,
Program Coordinator, Washington University
Diabetes Center, Barnes Hospital
Janet B. McGill, MD, Professor of Medicine,
Director, Fellowship in Endocrinology,
Diabetes and Metabolism, Washington
University School of Medicine

"TCOYD showed me a brighter future



***Jeremy Pettus, MD**
Endo that Walks the Talk
 Jeremy is an endocrinologist and international speaker who talks about type 1 diabetes from his firsthand experience of living with the disease.



William Polonsky, PhD, CDE
Behavioral Psychologist
 Bill is founder and president of the Behavioral Diabetes Institute, focusing on the emotional side of diabetes.



Tricia Santos, MD
Endo Extraordinaire
 Tricia is an endocrinologist and Assistant Professor of Medicine at UCSD. She is an expert on diabetes and speaks nationally for TCOYD.

Speakers

***Bert Berla**, Person living with type 1
Ian Blumer, MD, FRCPC, Diabetologist,
 Charles H. Best Centre, University of Toronto
***Becky Pastor**, MEd, LPC, MFA,
 Psychotherapist , Private Practice
William Polonsky, PhD, CDE, Founder and
 President, Behavioral Diabetes Institute
Christopher Eagon, MD, Bariatric Surgeon,
 Washington University School of Medicine
 in St. Louis
***Suzanne Lohnes**, RN, CDE,
 Diabetes Educator, UCSD
Ralph Oiknine, MD, Endocrinologist, Diabetes
 and Endocrinology Specialists, Inc.

Fitness

Michelle Forgach, Certified Yoga Instructor

Ask a Specialist

***Suzanne Lohnes**, RN, CDE,
 Diabetes Educator, UCSD
***Becky Pastor**, MEd, LPC, MFA,
 Psychotherapist , Private Practice
Additional specialists from the community

Screenings

Screeners from the community

for **people living** with diabetes.”

2016 **CONFERENCE PARTICIPANT**

REGISTER NOW!

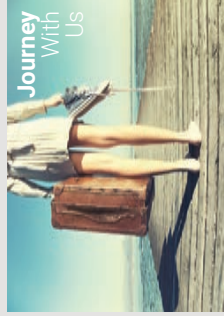
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The
Best Diabetes Conference
You'll **EVER** Attend!



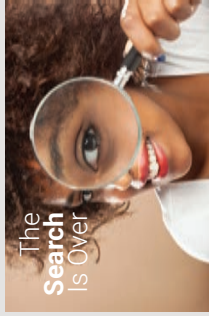
A Sweet Pair YOU & TCOYD



Journey
With
Us



Make **All** the
Right Choices
with TCOYD



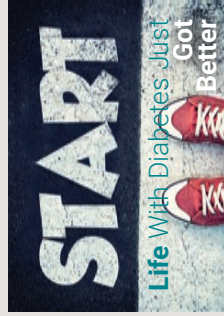
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Is Over



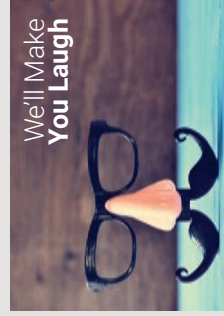
Let's Take a **Joy Ride!**



Diabetes
Making **You**
a Little **Crazy?**



START
Life With Diabetes Just
Got **Better**



We'll Make
You Laugh