

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

JOURNEY
with **US**

Saturday, March 25, 2017
Santa Clara Convention Center

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 March 15, 2017

\$30 per person

\$25 per person when
two or more register together

After March 15

\$45 per person

LOCATION

Santa Clara Convention Center
5001 Great America Parkway
Santa Clara, CA 95054

Parking

Free at the Convention Center

Register Now!

tcoyd.org

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 and/or 1:30—3:30pm

Fitness Sessions Boot Camp and Qi Gong

1:30—3:30pm

Free Screenings Foot, 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, March 25
7:30am—5:00pm

Morning Schedule

- | | |
|----------|---|
| 7:30 am | Registration & Health Fair Open |
| 9:00 am | Welcome & Introduction
Bruce Buckingham, MD; Christine Ferrara, MD, PhD;
Stephen Ku, MD; and Craig Wargon, DPM |
| 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 Golden Rules for Type 1s:
Tips for Living Well with Diabetes**
Jeremy Pettus, MD; Steven V. Edelman, MD; Bruce Buckingham, MD;
Christine Ferrara, MD, PhD; Adam Brown; and Amy Tenderich
- 12:30 pm Delicious & Healthy Lunch**
- 1:30 pm Afternoon Workshops A - Select One**
Food for Thought: Low Carb, Paleo, Juicing and More
Barry Conrad, RD, CDE
**Daily Injections or Pump Therapy?
What is Right for You?**
Darrell Wilson, MD
Treatments for Type 1 Other than Insulin
Stephen Ku, MD
**Supporting Your Loved Ones with Type 1:
How Not to Be the Diabetic Police**
William Polonsky, PhD, CDE
- 2:30 pm Afternoon Workshops B - Select One**
**Introduction to Continuous Glucose Monitoring (CGM):
For Those Just Starting or Considering**
Tricia Santos, MD, and Roseanne Rogers, MD, FAAP
**Advanced CGM: Tips for the Experienced User
and Insulin Dosing**
Jeremy Pettus, MD, and Bruce Buckingham, MD
Thyroid and Other Autoimmune Diseases
Carol Wysham, MD
Diabetes and the Stomach: Celiac and Other GI Issues
Jen Block, FNP, RN, CDE
- 3:30 pm Afternoon Session**
Diabetes Tomorrow: What's On the Horizon for Type 1s?
Jeremy Pettus, MD; Bruce Buckingham, MD; Christine Ferrara, MD, PhD;
and Jeffrey Brewer, CEO, Bigfoot Biomedical, Inc.

Closing Session

for everyone!

- 4:30 pm Laughter is the Best Medicine**
Bo Irvine, Comedian
- 5.00 pm Raffle and Wrap-Up**



Type 2 Track

Mid-Morning Sessions

11:30 am Do You Know Your ABCs?
A1c, Blood Pressure & Cholesterol
Tricia Santos, MD

11:50 am Exercise as Medicine
Craig Wargon, DPM

12:10 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**
Grocery Shopping: What to Stock up on
and What to Keep off Your Shelf
Janice Baker, MBA, RD, CDE, CNSC, BC-ADM
Why Weight? Medical and Surgical Treatments
Rebecca O'Brien, MD, and Jyoti Rau, MD
Taking Care of the Skin You're In
Lisa Zaba, 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**
Patients vs. Providers: Why Are We at Odds
About Medications?
William Polonsky, PhD, CDE, and Steven V. Edelman, MD
An In-Depth Look at Type 2 Treatments,
Including Insulin Options
Stephen Ku, MD
Meter Readings: High, Low...Now What?
Carol Wysham, MD
Fun Foot Facts Including the Latest on Neuropathy
Craig Wargon, DPM

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
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 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

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

Early-Bird
Registration \$50
Ends March 15, 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 delicious 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 Friday, March 17, 2017, to receive a full refund.

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Johnson & Johnson FAMILY OF DIABETES COMPANIES

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TANDEM
DIABETES CARE

Abbott
Diabetes Care

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Special Guest Speakers



Jeffrey Brewer
CEO of Bigfoot Biomedical
Jeff heads up Bigfoot Biomedical, a company that is dedicated to designing simpler, safer, and more effective solutions for people with insulin-dependent diabetes.



***Bo Irvine**
Comedian and Role Model
Bo is a standup comedian living well with type 2 diabetes. Bo's humor offers comic relief to those faced with the daily challenges of 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; Director, Diabetes Care Clinic, VA Medical Center San Diego

Santa Clara Co-Directors

***Bruce Buckingham**, MD, Pediatric Endocrinologist, Professor, Med Center Line, Stanford University Medical Center
Christine Ferrara, MD, PhD, Pediatric Endocrinologist, UCSF
Stephen Ku, MD, Endocrinologist, Palo Alto VA
Craig Wargon, DPM, Podiatrist; Medical Director of The Technology Group, Kaiser Permanente Medical Center

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

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



***Chef Robert Lewis**
The Happy Diabetic Chef
Chef Lewis shares his tips, tidbits and humorous anecdotes about cooking.



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



Craig Wargon, DPM
Fitness Enthusiast
Doctor of Podiatric Medicine
Dr. Wargon motivates and inspires patients to find “ease” in exercising, alleviating “dis-ease” in life.

Speakers

Janice Baker, MBA, RD, CDE, CNSC, BC-ADM, Dietitian, BakerNutrition.com

***Jen Block, FNP, RN, CDE,** Director of Clinical Innovation, Bigfoot Biomedical, Inc.

Jeffrey Brewer, President & CEO, Bigfoot Biomedical, Inc.

***Adam Brown,** Chief of Staff, Head of Diabetes Technology, Close Concerns, Inc.

Barry Conrad, MPH, RD, CDE, Dietitian, Certified Diabetes Educator, Stanford Children's Diabetes Center

Rebecca O'Brien, MD, Bariatric Surgeon, Kaiser Permanente Medical Group

Jyoti Rau, MD, Internist, Kaiser Permanente Medical Group

***Roseanne Rogers, MD, FAAP,** Santa Clara Chief of Information Technology, Department of Pediatrics, Kaiser Permanente Medical Group

***Amy Tenderich,** Founder and Editor, DiabetesMine.com

Darrell Wilson, MD, Chief, Division of Pediatric Endocrinology, Professor, Stanford Children's Health

Carol Wysham, MD, Clinical Professor of Medicine, University of Washington School of Medicine; Endocrinologist, Rockwood Center for Diabetes and Endocrinology, Spokane, WA

Lisa Zaba, MD, Dermatologist, Kaiser Permanente Medical Group

Fitness Session Faculty

Chris Cook, Motivator and Fitness Enthusiast

Michelle Day, Group Fitness Instructor, Being Fit Fitness Center

Ask a Specialist

Wind Jeng-Yun Chen, PharmD, Pharmacist, Kaiser Permanente Medical Center

Tam Doan, PharmD, BC-ADM, CDE, Pharmacist, Santa Clara Valley Medical Center

May Jue, PharmD, BCACP, MSCS, CDE, Pharmacist, Kaiser Permanente Medical Center

Shannon Lee, RD, CDE, Dietitian, Santa Clara Valley Diabetes Center

Maria Ramirez, RN, CDE, Diabetes Nurse Coordinator, Santa Clara Valley Medical Center

Barbara Reis, RD, CDE, Dietitian, San Ramon Regional Medical Center

Tien Vu, PharmD, CDE, Pharmacist, Santa Clara Valley Medical Center

Lee Yu, RN, CDE, Nurse, Santa Clara Valley Medical Center

Susan Yu, PharmD, CDE, Diabetes Care Manager, Kaiser Permanente Medical Center
Additional Specialists from the Community

Screening

Craig Wargon, DPM, Podiatrist, Medical Director of The Technology Group, Kaiser Permanente Medical Center

Additional Podiatrists from the Community

REGISTER NOW!

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



A Sweet Pair YOU & TCOYD



Journey
With
Us



Make **All** the
Right Choices
with TCOYD



The
Search
Is Over



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



Discover!
With
TCOYD



START
Life With Diabetes Just
Got Better



We'll Make You Laugh