

# LIFE WITH DIABETES JUST GOT BETTER



Saturday, June 2, 2018  
9:00AM - 5:00PM  
Spokane Convention Center  
Spokane, WA  
[www.tcoyd.org/spokane18](http://www.tcoyd.org/spokane18)

**TCOYD**  
TAKING CONTROL OF YOUR DIABETES



TAKING CONTROL OF YOUR DIABETES

# A **life-changing** conference experience

*For Type 1s, Type 2s, & Those Who Care*

**CUTTING-EDGE** diabetes information  
**DIABETES SPECIALISTS**, Physicians & Researchers  
Important **HEALTH SCREENINGS**  
**EXPERT** Speakers  
Interactive & **INNOVATIVE HEALTH FAIR**  
One-On-One **"ASK AN EXPERT"** Sit Downs  
Delicious & Healthy **LUNCH INCLUDED**

For details, topics, and speakers  
visit [www.tcoyd.org/spokane18](http://www.tcoyd.org/spokane18)

**EDUCATION . MOTIVATION . EMPOWERMENT**



**MORE INFO  
& REGISTRATION:**  
[www.tcoyd.org/spokane18](http://www.tcoyd.org/spokane18)  
800.998.2693

**\$30** per person  
before May 29, 2018  
**\$25** per person  
when registering  
two or more

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...the most **cutting-edge information** on the latest technologies, treatments & research

**Typical Type 1 lecture and workshop topics include:**

- Devices: Continuous Glucose Monitors, Insulin Pumps, The Artificial Pancreas - Latest Medications: Basal Insulins, Ultra Rapid Insulins, Therapies Other Than Insulin - Addressing Related Conditions: Autoimmune and Muscularskeletal - Lifestyle Choices: Exercise, Nutrition, Mindfulness, Diabetes Burnout - ...and much more!

*see website for specific lecture and workshop topics offered in your city*

## WHAT CAN TYPE 1s EXPECT?



...**practical** easy to understand information & **education** that you can put into action **now**

**Typical Type 2 lecture and workshop topics include:**

- Cutting Edge Treatments / Devices: Medications, Continuous Glucose Monitors, Meters
- Preventing Complications: Heart, Kidneys, Nerves, Eyes, Feet
- Instilling LIFE-LONG Healthy Habits: Fitness, Eating Right, Weight Loss
- Felling Good: Removing Emotional Barriers, Mindfulness, Motivational Talks ...and much more!

*see website for specific lecture and workshop topics offered in your city*

## WHAT CAN TYPE 2s EXPECT?

...help and advice for people who **love & care for someone** with diabetes

**Typical Type 3 lecture and workshop topics include:**

- Supporting Your Loved One with Type 1 or Type 2 - How Not to Be the Diabetes Police - Diabetes Etiquette - Cooking Classes - ...and much more!

*see website for specific lecture and workshop topics offered in your city*

## WHAT ABOUT THE TYPE 3s?



“This conference **changed everything** for me.”

- San Diego, CA Conference Participant, Type 1



# ENGAGING & INTERACTIVE HEALTH FAIR

...a variety of **exhibitors** and **diabetes specialists** at your fingertips ready to answer **your** questions



- **Ask A Specialist** – One on one consultations with diabetes experts
- **Important Health Screenings** – A variety of complimentary health screenings
- **Fun Fitness** – Try new ways to be active without the gym
- **Cooking Demos** – Healthy and delicious, our experts will teach you how it's done
- **State-of-the art** device companies
- **Innovative** pharmaceuticals and treatment options
- **Local Support** programs
- **Healthy Lifestyle** options

## Meet the TCOYD Team



### Steven Edelman, MD

Endocrinologist, Founder & Director, TCOYD  
Clinical Professor of Medicine, UCSD School of Medicine,  
Director, Diabetes Care Clinic, VA Medical Center San Diego  
"When I was diagnosed with diabetes back in 1970 I was told that I would be dead in 20 years. Surprise! I'm still alive and thriving! I have dedicated my medical career to bringing the most up to date & practical diabetes management and care strategies directly to the people who need it the most: YOU and your loved ones."



### Jeremy Pettus, MD

Endocrinologist, Type 1 Track Co-Director, TCOYD  
Assistant Professor of Medicine, UCSD School of Medicine  
"Call me a human guinea pig. Since I'm a doctor and I have type 1 diabetes, I actually get to test all of the latest technologies and medications. Through my first hand experiences I can report back to you with exciting advancements that actually better my life and hopefully will better your life too."



### Tricia Santos, MD

Endocrinologist, Type 2 Track Co-Director, TCOYD  
Associate Clinical Professor of Medicine, UCSD School of Medicine  
"Diabetes is my specialty. I research it day in and day out. My job is to debunk the myths and teach you the truths about this disease."



### William Polonsky, PhD, CDE

Clinical Psychologist  
Founder & CEO, Behavioral Diabetes Institute  
"You often hear scary stories surrounding diabetes, but try to remember that well controlled diabetes is the leading cause of nothing. We at TCOYD can help you stay in control."

In addition to the above specialists, we bring together a network of local diabetes experts from your community.

## HEALTH FAIR Exhibitors\* & Sponsors



\*Exhibitors vary in each city.

"The TCOYD conference has given me so much **hope & encouragement.**"

- St. Louis, MO Conference Participant  
Type 2

