

# LIFE WITH DIABETES JUST GOT BETTER



Saturday, May 5, 2018  
9:00AM - 5:00PM  
Hawaii Convention Center  
Honolulu, HI  
[www.tcoyd.org/honolulu18](http://www.tcoyd.org/honolulu18)

**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/honolulu18](http://www.tcoyd.org/honolulu18)

**EDUCATION . MOTIVATION . EMPOWERMENT**



**MORE INFO  
& REGISTRATION:**  
[www.tcoyd.org/honolulu18](http://www.tcoyd.org/honolulu18)  
800.998.2693

**\$30** per person  
before May 1, 2018  
**\$25** per person  
when registering  
two or more

**Saturday, May 5, 2018**  
9:00AM - 5:00PM  
Hawaii Convention Center  
Honolulu, HI

...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
- Feeling 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

## HEALTH FAIR Exhibitors\* & Sponsors



\*Exhibitors vary in each city.

## 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."



### Laurie Tom, MD

Endocrinologist, Private Practice; Volunteer of the American Diabetes Association, formerly serving on their National Board of Directors and Past-President of the Hawaii Leadership Board

Dr. Tom is a renowned Oahu endocrinologist who treats and cares for people living with diabetes. She has been instrumental in ensuring that TCOYD comes back year after year to host these life-changing conferences. Other than TCOYD's home-base of San Diego, Honolulu is the only other city that TCOYD returns to annually. We can thank Dr. Tom for this!



### Viola Genadio, APRN, CDE, BC-ADM

Health Management Operations Department, HMSA; Coordinating Body Chair of the American Association of Diabetes Educators, Hawaii Network; Member of the American Diabetes Association Hawaii Leadership Board

Viola has been educating and helping the Hawaiian diabetes community since 1990. As Co-Director, Viola has been responsible for recruiting local diabetes experts. We thank Viola for creating such a wonderful community of helping hands who come together each year at TCOYD to help YOU control your diabetes.



### 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.

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

- St. Louis, MO Conference Participant  
Type 2

