



TAKING CONTROL OF YOUR DIABETES

Education. Motivation. Empowerment.

2019 CONFERENCE SCHEDULE

2/9	BELLEVUE, WA	6/22	ALBANY, NY
3/30	SANTA CLARA, CA	9/7	MISSOULA, MT
4/27	HONOLULU, HI	10/12	SAN DIEGO, CA
5/11	RALEIGH, NC	11/2	CHARLOTTE, NC

Our mission is to encourage people with diabetes to take a more active role in their health through education, motivation, empowerment and perhaps most importantly... **HUMOR!**

990 Highland Drive, Suite 312, Solana Beach, CA 92075

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Taking Control Of Your Diabetes is a 501(c)(3) Nonprofit Charitable Educational Organization

THIS DIABETES CONFERENCE IS **NO KA 'OI!** E WIKI WIKI AND REGISTER NOW

**SATURDAY
APRIL 27, 2019**

Hawaii Convention Center
Honolulu, Hawaii

tcoyd.org/honolulu



ATTEND OUR **LIFE-CHANGING** Diabetes Conference & Health Fair

for Type 1s, Type 2s & Those Who Care

(Medical Professionals, check out our list of accredited CME programs at TCOYD.org/cme.)



CUTTING EDGE
DIABETES EDUCATION



HANG WITH PEEPS
WHO TOTALLY GET YOU



ONE-ON-ONE
CONSULTATIONS



INTERACTIVE HEALTH FAIR
WITH GIVEAWAYS



SNACKS AND LUNCH INCLUDED



WORLD'S BEST
DIABETES SPEAKERS



LIFESTYLE COACHES
AND FITNESS EXPERTS



TRANSFORM THE WAY YOU LIVE WITH **DIABETES**

TAKING CONTROL OF YOUR DIABETES
IS A 501(C)(3) NONPROFIT ORGANIZATION

TCOYD
TAKING CONTROL OF YOUR DIABETES

REGISTER NOW!
tcoyd.org/honolulu
800.998.2693

\$25 PER PERSON
THRU APRIL 23!
\$20 pp for 2 or more | \$35 pp at the door

SATURDAY, APRIL 27, 2019
9AM - 5PM | Hawaii Convention Center
1801 Kalakaua Ave, Honolulu, HI 96815

MORNING SESSIONS

- 7:30 – 9:00AM Registration/Check-In & Health Fair Open
- 9:00AM Opening Prayer - *Meleanna Aluli Meyer*
Welcome & Introduction
Laurie Tom, MD, and Viola Genadio, MSN, APRN, CDE, BC-ADM
- 9:10AM Conquering Diabetes...I Get a Good Feeling
Steven V. Edelman, MD
- 10:10AM Diabetes for the Encouraged and Discouraged
William Polonsky, PhD, CDE

MORNING BREAK

- 10:40 – 11:30AM Visit Health Fair & Enjoy Refreshments (included)

MID MORNING SESSIONS

- 11:30 – 12:30PM Divide into Type 1 and Type 2 Tracks
- TYPE 1 TRACK** The Newlywed Game: Type 1s with Their Significant Others
Jeremy Pettus, MD; Kerri Sparling; and a panel of type 1s with their spouses

TYPE 2 TRACK

- 11:30AM Diabetes Drugs That Help You Lose Weight and Protect Your Heart
Tricia Santos, MD and Sophia Hox, DO
- 12:10PM Ono Grinds Lunch Recipe
Hawaii Convention Center's Executive Chef

LUNCH

- 12:30 – 1:30PM Healthy and Tasty Lunch (included) with live music by Terrance Tom

AFTERNOON SESSIONS

- 1:30 – 4:30PM Pick and Choose
- TYPE 1 TOPICS**
- 1:30 – 2:15PM Getting the Most out of Your CGM so You Can Stay in Range!
Steven V. Edelman, MD
Diabetes Burnout - *William Polonsky, PhD, CDE*
- 2:30 – 3:15PM Kerri's Corner: A Safe Place to Talk about the Good, the Bad and the Ugly Side of Diabetes - *Kerri Sparling*
Inhaled and Other Newer Insulins - *Steven V. Edelman, MD*
- 3:30PM What's Newsworthy for Type 1s - *Jeremy Pettus, MD*

TYPE 2 TOPICS

2:00 - 3:00PM

AFTERNOON WORKSHOPS A

The Kidney Whisperer – Look at Life From Your Kidneys' Point of View - *Ramona Wong, MD*

Women's Health: Pregnancy thru Menopause
Shawna S. Brizzolara, MD, FACOG

Making Exercise Tolerable - Possibly Even Joyful!
Rose Hickok, MS, RCEP

Continuous Glucose Monitoring (CGM) for Type 2s
Jennifer Loh, MD, FACE, CDE

"Sifting" Which Diet Plan is Best for Me
Alice Toguchi-Matsuo, RD, MPH, CDE and Kelsy Saruwatari, BS

3:30 – 4:25PM

AFTERNOON WORKSHOPS B

Getting Our Signals Crossed: What Do Patients and Providers Get Wrong about Each Other?
William Polonsky, PhD, CDE, and Steven V. Edelman, MD

Men's Health: Erectile Dysfunction or Low Testosterone? Things are Looking Up
Richard Arakaki, MD

Diabetes and Ohana - *Viola Genadio, MSN, APRN, CDE, BC-ADM, and a panel of CDEs from the community*

I'm Super Sweet. My A1c Is Too High and I Don't Know Where to Start! - *Tricia Santos, MD and Robin Miyamoto, PsyD*

The Kidney Whisperer – Look at Life From Your Kidneys' Point of View - *Ramona Wong, MD*

CLOSING SESSION

- 4:30PM Laughter is the Best Medicine! - *Andy Bumatai*
- 5:00PM Wrap-Up

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 **DIABETES!**



*STEVEN EDELMAN, MD

Endocrinologist, Founder & Director, TCOYD
Clinical Professor of Medicine, UCSD School of Medicine,
Director, Diabetes Care Clinic, VA Medical Center San Diego

*JEREMY PETTUS, MD

Endocrinologist, Type 1 Track Co-Director, TCOYD
Assistant Professor of Medicine, UCSD School of Medicine



TRICIA SANTOS, MD

Endocrinologist, Type 2 Track Co-Director, TCOYD
Associate Clinical Professor of Medicine, UCSD School of Medicine

LAURIE TOM, MD

Endocrinologist, Private Practice; Volunteer of the American
Diabetes Association, Past National Board of Directors, Past President
and current Director of the Hawaii Leadership Board



VIOLA GENADIO, MSN, APRN, CDE, BC-ADM

Certified Diabetes Educator, Condition Care Programs, HMSA; Past Coordinating
Body Chair of the American Association of Diabetes Educators, Hawaii Network;
Member of the American Diabetes Association Hawaii Leadership Board

ANDY BUMATAI

Iconic Stand Up Comedian, Actor and TV Show Host, who
has been entertaining audiences around the globe for decades



*TERRENCE TOM, JD

Musician, Piano Player; Attorney, first blind person in the nation
to take and pass the bar exam in braille

*KERRI SPARLING

Author, Creator of SixUntilMe.com
Speaker, Tandem Diabetes Care's Speaker Series



***EXTRA RELATABLE FACULTY (THEY'RE LIVING WELL WITH DIABETES).**

SPEAKERS

Richard Arakaki, MD - Phoenix Area Diabetes Consultant, Indian Health Services
Shawna S. Brizzolara, MD, FACOG - Obstetrics and Gynecology Specialist, VA Medical Center
Sophia Hox, DO - Endocrinologist, VA Pacific Islands Health Care System
Jennifer Loh, MD, FACE, CDE - Endocrinologist, Kaiser Permanente
Robin Miyamoto, PsyD - Clinical Psychologist, Departments of Native Hawaiian Health, Family
Medicine and Community Health
William Polonsky, PhD, CDE - Clinical Psychologist; Founder and CEO, Behavioral Diabetes Institute
Kelsy Saruwatari, BS - Certified Diabetes Education Assistant, Fetal Diagnostic Institute of the Pacific
Alice Toguchi-Matsuo, RD, MPH, CDE - Program Coordinator, Sweet Success Hawaii, Fetal Diagnostic
Institute of the Pacific
Ramona Wong, MD - Nephrologist, Founder, Aloha Kidney; Advocate for Chronic Kidney Disease

FITNESS FACULTY

Theresa Alejado, MSN, RN, CDE - Diabetes Advocate, Hula Instructor, Retired Diabetes
Program Supervisor, Kaiser Permanente
May Del Rosario - CEO & Founder, Starfitness Hawaii
Rose Hickok, MS, RCEP - Senior Exercise Physiologist, 'Ekahi Ornish

ASK A SPECIALIST

Michael Bornemann, MD - Endocrinologist, Private Practice
Emily Chan, MD - Endocrinologist, Private Practice
Steven Lum, MD - Endocrinologist, Kailua Professional Center I, Adventist Health Castle
***John Melish, MD** - Endocrinologist, John A. Burns School of Medicine
J. Harlan Meyer, MD - Medical Director, Diabetes, Endocrinology, Diabetes, Metabolism,
The Queen's Medical Center
Cindy Pau, MD - General and Reproductive Endocrinologist, Diabetes & Hormone Center of the
Pacific Clinician-Clinical Trials Investigator, East-West Medical Research Institute; Assistant Clinical
Professor of Medicine, University of Hawaii School of Medicine
Werner Schroffner, MD - Endocrinologist, John A Burns School of Medicine
Drizza Tabisola-Nuesca FNP-C, CDE - Nurse Practitioner, Kapiolani Medical Specialists, Pediatric Endocrinology
Lisa Wong, MD - Endocrinologist, John A Burns School of Medicine

ROVING EDUCATORS

Alana Busekrus, MSN, RN, APHN-BC, CDE - Diabetes Educator, Kaiser Permanente
August Espinal, MSNW, RD, CDE - Manager, Condition Care Programs, Integrated Health
Management Services, HSMA
Naomi Fukuda, APRN-Rx, BC-ADM, CDE, CPT, WCC - Quality Coordinator, Diabetes Management and
Education Center, Queen's Medical Center, West Oahu
Deliah Galase, RN, BSN, CDE - Condition Care Programs, Integrated Health Management Services, HSMA
Kourtney Inoue, RD, MS, CDE - Dietitian, Kaiser Permanente
Alyson Kusatsu, MSN, APRN, CDE - Senior Manager, Clinical Operations, Integrated Health
Management Services, HSMA
Patricia Liang-Tong, MSCP, RD, LD, CDE - Director of Health Promotion and Disease Prevention,
Waimanalo Health Center
Lisa Ann Morita, MPH, RD, CDE - Condition Care Program, Integrated Health Management Services, HSMA
David Q. Pham, PharmD, BCPS, CDE - Associate Professor of Pharmacy, Western University of Health Sciences
Aileen Schroffner, RN, CDE - Registered Nurse, Community Volunteer
Sherrie Sonomura, MPH, RDN, LD, CDE - Dietitian, National Kidney Foundation of Hawaii
Anna Sliva, BSN, RN, CDE - Registered Nurse, Kaiser Permanente
Drizza Tabisola-Nuesca, FNP-C, CDE - Pediatric Endocrinology Specialist, Kapiolani Medical Specialists

HEALTH SCREENERS

Attilio Avino, DPM - Podiatrist, Foot & Ankle Institute (And additional podiatrists from the community.)
Wilfred Miyasaki, DMD - Dentist, A Downtown Dental Group
Mark Tafoya, MD - Ophthalmologist, Pacific Retina Care, LLC

ENGAGING & INTERACTIVE HEALTH FAIR

a variety of **exhibitors**
& **diabetes specialists**
ready to answer **your** questions



Ask A Specialist – One-on-one diabetes expert consultations

Important Health Screenings – Variety of complimentary health screenings

Fun Fitness – Try new ways to be active without the gym

State-of-the art device companies

Cooking Demos – Healthy & delicious, our experts will teach you how it's done

Innovative pharmaceuticals & treatment options

Local Support programs

Healthy Lifestyle options

ARE YOU A MEDICAL PROFESSIONAL?

Register for our 5.75 accredited CME program! Same day, same location, \$65. (tcoyd.org/cme)

FINANCIAL AID & DONATIONS

Can't make it due to costs? Call us about our financial assistance program!

Please help us keep our registration fees low. While we charge only \$25 per person, it costs TCOYD approximately \$175 per person to put on this conference.

We greatly appreciate your support for helping to underwrite the cost of this event. Any dollar amount helps, and all donations are tax deductible!

EXHIBITORS & SPONSORS



CHECK TCOYD.ORG FOR AN UP-TO-DATE LIST OF SPONSORS

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