



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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Permit no 1



THE MOST UPLIFTING DIABETES CONFERENCE YOU'LL EVER ATTEND

**SATURDAY
MAY 11, 2019**

Raleigh Convention Center
Raleigh, NC

tcoyd.org/raleigh



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

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



FREE HEALTH SCREENINGS



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/raleigh
800.998.2693

\$25 PER
PERSON
THRU MAY 7!
\$20 pp for 2 or more | \$35 pp at the door

SATURDAY, MAY 11, 2019
9AM - 5PM | Raleigh Convention Center
500 S. Salisbury Street, Raleigh, NC 27601

MORNING SESSIONS

- 7:30 – 9:00AM Registration/Check-In & Health Fair Open
9:00 – 10:10AM Conquering Diabetes...I Get a Good Feeling
An informative and entertaining overview of diabetes
10:10 – 10:40AM Diabetes for the Encouraged and Discouraged
The emotional side of diabetes

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 Words of Wisdom from Real Life Type 1s and Medical Pros
A panel discussion focused on living life successfully with T1D
Type 2 Track Trifecta for Type 2s: Medications, Nutrition, and Exercise
Type 2 treatment options and healthy lifestyle choices

LUNCH

- 12:30 – 1:30PM Healthy and Tasty Lunch (included)

AFTERNOON WORKSHOPS

- 1:30 – 4:30PM Pick and Choose
Type 1 Topics
- CGM, Insulin Pumps, Smart Pens, Artificial Pancreas
- Basal Insulins, Ultra Rapid Insulins, Other Therapies
- Burnout, Complications and more
Type 2 Topics
- Medications, Treatments, Meters, CGM
- Preventing and Treating Complications
- Women's Health & Men's Health
- Creating Healthy Habits: Fitness, Weight Loss, What to Eat
Type 3 Topics
- Supporting Your Loved One with Diabetes
- How Not to Be the Diabetes Police & Diabetes Etiquette
- Cooking Classes and more

CLOSING SESSION

- 4:30 – 5:00PM Riding On Insulin
Professional snowboarder Sean Busby shares his inspirational story



*STEVEN EDELMAN, MD

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

TRICIA SANTOS, MD

Endocrinologist, National Co-Director, TCOYD
Associate Clinical Professor of Medicine, UCSD School of Medicine



WILLIAM POLONSKY, PHD, CDE

Clinical Psychologist
Founder & CEO, Behavioral Diabetes Institute

*CHEF ROBERT LEWIS

Chef, Cookbook Author, Founder, *The Happy Diabetic*



JOHN BUSE, MD, PHD

Director, Diabetes Care Center; Chief of the Division of Endocrinology,
Executive Associate Dean for Clinical Research and Professor,
UNC School of Medicine

ELIZABETH HOLT, MD

Endocrinologist, Raleigh Endocrine Associates; Assistant Consulting
Professor of Medicine, Duke University School of Medicine



ABBIE SMITH-RYAN, PHD

Associate Professor, Exercise Physiology; Director, Applied
Physiology Laboratory; Co-Director, Human Performance,
Department of Exercise and Sport Science, UNC

*SEAN BUSBY

Professional Backcountry Snowboarder
Founder and Executive Director; Riding On Insulin



**Extra relatable faculty (they're living well with diabetes).*

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, \$50. (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



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