



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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San Diego CA
Permit no 1



THE MOST UPLIFTING DIABETES CONFERENCE YOU'LL EVER ATTEND

**SATURDAY
MARCH 30, 2019**

Santa Clara Convention Center
Santa Clara, CA

tcoyd.org/santaclara



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**

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IS A 501(C)(3) NONPROFIT ORGANIZATION

TCOYD
TAKING CONTROL OF YOUR DIABETES

REGISTER NOW!
tcoyd.org/santaclara
800.998.2693

\$25 PER
PERSON
THRU MARCH 26!
\$20 pp for 2 or more | \$35 pp at the door

SATURDAY, MARCH 30, 2019
9AM - 5PM | Santa Clara Convention Center
5001 Great America Pkwy, Santa Clara, CA 95054

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**
The Newlywed Game Featuring Type 1s with Their Significant Others
A panel discussion focused on living life successfully with T1D
- Type 2 Track**
Words of Wisdom from Real Life Type 2s and Medical Pros
A panel discussion focused on living life successfully with T2D

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, Nutrition, Complications and more
- Type 2 Topics**
- Medications, Treatments, Meters, CGM
 - Preventing and Treating Complications: Heart, Kidneys, Eyes and Feet
 - Create Healthy Habits: Fitness, Weight Loss, What to Eat
 - Feeling Good: Emotions, Mindfulness and more
- 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 Diabetes Doesn't Stop Me!
Be inspired by real life diabetes superstars



*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

*CHEF ROBERT LEWIS

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



BRUCE BUCKINGHAM, MD

Pediatric Endocrinologist, Professor, Med Center Line
Stanford University Medical Center

*KERRI SPARLING

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



SHYLAJA SRINIVASAN, MD

Pediatric Endocrinologist, University of California, San Francisco

CRAIG WARGON, DPM

Podiatrist; Medical Director of The Technology Group
Kaiser Permanente Medical Center



**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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