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Education. Motivation. Empowerment.

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!**

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

ONE **2019**

THE ULTIMATE
CONFERENCE & RETREAT
FOR ADULTS WITH TYPE 1 DIABETES

AUGUST 16-18, 2019

Paradise Point Resort & Spa | San Diego, CA

TCOYD
TAKING CONTROL OF YOUR DIABETES
tcoyd.org/one2019



ONE 2019

CONFERENCE & RETREAT

Join **Dr. Steve Edelman** and his team of **diabetes specialists**, expert physicians and renowned researchers **in paradise** for the **ultimate**, most informative and fun **type 1** event you'll ever attend!



TRANSFORM THE WAY YOU LIVE WITH TYPE 1

REGISTER NOW!
tcoyd.org/one2019
800.998.2693

\$150 PER PERSON
(After May 16, 2019)
\$200 per person



CUTTING EDGE
TYPE 1 EDUCATION



ALL MEALS INCLUDED



NIGHTLIFE PARTIES



WORLD'S BEST
TYPE 1 SPEAKERS



HANG WITH PEEPS
WHO TOTALLY GET YOU



RUNS, YOGA
AND MUCH MORE!

AUGUST 16 – 18, 2019
PARADISE POINT RESORT & SPA
1404 Vacation Road, San Diego, CA 92109

FRIDAY

3:00PM	Conference Check-In Opens
3:00PM - 9:00PM	Sponsor Lounge Open
4:00PM	Hotel Check-In Begins
6:00PM - 7:00PM	Welcome to TCOYD Speaker Program
7:00PM - 8:00PM	Bayside Reception – Drinks and Food
8:00PM	Memphis's Brad Birkedahl's Rockabilly Trio

SATURDAY

7:00AM - 8:00AM	Yoga Tai Chi Power Walk TCOYD Fun Run
7:30AM - 9:30AM	Breakfast Buffet
9:30AM - 12:30PM	Morning Speaker Program
10:30AM - 4:30PM	Sponsor Lounge Open
12:30PM - 1:30PM	Lunch
1:30PM - 4:30PM	Speaker Program & Workshops
4:30PM - 6:30PM	Free Time, Fun Time! Enjoy some poolside relaxation, ping pong, horseshoes, bocce ball. <i>(Paddle board rentals, kayaking, sailing, spa massages are also available for an additional fee.)</i>
6:30PM - 10:00PM	Party on the Bay! Food, drinks, DJ & dancing

SUNDAY

7:00AM - 8:00AM	Yoga Tai Chi Power Walk TCOYD Fun Run
7:30AM - 9:30AM	Breakfast Buffet
9:30AM - 12:30PM	Morning Speaker Program



"For me, spending the weekend surrounded by other **T1Ds** was one of the **BEST EXPERIENCES** of my life. I made instant connections with so many people and **LEARNED SO MUCH** from them. **THANK YOU** for bringing us all together. **MY HEART IS FULL!**"

- ONE 2018 CONFERENCE PARTICIPANT



ONE ²⁰¹⁹ SPEAKER PROGRAM DETAILS!

FRIDAY

6:00PM - 7:00PM

Welcome to TCOYD!

Steven V. Edelman, MD; Jeremy Pettus, MD
Tricia Santos, MD; and Schafer Boeder, MD

7:00PM - 8:00PM

Adjourn for Bayside Reception – Drinks and Food

SATURDAY

9:30AM - 10:00AM

Type 1... The Past, the Present and the Future

Steven V. Edelman, MD

10:00AM - 10:30AM

Where's the Secret Sauce?

William Polonsky, PhD, CDE

10:30AM - 11:30AM

Visit the Sponsor Lounge

11:30AM - 12:00PM

The Top 10 Roadblocks We Encounter in Diabetes Care

Jeremy Pettus, MD

12:00PM - 12:30PM

Advances In the Artificial Pancreas:

Life Changing Breakthroughs

Aaron Kowalski, PhD

1:30PM - 2:15PM

Afternoon Workshops A - Select One!

• Sugar Surfing...Ride Your Waves with Finesse

Stephen Ponder, MD

• Start Here...DIY (Do It Yourself) Artificial Pancreas

Katie DiSimone

• Walk this Way!!! Solving Common Foot Problems

Craig Wargon, DPM

• A Type 1's Nightmare...Hypoglycemia!

How to Prevent and Treat Mild to Severe Cases

Ian Blumer, MD, FRCPC

2:30PM - 3:15PM

Afternoon Workshops B - Select One!

• Feeling Out of Joint? Remedies for Frozen Shoulder, Trigger Finger and other Musculoskeletal Issues

Heather McDonald, MD, FRCPC

• Managing Your Diabetes Before, During and After Exercise

Schafer Boeder, MD; *Laura Barba, CDE, NP;
and *Maggie Crawford

• I've Got a Bad Feeling in My Gut!

Celiac, Gluten Sensitivity and Gastroparesis
Brigid Bolan, MD

• The Insurance Kerfuffle: How to Navigate thru the System to Get the Meds, Devices and Tools you Need!

*Christel Marchand Aprigliano, MS, CEO, and
*Leyla Mansour-Cole

3:20PM

3:30PM - 4:30PM

Doctor by Day, Rock Star by Night Serenades You with a Type 1 Ballad Written Especially for You!

Up Close and Personal: Table Talks Q&A with the Specialists

Alcohol & Marijuana – *Jeremy Pettus, MD

Celiac/GI Issues – Brigid Boland, MD

CGM & Pumps – *Stephen Ponder, MD

DIY Artificial Pancreas – Katie DiSimone

Emotions – William Polonsky, PhD

Exercise – *Maggie Crawford

Family – Lorraine Stiehl

Foot Care – Craig Wargon, DPM

Hypoglycemia – Ian Blumer, MD, FRCPC

LADA (Adult Onset) – Schafer Boeder, MD

Men's Health/Erectile Dysfunction – *Steven V. Edelman, MD

Mindfulness Practices – *Sarah Tomlinson

Musculoskeletal – Heather McDonald, MD, FRCPC

Navigating thru the System to Get What You Need –

*Christel Marchand Aprigliano, MS, CEO and

*Leyla Mansour-Cole

Pregnancy – *Laura Barba, CDE, NP and *Kerri Sparling

Research (JDRF) – Aaron Kowalski, PhD

Adjourn for afternoon activities & evening "Party On The Bay"

4:30PM

SUNDAY

9:30AM - 10:00AM

Patient-Centered Research T1D Exchange: Accelerating Therapies and Improving Type 1 Care

Kellee Miller, PhD

10:00AM - 10:45AM

A Hands-On Practical Session on How to Improve Your Time in Range

*Steven V. Edelman, MD; *Jeremy Pettus, MD;

Tricia Santos, MD; and Schafer Boeder, MD

Break! Rest, stretch, relieve...whatever you need!

Strike the Spike: Think Like a Pancreas

*Gary Scheiner, MS, CDE

10:45AM - 11:00AM

11:00AM - 11:30AM

11:30AM - 11:50PM

Type 1's Hottest New Drugs! SGLT Inhibitors Show Promising Results

Tricia Santos, MD

11:50AM - 12:20PM

Being Part of a Community That is Thriving and Possibly Living a Little Healthier Due to Our Diagnosis

*Kerri Sparling

12:20PM - 12:30PM

Let's Wrap It Up!

THE BEST OF THE BEST

These diabetes thought leaders will provide you with **INVALUABLE INFORMATION** and improve the way **YOU** live with **TYPE 1 DIABETES!**

ONE 2019: SPECIAL GUEST SPEAKERS



***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

***BRAD BIRKEDAH**

Master musician backed by a smokin' rockabilly band!



***AARON KOWALSKI, PHD**

Chief Mission Officer & VP Research, JDRF

***KERRI SPARLING**

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



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



ADDITIONAL SPEAKERS

***Christel Marchand Aprigliano, MS**, CEO, Diabetes Patient Advocacy Coalition, Tampa, Florida

***Laura Barba, CDE, NP**, Nurse Practitioner, UCSD and Rady Children's Hospital, San Diego California

Ian Blumer, MD, FRCPC, Endocrinologist, Charles H. Best Centre, University of Toronto, Toronto, Ontario, Canada

Schafer Boeder, MD, Endocrinologist, Assistant Professor of Medicine, UCSD School of Medicine, San Diego, California

***Maggie Crawford**, Professional Climber, Surfer, Athlete, Scientist, Dexcom, San Diego, California

Katie DiSimone, Loop Training and Documentation Lead, Tidepool, Palo Alto, California

William Polonsky, PhD, CDE, Clinical Psychologist, Founder and CEO, Behavioral Diabetes Institute, San Diego, California

***Stephen Ponder, MD, FAAP, CDE**, Pediatric Endocrinologist, Author, Blogger, Belton, Texas

***Leyla Mansour-Cole**, Policy Director, Diabetes Patient Advocacy Coalition, Rockville, Maryland

Heather McDonald, MD, FRCPC, Rheumatologist, Mount Sinai Hospital, Toronto, Ontario, Canada

Kellee Miller, PhD, Epidemiologist Clinical Research Director, JAEB Center for Health Research, Tampa/St. Petersburg, Florida

***Gary Scheiner, MS, CDE**, Owner, Integrated Diabetes Services, Philadelphia, Pennsylvania

***Kerri Sparling, Author**, Creator of SixUntilMe.com, Speaker, Tandem Diabetes Care's Speaker Series, East Greenwich, Rhode Island

Lorraine Stiehl, Management Consultant, StiehlWorks; NIH NIDDK Advisory Council; Chancellor and Research Committee, JDRF; San Diego, California

Craig Wargon, DPM, Podiatrist, Medical Director of The Technology Group, Kaiser Permanente Medical Center, Santa Clara, California

FITNESS FACULTY

***Annie Cooper**, Former NCAA D1 Rower, Pump Therapy Specialist, Tandem, San Diego, California

***Maggie Crawford**, Professional Climber, Surfer, Athlete, Scientist, Dexcom, San Diego, California

***Judith Jones-Ambrosini**, Diabetes Journalist, Tai Chi Instructor, New York, New York

***Trevor Thomson**, Active Lifestyle Advocate, Pump Therapy Specialist, Tandem, San Diego, California

***Sarah Tomlinson**, Yoga Instructor, Yantra Teacher and Mindfulness Coach, San Diego, California

***Matt Vande Vegte, CPT**, Certified Personal Trainer, Founder, FTF Warrior, San Diego, California

ENGAGING & INTERACTIVE SPONSOR LOUNGE

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



Ask A Specialist – Q&A with
diabetes experts

Important Health Screenings – Variety
of complimentary health screenings

Innovative pharmaceuticals &
treatment options



State-of-the art device companies

National Support programs

Healthy Lifestyle options

Games & Fun activities

ONE 2019 SPONSORS



FREQUENTLY ASKED QUESTIONS ANSWERED

Q: What's included with my registration fee?

All meals, sponsored parties, lectures, workshops, health fair access, fitness sessions and unlimited photo ops with Dr. Edelman.

Q: How do I register for the conference?

Online: tcoyd.org/one2019 | Phone: 800.998.2693

Q: How should I book my hotel room?

Call Paradise Point Resort & Hotel directly at 800.344.2626. Be sure to ask for the TCOYD rate (\$259 per night, plus tax and a \$10 resort fee). Book plenty of time in advance, rooms will set out quickly at this rate.

Q: Can I come a day late, leave early, extend my stay?

Of course! However, the conference registration fee remains the same.

Q: What if I'm local and I don't need a hotel room?

No problem, we anticipate many locals to attend. Parking will be free for our participants who are not staying overnight at the hotel.

Q: Can I bring my kids to the conference & retreat?

The conference is geared towards anyone over the age of 16. Traveling families are welcome to enjoy the hotel's many amenities.

Q: Can I bring my spouse, family member or friend?

YES! We even have specific workshops just for your diabetes cheerleader. Anyone attending the conference needs to register and pay the registration fee.

Q: I'm gluten-intolerant/vegetarian/vegan – will the included meals have options for me?

YES! The chef will have many substitutions & options for you.

Q: How far is the hotel from the San Diego International Airport?

A quick 15 minutes, about 7 miles.

Q: What if I have to cancel?

ONE:2019 cancellations need to be made by May 16 to receive a full refund. Hotel cancellations are subject to Paradise Point Resort & Spa's cancellation policies and must be made by contacting the hotel directly.

REGISTER NOW!

tcoyd.org/one2019

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(After May 16, 2019)
\$200 per person

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