



TAKING CONTROL OF YOUR DIABETES

Education. Motivation. Empowerment.

2020 CONFERENCE SCHEDULE

2/8	BELLEVUE, WA	5/30	HOUSTON, TX
2/29	HONOLULU, HI	9/12	PALM SPRINGS, CA
3/28	NOVI, MI	11/7	SAN DIEGO, CA
5/9	OMAHA, NE	11/21	INDIANAPOLIS, IN

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



25
ANNIVERSARY!

THE MOST EPIC DIABETES CONFERENCE YOU WILL EVER ATTEND

**SATURDAY
OCTOBER 12, 2019**

San Diego Convention Center
San Diego, CA

tcoyd.org/sandiego

TCOYD
TAKING CONTROL OF YOUR DIABETES

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/sandiego
800.998.2693

\$25 PER PERSON
THRU OCT 8!
\$20 pp for 2 or more, thru Oct 8.
\$35 pp at the door.

SATURDAY, OCTOBER 12, 2019
9AM - 5PM | San Diego Convention Center
111 W. Harbor Drive, San Diego, CA 92101

MORNING SESSIONS

7:30 – 9:00AM

Registration/Check-In & Health Fair Open

9:00 – 10:40AM

The Diabetes Conference of Tomorrow TODAY!

An informative and entertaining overview of the past, present and future of diabetes care

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 World's Largest Shared Medical Appointment for Type 1s
An interactive discussion providing practical tips on how to live life successfully with T1D

Type 2 Track

The World's Largest Shared Medical Appointment for Type 2s
An interactive discussion providing practical tips on how to live 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, Pumps, Sensors • SGLT Inhibitors • Hypoglycemia Nutrition • Joint Issues • Eye, Kidney and Nerve Disease Diabetes and Exercise • Top 10 Latest Advances in Type 1 (Artificial Pancreas, Smart Pens, Inhaled Insulin and more)

Type 2 Topics

Medications, Treatment Options • Meters & CGM Devices Cooking Tips • Weight Loss Strategies • Sleep Apnea Improving Communication between Patients & Providers Cardiovascular Care

Type 3 Topics

Diabetes Etiquette: How Not to Be the Diabetes Police Supporting Your Loved One with Diabetes Cooking Classes & more

CLOSING SESSION

4:30 – 5:00PM

How to Use the Sparks from Today to Ignite Your Tomorrow
Motivation and support to keep you inspired all year long



*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

SCHAFER BOEDER, MD

Endocrinologist, Assistant 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*



DANIEL EINHORN, MD, FACP, FACE

Endocrinologist & President, Diabetes & Endocrine Associates;
Clinical Professor of Medicine, UCSD School of Medicine;
President, American College of Endocrinology

NEELIMA CHU, MD

Endocrinologist, Sharp Health Care



**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



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

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