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!
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.)

ONE DAY THAT WILL LAST A LIFETIME
Join us for a life-changing day of education, motivation, empowerment and HUMOR, where you’ll learn about the newest medication and devices to help you take control of your diabetes, or to help somebody who is. You will hear about the latest research and practical tips and tricks on how to live a long and healthy life with diabetes. With TCOYD you can learn and laugh at the same time, while connecting with people who get YOU. Our all-star cast of diabetes experts (many who live with diabetes themselves) are here to answer all of your questions while igniting motivation, offering hope and changing your life with diabetes forever.

MEET OUR FEARLESS LEADER WHO GETS IT!
I’m Steve Edelman, founder of TCOYD, and I was diagnosed with diabetes when I was 15 years old. I was given 20 years to live—but instead of accepting that—I went into medicine to learn how to conquer this condition and to bring the important messages about living a long and healthy life with diabetes directly to those most affected by it. I’ve been living with diabetes for nearly 50 years now and have dedicated my career to educating and empowering others with this condition to become active participants in their healthcare.

We are with you through the highs and lows!
STEVEN V. EDELMAN, MD

REGISTER NOW!
tcoyd.org/bellevue20
800.998.2693

$25 PER PERSON THRU FEB 4
$20 pp for 2 or more, thru Feb.4
$35 pp at the door.

SATURDAY, FEBRUARY 8, 2020
9AM - 5PM | Meydenbauer Center
11100 NE 6th Street, Bellevue, WA 98004
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!

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: Cardiovascular Care, 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  - Continuous Glucose Monitors and Pumps
               - Inhaled and Other Newer Insulins
               - Keto Diet: A High Fat Fad or Freaking Fabulous?
               - The Artificial Pancreas and other Newsworthy Highlights
                 for Type 1s
Type 2 Topics  - Why Weight? Medical and Surgical Weight Loss Options
               - Diapression: Strategies for Addressing Diabetes Burnout
               - Type 2 Medications, Including Insulin
               - Improving Communication Between Patients and Providers
Type 3 Topics  - Sexual Health: Supporting Your Loved One with Diabetes
               - Healthy Cooking Tips and Demo

CLOSING SESSION
4:30 – 5:00PM  Diabetes Doesn’t Stop Me!
               Find inspiration in Dr. Christian Herter’s story of living with
               and treating 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

WILLIAM POLONSKY, PHD, CDE
Clinical Psychologist
Founder & CEO, Behavioral Diabetes Institute

*CHEF ROBERT LEWIS
Chef, Cookbook Author, Founder, The Happy Diabetic

*IRL HIRSCH, MD
Professor of Medicine, University of Washington School of Medicine

*CHRISTIAN HERTER, MD, FAAFP, FAWM
Family Practice Specialist, Overlake Medical Center

FRANCES BROYLES, MD
Endocrinologist, System Medical Director Diabetes,
Endocrinology, and Nutrition, Swedish Medical Group

*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

FINANCIAL AID & DONATIONS
Can’t make it due to costs? Call us about our financial assistance program! (Complimentary admission for veterans and their family members.)

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!

ARE YOU A MEDICAL PROFESSIONAL?
Register for our 5.75 accredited CME program! This separate program runs on the same day at the same location for $50. Visit tcoyd.org/cme for more info.

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

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