



TAKING CONTROL OF YOUR DIABETES

*Education. Motivation. Empowerment.*

## 2020 TCOYD 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!**

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



# THE MOST UPLIFTING DIABETES CONFERENCE YOU'LL EVER ATTEND

**SATURDAY  
FEBRUARY 8, 2020**

Meydenbauer Center  
Bellevue, Washington

[tcoyd.org/bellevue20](http://tcoyd.org/bellevue20)



990 Highland Drive, Suite 312, Solana Beach, CA 92075

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San Diego CA  
Permit no 1

# 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](http://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**



ONE-ON-ONE  
CONSULTATIONS



INTERACTIVE HEALTH FAIR  
WITH GIVEAWAYS



LIFESTYLE COACHES  
AND FITNESS EXPERTS



CUTTING EDGE  
DIABETES EDUCATION



HANG WITH PEEPS  
WHO TOTALLY GET YOU



SNACKS AND LUNCH INCLUDED



WORLD'S BEST  
DIABETES SPEAKERS



**REGISTER NOW!**

[tcoyd.org/bellevue20](http://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



## 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

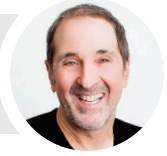


### TRICIA SANTOS, MD

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](http://tcoyd.org/cme) for more info.

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## EXHIBITORS & SPONSORS



CHECK [TCOYD.ORG](http://TCOYD.ORG) FOR AN UP-TO-DATE LIST OF SPONSORS

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