



TAKING CONTROL OF YOUR DIABETES

Education. Motivation. Empowerment.

2020 CONFERENCE SCHEDULE

2/8	BELLEVUE, WA	9/12	PALM SPRINGS, CA
2/29	HONOLULU, HI	10/3	NOVI, MI
5/30	HOUSTON, TX	11/7	SAN DIEGO, CA
8/1	OMAHA, NE	11/21	INDIANAPOLIS, IN
8/21-23 CONFERENCE & RETREAT FOR T1DS SAN DIEGO, CA			

Our mission is to encourage people with diabetes to take a more active role in their health through education, motivation, empowerment and most importantly...**HUMOR!**

Nonprofit Org
US Postage
PAID
San Diego CA
Permit no 1

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

REIGNITE YOUR SPARK AT THE MOST ILLUMINATING DIABETES CONFERENCE EVER

**SATURDAY
AUGUST 1, 2020**

CHI Health Center Omaha
Omaha, NE

tcoyd.org/omaha20


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.)

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 medications 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



**WORLD'S BEST
DIABETES SPEAKERS**



ONE-ON-ONE CONSULTATIONS



**CUTTING EDGE
DIABETES EDUCATION**



**LIFESTYLE COACHES
& FITNESS EXPERTS**



**INTERACTIVE HEALTH FAIR
WITH GIVEAWAYS**



FREE HEALTH SCREENINGS



SNACKS AND LUNCH INCLUDED



**HANG WITH PEEPS WHO
TOTALLY GET YOU**

REGISTER NOW!
tcoyd.org/omaha20
800.998.2693

\$25 PER PERSON
THRU JULY 28!
\$20 pp for 2 or more, thru July 28.
\$35 pp at the door.

SATURDAY, AUG 1, 2020 | 9AM - 5PM
CHI Health Center Omaha
455 N 10th St., Omaha, NE 68102

TCOYD CONFERENCE & HEALTH FAIR

Day at a Glance!

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
- *The Newest Features in Sensor Augmented Insulin Pumps*
- *CGMs: Weapons of Mass Instruction*
- *SGLT Inhibitors and Therapies Other Than Insulin*
- *Diet Fads or Freakin' Fab? Keto, Paleo and More*
- *Newsworthy Highlights for Type 1s: Artificial Pancreas, Smart Pens, Inhaled Insulins and More!*

Type 2 Topics
- *Healthy Cooking Classes*
- *Cardiovascular Care*
- *Type 2 Treatments, Including Insulin*
- *Weight Loss Strategies*
- *Continuous Glucose Monitoring for Type 2s...No More Finger Pricks!*
- *Improving Communication Between Patients and Providers*

Type 3 Topics
- *Diabetes Etiquette: Supporting Your Loved One with Diabetes*
- *Healthy Cooking Tips and Demo*

CLOSING SESSION

4:30 – 5:00PM Balancing Diabetes: A Conversation About Finding Happiness and Living Well
Writer and author Kerri Sparling shares her story

CHECK TCOYD.ORG FOR A DETAILED PROGRAM AGENDA

OUR FACULTY IS 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!**



*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 Director, TCOYD
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*



CLAIRE BAKER, MD

Endocrinologist, Methodist Physician Clinic
Diabetes and Endocrine Specialists

KAITLIN BRAU, MD

Endocrinologist, Faith Regional Physician Services, Norfolk



*LESLIE EILAND, MD

Endocrinologist, Assistant Professor of Medicine, University of Nebraska Medical Center; Medical Director, Endocrine Telehealth Program

SHANNON WAKELEY, MD

Endocrinologist, Complete Endocrinology Lincoln,
Bryan Physician Network



*KERRI SPARLING

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

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

IN ADDITION TO THESE SPECIALISTS, WE BRING TOGETHER A NETWORK OF LOCAL DIABETES EXPERTS FROM YOUR COMMUNITY. SEE WEBSITE FOR DIRECTORY OF SPEAKERS & FACULTY.



ENGAGING & INTERACTIVE HEALTH FAIR

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

COOKING DEMOS

Healthy & delicious meal planning

PHARMACEUTICALS & TREATMENTS

Learn about innovative options

DEVICE COMPANIES

State-of-the-art technology

LOCAL PROGRAMS

Here to support you

HEALTHY LIFESTYLE OPTIONS

Start living your best life!

FINANCIAL AID & DONATIONS

Can't make it due to costs? Call us about our financial assistance program! We also provide 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 in helping to underwrite the cost of this event. Any amount helps, and all donations are tax deductible!

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

PARKING

Surface parking is \$8. Garage parking (when available) is \$12. Check convention center's website for directions and a listing of parking lots (chihealthcenteromaha.com).

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.

A VARIETY OF EXHIBITORS AND
DIABETES SPECIALISTS READY
TO ANSWER YOUR QUESTIONS

TCOYD
TAKING CONTROL OF YOUR DIABETES

PLATINUM SPONSORS

AstraZeneca

dexcom

Lilly | DIABETES

GOLD SPONSORS

FreeStyle Libre

Glucerna

omnipod[®]
DASH[™]
INSULIN MANAGEMENT SYSTEM

REGENERON

SILVER SPONSORS

Amarin Corporation

Boehringer
Ingelheim

Lilly

Intarcia

Lexicon
pharmaceuticals

MERCK
INVENTING FOR LIFE

novo nordisk[®]

SANOFI

Senseonics

TANDEM[®]
DIABETES CARE

xeris
PHARMACEUTICALS

IN ASSOCIATION WITH

AADE American Association
of Diabetes Educators

American
Diabetes
Association
Connected for Life

JDRF
IMPROVING LIVES.
CURING TYPE 1
DIABETES.

KnowDiabetesbyHeart[™]

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

REGISTER NOW!
tcoyd.org/omaha20
800.998.2693

\$25 PER PERSON
THRU JULY 28!
\$20 pp for 2 or more, thru July 28.
\$35 pp at the door.

SATURDAY, AUGUST 1, 2020 | 9AM - 5PM
CHI Health Center Omaha
455 N 10th St., Omaha, NE 68102