



TAKING CONTROL OF YOUR DIABETES

*Education. Motivation. Empowerment.*

## 2020 CONFERENCE SCHEDULE

2/8	BELLEVUE, WA	10/3	NOVI, MI
2/29	HONOLULU, HI	11/7	SAN DIEGO, CA
8/1	OMAHA, NE	11/21	INDIANAPOLIS, IN
9/12	PALM SPRINGS, CA	12/13	HOUSTON, TX
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!**

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



[tcoyd.org/houston20](http://tcoyd.org/houston20)

**SUNDAY  
DECEMBER 13, 2020**

Humble Civic Center  
Humble, TX

**REIGNITE YOUR SPARK  
AT THE MOST ILLUMINATING  
DIABETES CONFERENCE EVER**



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

Nonprofit Org  
US Postage  
PAID  
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 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/houston20](http://tcoyd.org/houston20)

800.998.2693

**\$25** PER PERSON  
THRU DEC 9!

\$20 pp for 2 or more, thru December 9.  
\$35 pp at the door.

**SUNDAY, DECEMBER 13, 2020 | 9AM - 5PM**

Humble Civic Center

8233 Will Clayton Pkwy, Humble, TX 77338

# 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... Teaching You How to Stay in Range*  
- *Newsworthy Highlights for Type 1s: Artificial Pancreas, Smart Pens, Inhaled Insulins, SGLT Inhibitors 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 Sweeter Than I Should Be  
*Country music artist Amanda Jo Kielpinski shares her story and songs*

**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



### TRICIA SANTOS, MD

Endocrinologist, Type 2 Track Co-Director, TCOYD  
Associate Clinical Professor of Medicine, UCSD School of Medicine

### \*CHEF ROBERT LEWIS

Chef, Cookbook Author, Founder, *The Happy Diabetic*



### ROBIN MIYAMOTO, PsyD

Clinical Psychologist, John A. Burns School of Medicine  
Focusing on the emotional side of diabetes

### \*AMANDA JO KIELPINSKI, COUNTRY MUSIC ARTIST

Speaker and Singer, Tandem Diabetes Care's Speaker Series



### \*DANIEL JOSEPH DESALVO, MD

Assistant Professor, Director of Medical Student Education,  
Baylor College of Medicine, Texas Children's Hospital

### MANISHA CHANDALIA ABATE MD, FACE, FNLA

Director, Bay Area Metabolic Health Diabetes Lipids  
and Endocrinology Clinics



### ROCIO A. HARBISON, MD, FACE

Endocrinologist, Founder, Advanced Endocrinology and Diabetes Clinic

*\*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

A VARIETY OF EXHIBITORS AND 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

### 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

Parking is complimentary at the Humble Civic Center.

### 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.

### PLATINUM SPONSORS



### GOLD SPONSORS



### SILVER SPONSORS



### IN ASSOCIATION WITH



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

**REGISTER NOW!**  
[tcoyd.org/houston20](http://tcoyd.org/houston20)  
800.998.2693

**\$25** PER PERSON  
THRU DEC 9!  
*\$20 pp for 2 or more, thru December 9.  
\$35 pp at the door.*

**SUNDAY, DECEMBER 13, 2020 | 9AM - 5PM**  
Humble Civic Center  
8233 Will Clayton Pkwy, Humble, TX 77338