



2019 - 2020 PROSPECTUS



990 Highland Drive, Suite 312, Solana Beach, CA 92075
800.998.2693 | tcoyd.org

501(C)3 Nonprofit Charitable Educational Organization

EDUCATION. MOTIVATION. EMPOWERMENT.



THE TCOYD MISSION

Guided by the belief that every person with diabetes has the right to live a healthy, happy, and productive life, Taking Control Of Your Diabetes educates and motivates people with diabetes to take a more active role in their condition and provides innovative and integrative continuing diabetes education to medical professionals caring for people with diabetes.

ABOUT & TEAM INFO

PG 3 - 4

VIRTUAL & ONLINE PROGRAMS

PG 5 - 11

COLLABORATIONS

PG 12

LIVE EVENTS

PG 13 - 14

PATIENT EDUCATION

PG 15 - 27

CONTINUING MEDICAL EDUCATION

PG 28 - 38

FUNDRAISING & INITIATIVES

PG 39 - 41

PARTNERS & SPONSORS

PG 42 - 43

TCOYD UNDERSTANDS!

Since 1995 Taking Control Of Your Diabetes (TCOYD) has been educating and motivating diabetes communities around the country through our empowering live events, educational digital resources and supportive online community. Every year we expand our all-star cast of diabetes experts (many who live with diabetes themselves) who ignite motivation, offer hope and will change your life with diabetes forever. We are a nonprofit organization whose sole purpose is to improve the lives of people living with diabetes, their caregivers and healthcare providers through education, motivation, empowerment and HUMOR!

OUR FOUNDER'S STORY



*We are with you through
the highs and lows!*

STEVEN V. EDELMAN, MD



I'm Steve Edelman, founder of Taking Control Of Your Diabetes. I was diagnosed with diabetes when I was 15 years old. I was told that blindness, kidney failure and amputations were likely to occur after several years and that my life expectancy wouldn't exceed 20 years. That was not a prediction I was willing to settle for, so I went into medicine to learn how to conquer this condition and to help others affected by it. I've been living with diabetes for 50 years now and have dedicated my medical career to educating and empowering others with this condition to become active members of their healthcare teams and to improve two-way communication with their healthcare providers, so they can live long and healthy lives with diabetes.

WHAT TO EXPECT

This prospectus contains all of TCOYD's events, initiatives, collaborations and data from February 2019 through June 2020. We'll analyze data from our educational conferences for people living with diabetes and our impactful continuing medical education (CME) programs for healthcare professionals for the 2019 calendar year, as well as introduce all of our digital campaigns, analytics and partner collaborations through June 2020.

THE TCOYD TEAM



THE EXECUTIVE TEAM

Steve Edelman, MD

Founder & Director

e: steve@tcoyd.org

Michelle K. Feinstein, CPA

Executive Director

e: mfeinstein@tcoyd.org

Jeremy Pettus, MD

Type 1 Track and Professional Education Director

e: jeremy@tcoyd.org

TCOYD STAFF

Jill Yapo

Director, Operations

e: jill@tcoyd.org

Michelle Day

Director, Meeting Services

e: michelle@tcoyd.org

Robyn Perez

Manager, Continuing Medical Education

e: robyn@tcoyd.org

Sarah Severance

Manager, Special Projects

e: sarah@tcoyd.org

Lynne Scharf

Content Coordinator

e: lynne@tcoyd.org

Tabitha Thompson

Manager, Creative Development

e: tabitha@tcoyd.org

Brittany Carney

Manager, Marketing and Communications

e: brittany@tcoyd.org

Megan Cornelius

Social Media

e: megan@tcoyd.org

Julie Hines

Accountant

e: julie@tcoyd.org

Joseph Carroll

Manager, Exhibit Services

e: joe@tcoyd.org





A ONE-OF-A-KIND VIRTUAL CONFERENCE EXPERIENCE FOR PARTICIPANTS FROM AROUND THE WORLD



Due to the COVID-19 Pandemic, TCOYD successfully transitioned the remainder of its 2020 live conferences to virtual events from March through the end of the 2020 year. Using the conference and tradeshow platform vFairs, these virtual conferences introduce all the interactive and engaging elements of TCOYD live events with even more options for interactions and networking including:

- Educational Workshops and **INTERACTIVE PRESENTATIONS**
- **ENGAGING PANEL DISCUSSIONS** tailored to your questions
- One-on-one engagement with **GROUNDBREAKING EXHIBITORS**
- **EXTENDED LIVE Q&A** Sessions with the Experts
- Networking with others **FROM AROUND THE WORLD**

With the introduction of Spotlight Series Workshop virtual events, Facebook Live Q&A events and now the second half of 2020 TCOYD Conferences going virtual, TCOYD will expand its reach around the world and provide access to participants that may have not been able to attend an in-person event.
Total Participants: Over 20,000 Participants



COVID-19 EDUCATION CAMPAIGN 2020

When the COVID-19 pandemic struck, TCOYD stepped up as an informational and supportive resource to keep the diabetes community calm and educated with facts to get through the crisis.

COVID-19 RESOURCE AND INFORMATION PAGE

TCOYD developed an ever-changing resource page with the most up-to-date info and need-to-know resources for the diabetes community regarding the spread of COVID-19 and the effect on supplies. The page includes current updates, medication, supplies and assistance information, as well as helpful tips for healthcare providers. **Nearly 3,000 Pageviews**

DOSE OF DR. E: COVID-19 MINI-SODES

As an extension of the already-popular Dose of Dr. E monthly educational videos, TCOYD developed weekly educational videos, presented by Dr. Edelman and various TCOYD expert faculty, to address topics related to COVID-19 and diabetes in an entertaining and informative way. **Up to 30,000 views per video**

FACEBOOK LIVE Q&As

Throughout the pandemic, Dr. Edelman sat down with various diabetes experts for a live Q&A session via Facebook Live. The doctors asked the diabetes community what they wanted to know and answered questions on-the-spot to help viewers feel confident about managing diabetes during this unpredictable time. The videos are also featured on the TCOYD's YouTube channel and website. **Up to 18,000 people reached per video**

DIABETES DISASTER RELIEF COALITION (DDRC)

TCOYD partnered with the Diabetes Disaster Relief Coalition (DDRC) to provide resources to the masses regarding diabetes and COVID-19. We collaborated with associated organizations to create state-by-state updates and education guidelines for hospital staff treating people with diabetes. **Brings together the most influential diabetes organizations to bring updated information to all 50 states**

BEYOND TYPE 1-JDRF ALLIANCE COVID-19 RECOMMENDATIONS

TCOYD joined the Beyond Type1-JDRF Alliance on its COVID-19 campaign releasing guided recommendations for people living with diabetes during the COVID-19 pandemic. The campaign worked to curb the spread of COVID-19 and protect those most vulnerable. **Total Reach: Over 75 million impressions**

VIRTUAL LECTURES AND WORKSHOPS

With the Spring 2020 TCOYD conferences rescheduled to later dates and events starting to transition online, Dr. Edelman and TCOYD conference co-directors created virtual, live educational workshops to keep people living with diabetes and healthcare providers educated and motivated during the COVID-19 period of isolation. **Over 20,000 viewers and growing.**

TCOYD ONLINE

With an unlimited library of educational resources, an actively engaged community and an ever-growing toolkit, TCOYD's digital presence has increased exponentially. Through consistently-updated educational content, online networking communities and an expansive hub of helpful resources, our digital reach not only builds on the impact we make with our live programs, but also grants access to people who are unable to attend in-person, fostering a lifelong community of TCOYD supporters.

INNOVATIVE ONLINE ADVANCEMENTS INCLUDE:

- Revamped website with dynamic content and easy navigation
- Searchable Living Library of Resources
- Resource Center with every need-to-know diabetes program
- Rotating banner with breaking news
- Downloadable TCOYD Drug Discount Card for every user
- Facebook Community Groups
- Monthly Digital Newsletter
- Edelman Report Video Series
- The Basics and Beyond Video Resource Library
- Live Lectures Library
- Taking Control of Your Diabetes, 5th edition book
- Newsletter email capture for new visitors
- WeAreOne collaborative group of professionals with T1D
- Online Research Registry

TCOYD ONLINE

THE TCOYD WEBSITE HAS BECOME THE GO-TO
RESOURCE FOR ALL TOPICS RELATED TO DIABETES

**40,000 MONTHLY VISITORS AND 400,000 ANNUAL
VISITORS – AN INCREASE OF OVER 155,000 VISITORS
FROM THE SAME PERIOD IN 2018-2019**

GET TO KNOW OUR AUDIENCE

AGE DISTRIBUTION:



GENDER:







LOCATION:

201 COUNTRIES (USA/Canada/UK = 89%) All 50 states

ONLINE RESOURCES

TCOYD LIVING LIBRARY OF RESOURCES

With an ever-growing faculty comprised of medical professionals and everyday people living with diabetes, TCOYD produces a variety of educational articles, motivating personal narratives and empowering videos providing the latest in diabetes management strategies, research, device and pharmaceutical developments, lifestyle content, healthy eating and recipes. This searchable resource index is the hub for written content on the TCOYD website, encompassing articles centered on diabetes management for type 1s, type 2s, their loved ones and medical professionals. **Views per article: up to 82,000**

			
<p>Check out all of our great diabetes information! We share tips, advice, news, recipes... everything you need to know about living with diabetes.</p> <p>SEE MORE!</p>	<p>Looping 101</p> <p>READ MORE!</p>	<p>Which One Came Out on Top?</p> <p>READ MORE!</p>	<p>WWE Superstar Puts a Sleeper Hold on T1D</p> <p>READ MORE!</p>

ADDITIONAL RESOURCES PAGE

In an effort to help our members manage their diabetes on day-to-day basis, we have developed an external resource page, connecting them with a plethora of diabetes programs. Each resource, including medications and supply information, financial assistance programs and how-to guides from finding a provider to dealing with insurance, is linked to a TCOYD-trusted outside source with helpful information. This page is a way to show our members how all diabetes organizations can work as a team to help each individual thrive. **Resources Offered: More than 100 resources**

MONTHLY DIGITAL NEWSLETTER

TCOYD's monthly digital newsletter encompasses the latest diabetes information for type 1s and type 2s. From delicious recipes, the latest device and pharmaceutical advancements, research developments, and clinical trial opportunities, subscribers receive the TCOYD digital newsletter straight to their inbox once a month. **Monthly newsletter subscribers: 45,000 subscribers and growing!**

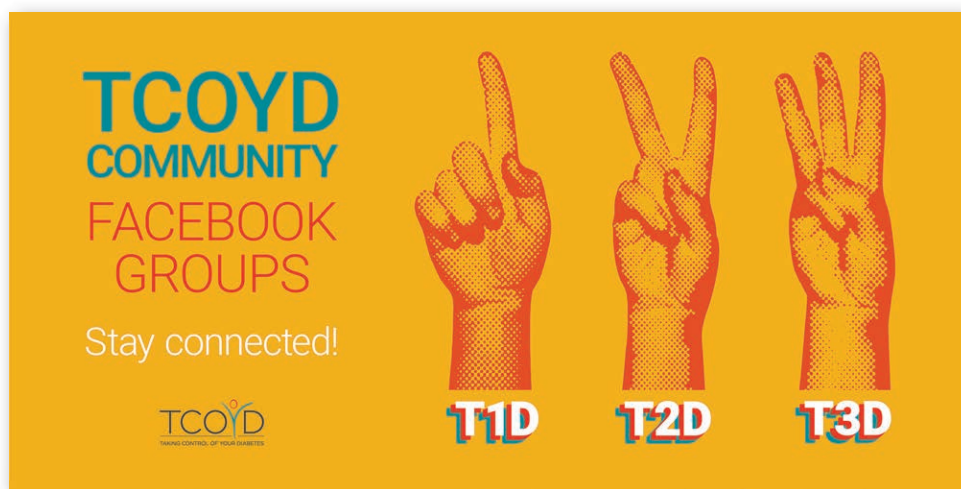
ONLINE ENGAGEMENT

EMAIL CAMPAIGNS

TCOYD's eye-catching email campaigns spark engagement with our audience while updating them about upcoming events in their area and newsworthy topics happening within the diabetes world. Through these campaigns our members have come to expect need-to-know information to be active within the TCOYD community and stay educated on the trending topics in diabetes. **More than 1 million emails sent annually!**

SOCIAL MEDIA COMMUNITIES & NEW FACEBOOK GROUPS

TCOYD has established an actively engaged social media community on Facebook, Instagram, Twitter, LinkedIn and YouTube. With a rotating content calendar of events, office culture, diabetes education and personal stories, TCOYD provides its social media communities a deep, well-rounded look into our mission and what drives us as an organization – while keeping people laughing and entertained. To build upon our live events, TCOYD recently launched its individual Facebook community groups tailored to type 1s, type 2s and type 3s (family members, friends and caregivers). As an enhancement of TCOYD's current Facebook page, these groups will connect type 1s, type 2s and type 3s from around the world, to share ideas and support one another while navigating the day-to-day of living with, or helping a loved one live with, diabetes. **30,000 followers across all platforms & over 1,000 members in Facebook community groups**



VIDEO CONTENT

THE EDELMAN REPORT

Drawing on inspiration from the comedic Colbert Report, The Edelman Report brings type 1s, type 2s and medical professionals educational videos addressing the most asked, and usually controversial, questions in diabetes care. With a mix of humor and education this short and sweet video series keeps viewers laughing, engaged and informed on the newest and most exciting happenings in the world of diabetes care and management. View on TCOYD's website or YouTube channel. **Total Views: Over 310,000 views**

BASICS & BEYOND: A VIDEO RESOURCE LIBRARY

A how-to video guide for people who are newly diagnosed and trying to navigate the world of diabetes. Viewers can choose from five unique areas of diabetes education and info; Diabetes 101, The Emotional Side, Exercise & Nutrition, Just for Type 1s and Just for Type 2s. Each area of education encompasses a series of short, easily-digestible tips that individuals can put into action now in order to live a healthier and happier life with diabetes. **Total Views: Nearly 30,000 views**

LIVE LECTURES

To provide access to everyone, we've uploaded some of our best live lectures from both our TCOYD Conference and Health Fairs and our ONE weekend retreats. Viewers can choose from ground-breaking presentations given at our 25th Anniversary conference in San Diego, the entire weekend of ONE lectures from all three years or need-to-know presentations chosen by our medical faculty. Whether you weren't able to attend an event, or want refer back to an impactful lecture, our Live Lecture Library has everything you need to know from our most educational and life-changing events of the year. **Live Lecture Library: 49 presentations up to an hour long**



2019 - 2020 TCOYD COLLABORATIONS

CVS HEALTH

TCOYD joined forces with CVS Health to create an educational webinar discussing the importance of localizing access to diabetes care across the country. The video kicked off CVS Health's nationwide announcement of CVS HealthHub to treat chronic conditions. **Total Reach: More than 80 million people**

KNOW DIABETES BY HEART (KDBH)

TCOYD partnered with the American Diabetes Association and the American Heart Association to launch this groundbreaking collaborative initiative to reduce cardiovascular deaths, heart attacks and strokes in people living with type 2 diabetes. TCOYD has been involved with the national campaign since the beginning, including having a presence at national events and creating an educational co-branded cardiovascular workshop hosted at all TCOYD conferences in 2020. **Impact: Hundreds of Thousands of people influenced by this initiative**

COLLEGE DIABETES NETWORK (CDN) REACH COALITION

CDN's REACH initiative aims to Reduce risk through Education, Advocacy and Collaboration in Higher Education. The goal of this initiative is to REACH campuses throughout the United States, collaborating with them to protect the safety, health, and productivity of all students with diabetes who move through their institution. As a strategic partner, TCOYD assisted with the launch of the REACH Coalition and continues to help it grow nationwide. **Resources: 3 Complimentary Digital Resource Guides for Student-Services Staff working with students with T1D**

NEEDYMEDS

To tackle the issue of access, TCOYD partnered with nonprofit, NeedyMeds, to create a unique prescription drug discount card to assist with costs of certain prescription medications and diabetes supplies. Available online and at live events, this card is free, non-expiring and can be used by the whole family, saving users up to 80% on prescription medications and 40% on diabetes supplies. **Total reach: 40,000 saving programs and 18,000 partnered pharmacies**

DIABETES DISASTER RELIEF COALITION (DDRC)

During the COVID-19 pandemic, TCOYD joined forces with the DDRC to spread education, provide resources and advocate for access to supplies for people living with diabetes. As a partner of the DDRC, TCOYD will continue to help the coalition spread awareness and offer support to assist communities in times of need. **Reach: Joined influential diabetes organizations to bring updated individualized information to 50 states**

COALITION FOR DIABETES CGM MEDI-CAL FUNDING

TCOYD stepped up its role in advocacy by joining the Coalition for Diabetes CGM Medi-Cal Funding, working with major players in diabetes and healthcare to advocate for better access to continuous glucose monitors for California residents. The coalition, led by the California Health Equity Alliance, aims to eliminate healthcare inequities with the overall goal of improving patient outcomes for everyone living with diabetes in California. **Nearly 100,000 views on advocacy videos**

CLINICAL TRIAL OPPORTUNITIES

As part of an effort to work together with organizations in the diabetes space and related fields, TCOYD works with countless organizations to promote ongoing clinical trials to its database of people with type 1 and type 2 diabetes, caregivers and healthcare professionals. TCOYD helps push information about upcoming trials through all forms of digital outreach including email campaigns, the monthly newsletter, website updates and social media posts. **Over 30 studies and surveys promoted since 2018**



LIVE EVENTS

FOR PEOPLE LIVING WITH DIABETES & CAREGIVERS

How Can a TCOYD Event Change Your Life?

TCOYD CONFERENCES & HEALTH FAIRS

- Motivates and empowers people with diabetes to take an active role in their health so they can successfully manage their condition and live a happy, healthy life
- Offers cutting-edge diabetes education and practical workshops for individualized type 1 & type 2 tracks
- Introduces an interactive & innovative health fair with forward-thinking diabetes companies
- Brings people with diabetes & healthcare providers together to understand the importance of two-way communication in diabetes care

ONE: THE ULTIMATE CONFERENCE & RETREAT FOR ADULTS WITH TYPE 1

- Delivers a unique, all-inclusive type 1 weekend retreat in paradise
- Introduces the world's best type 1 speakers and workshop presenters
- Provides the latest research developments for type 1 diabetes
- Connects people with type 1 from around the world
- Offers nightlife parties, group fitness sessions and social activities

SAN DIEGO SPOTLIGHT SERIES

- Keeps participants informed and enlightened with day-to-day tips on managing their condition through an evening diabetes workshop series
- Presents rotating range of topics including nights dedicated to type 1s and type 2s
- Provides one-on-one engagement with local resources & exhibitors



LIVE EVENTS

EDUCATIONAL PROGRAMS FOR HEALTHCARE PROVIDERS

How Can a TCOYD Program Help You Improve Your Practice?

MAKING THE CONNECTION: A CME CONFERENCE SERIES

- Offers a University of California, San Diego accredited educational conference for providers
- Provides cutting-edge information on the most innovative topics in diabetes treatment and management
- Gives providers a chance to understand their patients and improve two-way communication

T1D: A CME DINNER SERIES

- Offers a University of California, San Diego accredited educational dinner program for providers
- Educates healthcare professionals about the unmet needs of individuals living with type 1 diabetes
- Focuses on new adjunctive therapeutic options and strategies to help patients manage their diabetes

CME ENDURING WEBCASTS

- Online educational webinars offered to healthcare professionals for CME/CEU credit at no cost
- Type 1 Diabetes: New and Emerging Therapeutic Strategies to Address Unmet Needs / Advancements in the Clinical Approach and Therapy in Type 1 Diabetes
- What's New in Oral Combination Therapy for Type 2 Diabetes?
- GLP-1 Receptor Agonists and Basal Insulin: A Conversation Over Which One Should Be Initiated First in Patients Failing Oral Agents

TCOYD & DIATRIBE ANNUAL DIABETES FORUM PRESENTED AT THE ADA SCIENTIFIC SESSIONS

- Creates the most popular evening event at the ADA
- Presents perspectives from top key opinion leaders as they discuss the important data, advances and devices at the ADA Scientific Sessions
- Provides the opportunity to network, meet and engage with colleagues in the diabetes world



TCOYD CONFERENCES & HEALTH FAIRS

CHANGING LIVES SINCE 1995

- **205 NATIONAL CONFERENCES IN 80 CITIES**
- **OVER 3 MILLION PATIENT CONTACT HOURS**
- **HUNDREDS OF THOUSANDS OF INDIVIDUALS TOUCHED BY TCOYD**

EXPERT Speakers | **PRACTICAL** Workshops | Free **HEALTH SCREENINGS**
LEADING Diabetes Specialists, Researchers and Motivational Speakers
 Interactive & Innovative **HEALTH FAIR** | One-on-One **CONSULTATIONS**
 Delicious & Healthy **LUNCH** Included

2019 INDIVIDUALIZED EXPERT WORKSHOPS FOR TYPE 1s & TYPE 2s

Type 1 Track Lecture & Workshop Topics Include:

- Tips for Type 1s: Given by Real World Type 1s
- Not Your Boring Pump Talk
- Treatments for Type 1 Other Than Insulin
- Avoiding Meal Spikes, From What to Eat to When to Inject
- CGM: The Greatest Advancement Since the Discovery of Insulin
- Diabetes is About to Get Easier: The Artificial Pancreas is Almost Here!

Type 2 Track Lecture & Workshop Topics Include:

- An Explosion of Type 2 Treatments
- Hey, Every BODY Can Exercise!
- Cooking Class with Chef Lewis
- Stable Blood Sugars, Weight Loss & Healthier Hearts
- Why Weight? Weighing Medical & Surgical Options
- Home Glucose and Continuous Glucose Monitoring (CGM) for Type 2s
- Fun Foot Facts and the Latest on Neuropathy
- Getting Our Signals Crossed: What Do Patients and Providers Get Wrong about Each Other?

2019 SCHEDULE

Event Date	Location	Attendees
March 30, 2019	Santa Clara, CA	1,408
April 27, 2019	Honolulu, HI	1,646
May 11, 2019	Raleigh, NC	1,082
June 22, 2019	Albany, NY	681
September 7, 2019	Missoula, MT	697
October 12, 2019	San Diego, CA	1,866
November 2, 2019	Charlotte, NC	629
TOTAL: 8,009		

2020 SCHEDULE

Event Date	Location
February 8, 2020	Bellevue, WA
February 29, 2020	Honolulu, HI
August 1, 2020	VIRTUAL
November 7, 2020	VIRTUAL
December 12, 2020	VIRTUAL

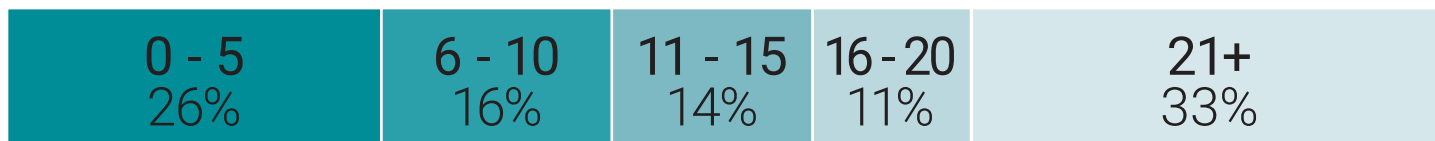


GET TO KNOW OUR TCOYD AUDIENCE*

ATTENDEE TYPE:



DURATION OF DIABETES (YEARS):



FEMALE VS. MALE ATTENDEES:



AGE DISTRIBUTION:



**This data is recorded from the 2019 conference season between February and November.*



Conference attendees are asked to complete a post conference evaluation after attending each TCOYD Conference & Health Fair. Evaluations are sent via email at the conclusion of each conference. Here's what the data revealed:

AFTER ATTENDING A TCOYD CONFERENCE & HEALTH FAIR...

...**88% OF TYPE 1 AND 98% OF TYPE 2 ATTENDEES:**

Feel more hopeful that they can improve control over their diabetes.

...**90% OF TYPE 1 AND 92% OF TYPE 2 ATTENDEES:**

Feel more knowledgeable regarding how to self-manage their diabetes.

...**78% OF TYPE 1 ATTENDEES:**

Plan to start using a continuous glucose monitor if they were not already.

...**76% OF TYPE 2 ATTENDEES:**

Plan on making healthier food choices.

HERE'S WHAT 2019 PARTICIPANTS HAD TO SAY ABOUT THE CONFERENCE**

"This was my first conference and it changed my thinking greatly. I am on track because of what I learned yesterday. I will be at this conference every year. Thank you for igniting hope."

"Looking at the bright future ahead with new tech was great. But seeing and hearing the statistics that this diagnosis is not a death sentence, and that with good management, my son can live a long, happy, healthy life...that brought tears of joy to my eyes."

"Very enlightening and empowering. I loved being around so many other PWDs and having access to so many diabetes self-care products, health care advocates and experts in one place. I felt totally understood, supported and laughed a lot being around so many others who REALLY get what it's like to live with diabetes 24/7/365. TCOYD is a lifeline."

**This data is recorded from the 2019 conference season between February and November.*

***Quotes are just a small sample of the positive feedback we've received through follow-up surveys, social media responses, personal emails and website comments.*



2019 CONFERENCE FACULTY

Our conference faculty members are highly-esteemed in the medical and diabetes community. Each TCOYD conference is comprised of up to 60 diabetes key opinion leaders ranging from Endocrinologists and other MDs, to Certified Diabetes Care and Education Specialists, Registered Nurses, Nurse Practitioners, Registered Dietitians, Podiatrists, Pharmacists, Psychologists, Lifestyle Coaches and Fitness Experts. Our expert physicians and educators have dedicated their lives and their careers to the advancement of research and treatment methods within the field of diabetes, and to improve each individuals' journey managing their condition.

Beyond the TCOYD live events, these individuals develop educational, medically-backed content and personal stories living with and/or treating diabetes to contribute to TCOYD's ever-growing living library of resources. These articles and videos live on the TCOYD website for individuals to get education on a day-to-day basis.

HERE'S WHAT 2019 PARTICIPANTS HAD TO SAY ABOUT THE FACULTY**

"I really didn't want to attend as I am feeling pretty overwhelmed but also stubbornly independent about my diabetes. I really appreciated all the resources and was really encouraged by the sessions with Dr. Polonsky. I haven't felt that providers pay enough attention to the mental and emotional side of managing Type 1 so what he shared and asked about felt very validating."

"It was amazing, and the emotional and educational boost I needed. All the presentations were uplifting. I also enjoyed hearing from T1D presenters who are actually dealing with these issues and can answer 'the tough questions'."

"Appreciate all that you do to make diabetes patients aware of advances in treatment and technologies that support our health. Especially appreciate Dr. Edelman's humor. Day-to-day, managing diabetes is not funny but his humor and understanding bring bright spots to our lives. It is wonderful to hear from a doctor who knows firsthand what it's like to live with this condition."

****Quotes are just a small sample of the positive feedback we've received through follow-up surveys, social media responses, personal emails and website comments.**



CONFERENCE DIRECTORS



***STEVEN V. 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 and Professional Education Director, TCOYD
Assistant Professor of Medicine, UCSD School of Medicine



TRICIA SANTOS, MD

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

HIGHLIGHTED 2019 FACULTY



IAN BLUMER, MD, FRCPC

Endocrinologist
Charles H. Best Centre, University of Toronto



EUGENE E. WRIGHT, JR., MD

Consulting Associate
Department of Medicine and Community and Family Medicine
Duke Southern Regional AHEC
Fayetteville, North Carolina



JOHN BUSE, MD, PHD

Director, Diabetes Center
Chief of the Division of Endocrinology
Executive Associate Dean for Clinical Research
Professor, UNC School of Medicine



***KERRI SPARLING**

Writer and Author, Type 1
Creator and author of Six Until Me



GARY ROLBAND, MD

American Board of Internal Medicine; American Board of
Internal Medicine - Endocrinology, Diabetes and Metabolism
Tryon Medical Partners



JUAN P. FRIAS, MD

Medical Director and Principle Investigator
National Research Institute, Los Angeles, CA



WILLIAM POLONSKY, PHD, CDE

Clinical Psychologist
Founder & CEO, Behavioral Diabetes Institute



LAURIE TOM, MD

Endocrinologist, Private Practice
Volunteer of the American Diabetes Association
Past-President, Hawaii Leadership Board



***ROBERT LEWIS**

Chef, Author of "The Happy Diabetic", Type 2
Public Speaker on Benefits of Diabetes-Friendly Dishes

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



2019 MOTIVATIONAL SPEAKERS

From everyday influencers to entertainers, professional athletes and doctors, each TCOYD conference welcomes motivational speakers who can reach our audience on a deep and personal level. As part of our closing session, a nationally-renowned motivational speaker shares their story of triumph over diabetes and gives our audience members the enthusiasm and encouragement they need to continue their personal journey toward a happier and healthier life with diabetes. Over the past year TCOYD has invited life-changing motivational speakers to empower our attendees, some of whom return year after year as audience favorites.

QUOTES FROM OUR 2019 PARTICIPANTS**

"I would like to say thank you to all the all the doctors and speakers with their powerful messages in how to live a healthier and positive life."

"It is reassuring to know that there is so much research and so many experienced professionals in this field. The fact that the speakers have the disease means they are vested in the research! I am a fan!"

***Quotes are just a small sample of the positive feedback we've received through follow-up surveys, social media responses, personal emails and website comments.*



2019 MOTIVATIONAL SPEAKERS



SEAN BUSBY, TYPE 1, *Champion Snowboarder*

Sean is a professional backcountry snowboarder and the founder of Riding On Insulin, a nonprofit organization that encourages kids with type 1 diabetes to stay active and pursue their passions.



JEANETTE DEPATIE, *Plus-Sized Fitness Guru, Certified Fitness Instructor*

Jeanette DePatie is a certified aerobics instructor, personal trainer and veteran fitness professional with over 10 years of experience training students of all sizes, shapes, ages and abilities. She has appeared in print, and on radio and TV showing anyone can be healthy and fit.



KERRI SPARLING, TYPE 1, *Writer and Author, Type 1 Since 1986*

Kerri is a passionate advocate for all-things diabetes. She is the creator and author of *Six Until Me*, one of the first and most widely-read diabetes patient blogs, reaching a global audience of patients and caregivers. Kerri has lived with diabetes for 30 years. She has experienced a full childhood, the teen years, the college experience, and now pregnancy and parenting, with diabetes along for the ride. Kerri aims to spread a message of hope versus fear through the power of social media, advocacy, and storytelling.



ALICIA MCAULIFFE-FOGARTY, PHD, CPSYCHOL, TYPE 1

Alicia is an executive leader, licensed clinician, and researcher with diverse experience leading complex engagements in the pharmaceutical, biotech, health care delivery, and non-profit sectors. She speaks to the challenges associated with chronic diseases and helps to lead the team at T1D Exchange.



AMANDA JO KIELPINSKI, TYPE 1, *Singer/Songwriter*

A country music singer. She released her single, "Polaroid", on country radio and wrote the song "Needle Free" in collaboration with a fellow Type 1. Amanda Jo is part of Tandem Diabetes Care's Speaker Series.



MEET THE 2019 TCOYD PARTICIPANTS





SAN DIEGO SPOTLIGHT SERIES

DIABETES WORKSHOPS THAT **INSPIRE AND ENLIGHTEN PARTICIPANTS ON
DAY-TO-DAY MANAGEMENT STRATEGIES FOR TYPE 1 AND TYPE 2 DIABETES**

WEDNESDAYS 6:30PM – 8:30PM

SCHAETZEL CENTER GREAT HALL AT SCRIPPS LA JOLLA

- An annual series of evening programs presenting a variety of rotating topics for type 1s, type 2s and those who care
- Presentations led by local expert diabetes physicians
- One-on-one engagement with local device, pharmaceutical, and healthy lifestyle companies

2019 SCHEDULE		2020 SCHEDULE	
Event Date	Spotlight Topic	Event Date	Spotlight Topic
January 23, 2019	Start Your Year Off Right!	January 15, 2020	Eat Well!
March 20, 2019	Sole to Soul		
May 15, 2019	Type 1 Night	May 20, 2020	Type 1 Night! <i>VIRTUAL</i>
July 17, 2019	Doctor Visits & Hospitalization	July 15, 2020	Type 2 Night! <i>VIRTUAL</i>
November 20, 2019	Surviving the Holidays with Diabetes	September 16, 2020	Heart Smart! <i>VIRTUAL</i>



ONE: THE ULTIMATE CONFERENCE & RETREAT FOR ADULTS WITH TYPE 1

JOIN **DR. STEVE EDELMAN** AND HIS TEAM OF TYPE 1 EXPERTS
FOR AN ALL-INCLUSIVE **TYPE 1 WEEKEND** RETREAT IN PARADISE

AUGUST 16 - 18, 2019

PARADISE POINT RESORT AND SPA | SAN DIEGO, CA

Nearly 700 Participants (*Sold Out!*)

- Inspiring speakers presenting **CUTTING-EDGE** information & research developments in type 1 Diabetes
- Leading type 1 diabetes **SPECIALISTS, PHYSICIANS & RESEARCHERS**
- Empowering **EDUCATIONAL** lectures and **MOTIVATING** Workshops
- One-on-one sessions **WITH THE PROS**
- An **INTERACTIVE & INNOVATIVE** Sponsor Lounge
- Sponsored nightlife **PARTIES**, group **FITNESS** sessions and **SOCIAL** activities
- Delicious & diabetes-friendly **MEALS ALL INCLUDED**

JOIN US AT OUR UPCOMING

ONE **2020**
VIRTUAL CONFERENCE EXPERIENCE

OCTOBER 3, 2020
VISIT TCOYD.ORG/ONE20





ONE: THE ULTIMATE CONFERENCE & RETREAT FOR ADULTS WITH TYPE 1

2019 PROGRAM DIRECTORS



*STEVEN V. 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 and Professional Education Director, TCOYD
Assistant Professor of Medicine, UCSD School of Medicine



TRICIA SANTOS, MD

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

HIGHLIGHTED 2019 FACULTY



WILLIAM POLONSKY, PHD, CDE

Clinical Psychologist
Founder & CEO, Behavioral Diabetes Institute



SCHAFER BOEDER, MD

Endocrinologist, Assistant Professor of Medicine,
UCSD School of Medicine



*GARY SCHEINER

Owner, Clinical Director Integrated Diabetes Services



*AARON KOWALSKI, PHD

President and Chief Executive Officer JDRF



KELLEE MILLER, PHD

Epidemiologist Clinical Research Director,
JAEB Center for Health Research



IAN BLUMER, MD, FRCP

Endocrinologist, Charles H. Best Centre,
University of Toronto



*KERRI SPARLING

Writer and Author, Type 1
Creator and author of Six Until Me



*STEPHEN PONDER, MD, FAAP, CDE

Pediatric Endocrinologist, Author, BI

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



ONE: THE ULTIMATE CONFERENCE & RETREAT FOR ADULTS WITH TYPE 1

2019 SPEAKER PROGRAM

FRIDAY

6:00PM - 7:00PM
7:00PM - 8:00PM

Welcome to TCOYD! – *Steven V. Edelman, MD; *Jeremy Pettus, MD, Tricia Santos, MD; and Schafer Boeder, MD
Adjourn for Bayside Reception – Drinks and Food

SATURDAY

9:30AM - 10:00AM
10:00AM - 10:30AM
10:30AM - 11:30AM
11:30AM - 12:00PM
12:00PM - 12:30PM
1:30PM - 2:15PM

Type 1... The Past, the Present and the Future – *Steven V. Edelman, MD
Where's the Secret Sauce? – William Polonsky, PhD, CDE

Visit the Sponsor Lounge

The Top 10 Roadblocks We Encounter in Diabetes Care – *Jeremy Pettus, MD

Advances In the Artificial Pancreas: Life Changing Breakthroughs – *Aaron Kowalski, PhD

Afternoon Workshops A - Select One!

• **Sugar Surfing...Ride Your Waves with Finesse** – Stephen Ponder, MD

• **Start Here...DIY (Do It Yourself) Artificial Pancreas** – Katie DiSimone

• **Walk this Way!!! Solving Common Foot Problems** – Craig Wargon, DPM

• **A Type 1's Nightmare...Hypoglycemia! How to Prevent and Treat Mild to Severe Cases** – Ian Blumer, MD, FRCPC

Afternoon Workshops B - Select One!

• **Feeling Out of Joint? Remedies for Frozen Shoulder, Trigger Finger and other Musculoskeletal Issues**
Heather McDonald, MD, FRCPC

• **Managing Your Diabetes Before, During and After Exercise** – Schafer Boeder, MD; *Laura Barba, CDE, NP; and *Maggie Crawford

• **I've Got a Bad Feeling in My Gut! Celiac, Gluten Sensitivity and Gastroparesis** – Brigid Bolan, MD

• **The Insurance Kerfuffle: How to Navigate thru the System to Get the Meds, Devices and Tools you Need!**

*Christel Marchand Aprigliano, MS, CEO, and *Leyla Mansour-Cole

Doctor by Day, Rock Star by Night Serenades You with a Type 1 Ballad Written Especially for You!

Up Close and Personal: Table Talks Q&A with the Specialists

Alcohol & Marijuana – *Jeremy Pettus, MD

Celiac/GI Issues – Brigid Bolan, MD

CGM & Pumps – *Stephen Ponder, MD

DIY Artificial Pancreas – Katie DiSimone

Emotions – William Polonsky, PhD

Exercise – *Maggie Crawford

Family – Lorraine Stiehl

Foot Care – Craig Wargon, DPM

Hypoglycemia – Ian Blumer, MD, FRCPC

LADA (Adult Onset) – Schafer Boeder, MD

Men's Health/Erectile Dysfunction – *Steven V. Edelman, MD

Mindfulness Practices – *Sarah Tomlinson

Musculoskeletal – Heather McDonald, MD, FRCPC

Navigating thru the System to Get What You Need – *Christel Marchand Aprigliano, MS, CEO and *Leyla Mansour-Cole

Pregnancy – *Laura Barba, CDE, NP and *Kerri Sparling

Research (JDRF) – Aaron Kowalski, PhD

Adjourn for afternoon activities & evening "Party On The Bay"

4:30PM

SUNDAY

9:30AM - 10:00AM
10:00AM - 10:45AM

Patient-Centered Research T1D Exchange: Accelerating Therapies and Improving Type 1 Care – Kellee Miller, PhD

A Hands-On Practical Session on How to Improve Your Time in Range

*Steven V. Edelman, MD; *Jeremy Pettus, MD; Tricia Santos, MD; and Schafer Boeder, MD

Break! Rest, stretch, relieve...whatever you need!

Strike the Spike: Think Like a Pancreas – *Gary Scheiner, MS, CDE

Type 1's Hottest New Drugs! SGLT Inhibitors Show Promising Results – Tricia Santos, MD

Being Part of a Community That is Thriving and Possibly Living a Little Healthier Due to Our Diagnosis – *Kerri Sparling

Let's Wrap It Up!

10:45AM - 11:00AM
11:00AM - 11:30AM
11:30AM - 11:50PM
11:50AM - 12:20PM
12:20PM - 12:30PM

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



ONE: THE ULTIMATE CONFERENCE & RETREAT FOR ADULTS WITH TYPE 1

POST CONFERENCE & RETREAT EVALUATION DATA*

Attendees are asked to complete a post conference evaluation after attending the ONE Conference & Retreat. Evaluations are sent via email at the conclusion of the conference & retreat. Here's what the data revealed:

ATTENDEE TYPE:

TYPE 1 - 83%

HEALTHCARE
PROFESSIONALS

CARES ABOUT
SOMEONE W/ TYPE 1
12%

5%

AFTER ATTENDING A ONE CONFERENCE & RETREAT...

...92% OF ONE ATTENDEES:

Are much more hopeful in regards to improving control of their type 1 diabetes.

...98% OF ONE ATTENDEES:

Feel more knowledgeable about strategies to better self-manage type 1 diabetes.

...77% OF ONE ATTENDEES:

Plan on asking their doctor if they can start a therapy and/or device.

...96% OF ONE ATTENDEES:

Plan on attending ONE again in the future.

HERE'S WHAT 2019 PARTICIPANTS HAD TO SAY ABOUT THE CONFERENCE**

"The power of committed, incredibly knowledgeable doctors and health professionals creating an amazing circle of support and hope for Type 1s and their loved ones. In talking to people between sessions, the overwhelming sense of concern and sharing was so uplifting. The sense of gratitude I feel for all of the presenters, exhibitors and participants who teach without preaching and who are practical cheerleaders as well as "truth sayers." The sense of humor that was brought to the sessions—even in the midst of serious topics—is another gift to all of us attending."

"Thank you Steve and the TCOYD team. I wasn't sure what to expect. It exceeded my expectations. Every T1 and their T3 needs to be here. The most inspirational part for me was seeing individuals who have had it for over 40 years. Not just surviving but thriving. I have only ever had a view of 1978 data of what my life was going to look like. With the new data showed, my life is going to be long and prosperous. Thank you for having a vision to do what you do with TCOYD and including me. I'm forever grateful."

**This data is recorded from the 2019 ONE Conference & Retreat.*

***Quotes are just a small sample of the positive feedback we've received through follow-up surveys, social media responses, personal emails and website comments.*



CONTINUING MEDICAL EDUCATION FOR HEALTHCARE PROVIDERS

HOW DO TCOYD'S CME EDUCATION PROGRAMS STAND APART FROM THE REST?

Taking Control Of Your Diabetes creates and manages medical educational programs (live, web, print) that are accredited through joint providership with ACCME-accredited providers.

Our Current Accreditation Partners:

- University of California San Diego School of Medicine
- Global Education Group

TCOYD's continuing medical education programs aim to provide quality and affordable education for diabetes healthcare professionals including endocrinologists, primary care physicians, nurse practitioners, physician assistants, nurses, certified diabetes care and education specialists, pharmacists, and other healthcare professionals wanting to expand their knowledge of diabetes management. Our programs are content-rich and evidence-based to ultimate learning retention. TCOYD and our accreditors are committed to providing innovative education that impacts physicians' knowledge, competence and performance, and ultimately results in improved patient care. The information presented at these activities will be clinically oriented and include current and important landmark clinical trials as well as case studies. By implementing case-based learning, we are encouraging participants to actively engage with the content in a way that enables real-life implementation of improved practice habits.

- Cutting-edge diabetes education on up-to-date diabetes management and care strategies for patients
- Lectures presented by the nation's leading diabetes physicians and researchers
- 1.5 – 5.75 CME/CEU credits (depending on program)
- Downloadable speaker slide-decks for all lectures
- Included breakfast, lunch, or dinner (depending on program)

IN 2019, TCOYD HOSTED **THREE DIFFERENT SERIES** (FULL DAY REGIONAL, DINNER REGIONAL, ENDURING WEBCASTS) OF **CONTINUING MEDICAL EDUCATION** PROGRAMS AND ENGAGED WITH **NEARLY 4,500** MEDICAL PROFESSIONALS.

After attending these programs, medical professionals walked away with the latest care strategies and the right tools to institute positive change in their practice habits.



MAKING THE CONNECTION BETWEEN PATIENTS AND PROVIDERS

A COMPREHENSIVE OVERVIEW OF THE MODERN TREATMENT STRATEGIES FOR PEOPLE WITH TYPE 1 AND TYPE 2 DIABETES

**Runs concurrently with the TCOYD Conference & Health Fair **

LEARNING OBJECTIVES

1. Identify the different pathophysiologic defects associated with type 2 diabetes and how all the pharmacologic agents (oral and injectable) address these specific abnormalities.
2. Review the recently published cardiovascular outcome trials (CVOTs) on oral and injectable type 2 medications.
3. Discuss the implications of recently published cardiovascular outcome trials (CVOTs) on oral and injectable type 2 medications.
4. Discuss approaches to combination therapy with the currently available oral agents, as well as physician and patient-directed insulin titration strategies and the basal-bolus approach.
5. Outline the most up-to-date clinical information on GLP-1 receptor agonists and SGLT-2 inhibitors.
6. Design a treatment plan for multiple daily injection regimens and insulin pump therapy.
7. Interpret continuous glucose monitoring data.
8. Select effective therapeutic adjustments based on trending or rate of change arrows, time in range, and standard deviation.
9. Evaluate the physical and emotional barriers that prevent patients with diabetes from being persistent and adherent to their therapeutic regimen(s).
10. Employ innovative and dynamic strategies for communication with patients to strengthen provider-patient relations and improve patient outcomes.

2019 SCHEDULE

Event Date	Location	Registration
March 30, 2019	Santa Clara, CA	273
April 27, 2019	Honolulu, HI	335
May 11, 2019	Raleigh, NC	195
June 22, 2019	Albany, NY	132
September 7, 2019	Missoula, MT	128
October 12, 2019	San Diego, CA	309
November 2, 2019	Charlotte, NC	168
February 8, 2020	Bellevue, WA	233

Average number of participants: 221 per conference

2020 SCHEDULE

Event Date	Location
February 8, 2020	Bellevue, WA
February 29, 2020	Honolulu, HI
August 1, 2020	VIRTUAL
August 23, 2020	VIRTUAL
September 12, 2020	VIRTUAL
October 3, 2020	VIRTUAL
November 7, 2020	VIRTUAL
December 12, 2020	VIRTUAL

WHO IS ATTENDING AND WHAT DID THEY LEARN?

GET TO KNOW OUR CME AUDIENCE*

MEDICAL SETTING TYPE:



WHAT INFLUENCED YOU TO PARTICIPATE?



DEGREE BREAKDOWN:



All participants were asked to rate the program on a scale from 1.0 to 5.0. Mean results are based on 5.0 being the highest rating (Very High Impact) and 1.0 being the lowest (No Impact).

- ...overall quality of this CME program was excellent – 4.44
- ...overall quality of the speaker/faculty was excellent – 4.52
- ...met my primary objective – 4.41
- ... was relevant to my practice/professions – 4.37
- ...was presented in the appropriate learning format – 4.40
- ...syllabus was clearly written and understandable – 4.30
- ...balance of active vs. passive learning was appropriate – 4.28
- ...tuition for this program was appropriate – 4.5
- ...quality of the meeting site was excellent – 4.4

93.45% of people agree that the activity was free from commercial bias or influence and 88.10% agree that issues in cultural and linguistic competency were adequately addressed

*For a complete detailed report of the Moore's Level 5 Outcomes conducted for this live conference series, kindly email robyn@tcloyd.org.

AFTER ATTENDING A MAKING THE CONNECTION CME CONFERENCE

Attendees were asked a series of survey questions before each conference based on their identified degree. After the event in order to claim credit, attendees filled out a post-conference evaluation. Lastly, a six-week post-conference survey was then conducted in order to detect if a change in knowledge base, performance, and confidence occurred of attending the conference. Below is a sample of the results*:

PROJECTED IMPACT: POST-CONFERENCE EVALUATION

Mean results are based on 5.0 being the highest rating (very high impact) and 1.0 being the lowest (no impact).

98% of participants rated they had moderate – very high increased competence immediately following the program

98% of participants rated they had moderate – very high increased performance immediately following the program

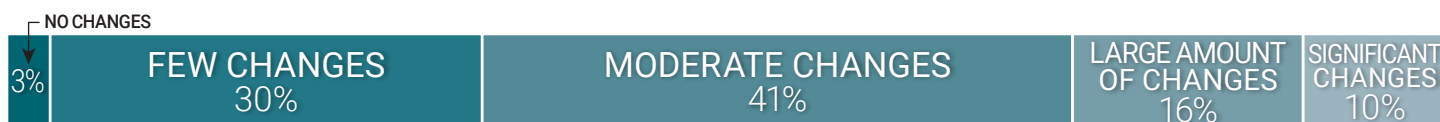
Improved patient outcomes – 97.5% of participants rated they had moderate – very high hopes for improved patient outcomes immediately following the program

Increased confidence in the subject matter – 97.5% of participants rated they had moderate – very high increased confidence in the subject matter immediately following the program

SIX-WEEK FOLLOW UP:

The following were identified as clinical behaviors that participants would change as a result of attending this conference – “please rate the changes you have made in your practice.”

Create personalized treatment plan based on individual patient needs (improved medication selection, lifestyle modification suggestions, etc.):



Be more conscious of interactions with patients and be an active listener:



(SIX-WEEK FOLLOW UP CONTINUED ON NEXT PAGE)

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AFTER ATTENDING A MAKING THE CONNECTION CME CONFERENCE

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SIX-WEEK FOLLOW UP (CONT.):

The following were identified as clinical behaviors that participants would change as a result of attending this conference – “please rate the changes you have made in your practice.”

Strategies for motivating change in people with diabetes:

NO IMPACT - 1%

LOW IMPACT	MODERATE IMPACT	HIGH IMPACT	SIGNIFICANT IMPACT
14%	48%	18%	19%

Latest information about new devices and therapies available:

No Impact = 0%

LOW IMPACT	MODERATE IMPACT	HIGH IMPACT	SIGNIFICANT IMPACT
13%	53%	17%	17%

Strategies for helping patients prioritize and set realistic goals:

No Impact = 0%

LOW IMPACT	MODERATE IMPACT	HIGH IMPACT	SIGNIFICANT IMPACT
17%	49%	21%	13%

HERE'S WHAT 2019 ATTENDEES HAD TO SAY ABOUT THE CONFERENCE**:

“With downloading devices; charting in an EMR; and reviewing data on a computer, I was reminded that patient connection can be lost.” -Bellevue

“This was actually one of the best conferences I have attended on the topic of diabetes. I appreciated the excellent slide handouts and that the material was presented in an understandable manner.” -Bellevue

“It was great to have such a high-quality CME available locally.” -Santa Clara

“I'll be able to use effective communication with my patients that is not punitive but supportive and motivational and utilize the GLP 1 and SGLT 2 medications effectively in my practice.” -Honolulu

“The reiteration of the topics such as those covered in the test was helpful ensuring the key points were emphasized. I love that Dr. Polonsky has such a key role in this conference and in your practice. Really gave me a new perspective on how patients with diabetes feel and what they are going through.” -Honolulu

“This was a very well-done educational offering and I thought it was great how you incorporated actual patients and providers into the program.” -Missoula

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**Quotes are just a small sample of the positive feedback we've received through follow-up surveys.

2019 MAKING THE CONNECTION CONFERENCE FACULTY

CONFERENCE DIRECTORS + PLANNING COMMITTEE



*STEVEN V. 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 and Professional Education Director, TCOYD
Associate Professor of Medicine
UCSD School of Medicine
Division of Endocrinology, Diabetes and Metabolism



WILLIAM POLONSKY, PHD, CDE

President, Behavioral Diabetes Institute
Associate Clinical Professor,
Department of Psychiatry
University of California, San Diego



TRICIA SANTOS CAVAIOLA, MD

Endocrinologist
Type 2 Track Director, TCOYD
Associate Clinical Professor of Medicine,
UCSD School of Medicine, Division of
Endocrinology, Diabetes and Metabolism

HIGHLIGHTED 2019 FACULTY



IAN BLUMER, MD, FRCPC

Endocrinologist
Charles H. Best Centre, University of Toronto



JUAN P. FRIAS, MD

Medical Director and Principle Investigator
National Research Institute, Los Angeles, CA



ROBERT S. BUSCH, MD

Endocrinologist
Albany Medical Center



JOHN BUSE, MD, PhD

Director, Diabetes Center
Chief of the Division of Endocrinology
Executive Associate Dean for Clinical Research
Professor, UNC School of Medicine



EUGENE E. WRIGHT, JR., MD

Consulting Associate
Department of Medicine and Community and Family Medicine
Duke Southern Regional AHEC
Fayetteville, North Carolina



*ANNE PETERS, MD

Director, USC Clinical Diabetes Program
Professor of Clinical Medicine
Keck School of Medicine



*IRL B. HIRSCH, MD

Professor of Medicine
Division of Endocrinology
University of Washington, School of Medicine

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

This activity is supported by educational grants from:

AstraZeneca, Companion Medical, Dexcom, Insulet Corporation, Lilly USA, LLC, Mannkind Corporation, Merck Sharp & Dohme Corp, & Valeritas

ACCME Accreditation Provided By:

University of California San Diego School of Medicine

UC San Diego
SCHOOL OF MEDICINE

ACPE Accreditation Provided By:

Global Education

global | **UMA**
A DIVISION OF ULTIMATE MEDICAL ACADEMY



CME DINNER PROGRAM FOR HEALTHCARE PROVIDERS

CME DINNER SERIES: TYPE 1 DIABETES: NEW AND EMERGING THERAPEUTIC STRATEGIES TO ADDRESS UNMET NEEDS

LEARNING OBJECTIVES

- Summarize approaches to initiating, switching and adjusting basal and prandial insulins for improved glycemic control.
- Discuss physician and patient-directed insulin titration strategies used in clinical practice, which are different from those used in type 2 diabetes.
- Outline the most up to date clinical information on therapies other than insulin, including SGLT-2 and SGLT-1/2 inhibitors, for people with type 1 diabetes other than insulin.
- Describe practical considerations for initiating therapies other than insulin in type 1 diabetes.
- Discuss the information that continuous glucose monitoring technology provides.
- Describe effective therapeutic adjustments based on the trending or rate of change (ROC) arrows provided by CGM data.

2019 SCHEDULE

Event Date	Location	Registration
December 6, 2018	Phoenix, AZ	265
March 7, 2019	Honolulu, HI	309
March 20, 2019	Raleigh, NC	286
April 17, 2019	San Diego, CA	266
May 9, 2019	Charlotte, NC	137

Average number of participants: 252 per event





AFTER ATTENDING A TCOYD CME DINNER PROGRAM

Attendees were asked a series of survey questions before each conference based on their identified degree. After the event in order to claim credit, attendees filled out a post-conference evaluation. Lastly, a 45-day post-conference survey was then conducted in order to detect if a change in knowledge base and confidence occurred as a result of attending the conference. Below is a sample of the results*:

PERFORMANCE IN PRACTICE

Of those respondents treating patients, 83% reported they integrated the education into their clinical practice:

- "Improving depth of patient education, with a focus on time in range and better understanding of insulin dosing to meet that goal"
- "Knowing the side effects of SGLT inhibitors in type 2 DM"
- "Enhancing the way I speak with patients, picked up a few handy phrases"
- "Monitor blood sugars better value of nutrition as medicine"
- "Encouraged more use of CGMS technology"
- "Teaching DM patients prior to discharge"
- "Adjustment formula for insulin calculations"
- "Asking patients what the most difficult thing is about managing their diabetes"
- "Initiate CGM before insulin is added to the treatment regimen"
- "Use of newer insulins"
- "Following the correct timing of administration of sliding scale"

77% of those reporting they integrated the education into their practice indicated that it improved patient outcomes:

- "BP and diabetic patients were 80% compliant"
- "Less hypoglycemia"
- "One patient is getting a better handle on her DM that is type 2 but acts more like type 1. And we are working closely with another type 1 patient whose A1c is >10% because he's afraid of lows"
- "It takes the pressure off getting an even lower A1c with patients puncturing the low limit and 'going low' in order to achieve lower A1c. Behaviorally this was nuts. Replacing that metric with TIR and showing graphs of that via clarity made all the difference in the world"

COURSE CONCLUSIONS

Participants ratings regarding clinical competence (Level 4) were moderate post-course and remained moderate and some reduced at 45-days;

Participants' agreement as to whether the six learning objectives were met was uniformly high for all;

Participants strongly agreed (3.8 to 3.9 out of 4) that every element of the course was effective;

Over ¾ of participants integrated the course information into their clinical practice and the majority indicated that it improved patient outcomes

**For a complete detailed report of the Moore's Level 5 Outcomes conducted for this live conference series, kindly email robyn@tcoyd.org.*

2019 DINNER SERIES CONFERENCE FACULTY

PROGRAM FACULTY



JOHN BUSE, MD, PHD
Professor of Medicine
Chief, Division of Endocrinology
Director, Diabetes Care Center
Executive Associate Dean for Clinical Research
University of North Carolina School of Medicine
Director, NC Translational and Clinical Sciences Institute



***STEVEN V. EDELMAN, MD**
Endocrinologist, Founder & Director, TCOYD
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Dpt. of Medicine and Community and Family Medicine
Duke Southern Regional AHEC
Fayetteville, North Carolina

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

This activity is supported by an educational grant from:
Lexicon Pharmaceuticals, Inc.

ACCME, ACPE, and ANCC Accreditation Provided By: Global Education





CME ENDURING WEBCASTS FOR HEALTHCARE PROFESSIONALS

ONLINE WEBINARS ADDRESSING MODERN DIABETES TREATMENT STRATEGIES OFFERED FOR CME/CEU CREDIT AT NO COST

TYPE 1 DIABETES: NEW AND EMERGING THERAPEUTIC STRATEGIES TO ADDRESS UNMET NEEDS / ADVANCEMENTS IN THE CLINICAL APPROACH AND THERAPY IN TYPE 1 DIABETES

- Jointly provided by Global Education Group and TCOYD
- Summarize approaches to initiating, switching and adjusting basal and prandial insulins for improved glycemic control
- Discuss physician and patient-directed insulin titration strategies used in clinical practice, which are different from those used in type 2 diabetes.
- Outline the most up to date clinical information on therapies other than insulin, including SGLT-2 and SGLT-1/2 inhibitors, for people with type 1 diabetes other than insulin.
- Describe practical considerations for initiating therapies other than insulin in type 1 diabetes.
- Discuss the information that continuous glucose monitoring technology provides.
- Describe effective therapeutic adjustments based on the trending or rate of change (ROC) arrows provided by CGM data.

WHAT'S NEW IN ORAL COMBINATION THERAPY FOR TYPE 2 DIABETES?

- Jointly provided as a partnership between Medscape and TCOYD
- The goal of this activity is to improve understanding of emerging data from cardiovascular outcome trials and how these data affect the use of oral combination therapies in patients with type 2 diabetes.
- Understand the differences in cardiovascular outcome trials (CVOTs) for sodium-glucose cotransporter 2 (SGLT2) inhibitors
- Outline the impact of CVOT data on oral combination therapy
- Describe the upcoming CVOTs that can affect oral combination therapy

GLP-1 RECEPTOR AGONISTS AND BASAL INSULIN: A CONVERSATION OVER WHICH ONE SHOULD BE INITIATED FIRST IN PATIENTS FAILING ORAL AGENTS

- Jointly provided by TCOYD and UC San Diego School of Medicine.
- Outline the most up to date clinical information on GLP-1 receptor agonists and the newer basal insulins
- Describe the advantages and limitations of prescribing a GLP-1 receptor agonist versus a basal insulin in patients with type two diabetes on oral medications only.
- Discuss the clinically relevant information on the new basal insulin/GLP-1 RA fixed dose combinations recently approved by the FDA.
- Describe the most appropriate therapy using basal insulin and or GLP-1 RA in different patient scenarios commonly seen in clinical practice.

TCOYD & diaTribe

ANNUAL DIABETES FORUM

Join Dr. Steve Edelman and his expert panelists for the most popular event at the ADA's Annual Scientific Sessions. TCOYD's Forum is a fantastic night of camaraderie and cutting-edge developments from key opinion leaders in diabetes!

JUNE 10, 2019

W SAN FRANCISCO HOTEL | SAN FRANCISCO, CA

Nearly 300 Attendees

FORUM MODERATORS & SPEAKERS



STEVEN V. EDELMAN, MD

Endocrinologist, Founder & Director, TCOYD
Clinical Professor of Medicine, UCSD School of Medicine
Director, Diabetes Care Clinic, VA Medical Center San Diego



KELLY L. CLOSE

Founder, The diatribe Foundation
Editor-in-Chief, diaTribe
President, Close Concerns



JAMES R. GAVIN III, MD, PHD

Clinical Professor of Medicine
Emory University School of Medicine
Chief Medical Officer, Healing Our Village, Inc.



ROY W. BECK, MD, PHD

Executive Director
JAEB Center for Health Research



ANNE PETERS, MD

Director, USC Clinical Diabetes Program
Professor of Clinical Medicine
Keck School of Medicine of USC



JENNIFER SHERR, MD, PHD

Associate Professor, Pediatrics
(Endocrinology)
Yale University School of Medicine



DAVID D'ALESSIO, MD

Associate Director
Duke Molecular Physiology Institute
Duke University School of Medicine



25TH ANNIVERSARY FUNDRAISING CAMPAIGN

PUTTING THE UNITY IN COMMUNITY

Our goal for 2020 was to increase access to diabetes education, healthcare resources and community support in areas of need. In order to accomplish this, we focused on expanding and connecting the diabetes community worldwide, or as we call it – **Putting the Unity in Community**. We achieved this through three avenues:

Scholarships provide access to live programs to people who would not be able to attend otherwise including complimentary registration for veterans and their families.

Online Resources help share ideas and information through educational and motivational articles and videos, available free of charge, to empower the diabetes community and to reach communities where healthcare resources are lacking.

Social Networking Communities build and strengthen connections within the diabetes community, bringing people together from all over the world to share experiences and support one another.



#SHAREYOURSUGAR CAMPAIGN

In May 2020 during the COVID-19 pandemic, TCOYD launched the #shareyoursugar campaign as a way to engage the community and connect people via social media. The campaign asked participants to take their blood sugar and turn that number into action such as exercise repetitions, short essay about living with diabetes or donation, and post on social media for others to see. This campaign fulfilled our 2020 message of Putting the Unity in Community even while sheltering in place. **Total Reach: Over 70,000 people**

TCOYD INITIATIVES

WEAREONE COLLABORATIVE GROUP FOR DIABETES PROFESSIONALS REVAMP

In 2013 TCOYD created an online collaborative group of people living with type 1 diabetes, who are also professionally involved with diabetes, with the goal of staying connected and getting updates on the latest topics in the diabetes world. In 2020, We Are One (WAO) was entirely revamped to become the universal hub for professionals to share ideas, research and insights into treating patients' diabetes and working with their community of people with diabetes all while managing their own. We Are One connects doctors, educators, dietitians, personal trainers, bloggers, pharmaceutical/medical device industry professionals and anyone else who has type 1 and works in the diabetes world to share ideas and work together to improve the state of diabetes care. The goal of WAO is to bring together the best minds in diabetes to help their peers be the best healthcare providers they can be and the most in control of their diabetes they can be. With WAO in-person meetups hosted around the country, it's the best way for professionals with type 1 to connect. **Current membership: 2,000 participants and growing**



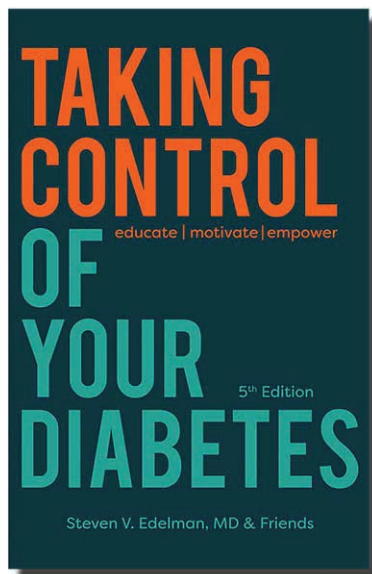
*Diabetes Professionals
With Type 1*

TCOYD & BDI RESEARCH REGISTRY

TCOYD and its partner, The Behavioral Diabetes Institute, continue to grow their online database of individuals who have volunteered to participate in diabetes studies and clinical trials. This database is responsible for gathering information on type 1s and type 2s who are interested in participating, deciding if each individual qualifies for certain studies and contacting them when an qualified opportunity arises. This valuable data is published to help healthcare providers advance diabetes treatment and all published studies can be found on the TCOYD website. **Current subscribers: 8,000 members**

ADDITIONAL EDUCATION

TAKING CONTROL OF YOUR DIABETES, 5TH EDITION
(AVAILABLE IN PRINT AND DIGITAL)



Dr. Edelman's latest publication of **Taking Control Of Your Diabetes** is a comprehensive guide on how to manage type 1 or type 2 diabetes for those living with, caring for someone with, and/or treating diabetes.

The 5th addition, including content contributions from some of the best minds in diabetes, is updated with the latest research and practices in diabetes care. The book can be purchased on TCOYD's website in a digital format or by calling the TCOYD office for a printed copy at 800.998.2693.

TCOYD 2020 PARTNERS

TAKING CONTROL OF YOUR DIABETES



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