

THE FUTURE OF DIABETES IS NOW

TCOYD VIRTUAL! DIABETES CONFERENCE + HEALTH FAIR

EVENT DAY SCHEDULE

(Please note this schedule is based on Pacific Time. All lectures will take place in the auditorium)

TYPE 1 TRACK

- 8:00AM - 9:10AM Familiarize yourselves with the vFairs platform, visit exhibit hall & network in our lounge
- 9:10AM - 9:40AM **The Evolution of Type 1 Diabetes, Past, Present and Future!**
*Steven Edelman, MD, and *Jeremy Pettus, MD
- 9:45AM - 10:15AM **The Newest Type 1 Technology - Launched or Launching Soon!**
*Jeremy Pettus, MD, and Schafer Boeder, MD
- 10:20AM - 10:45AM **Carb Counting in the Real World** – Adriana Valencia, RD, CDCES
- 10:45AM - 11:30AM **BREAK** – Venture into the exhibit hall or network lounge, or watch some on-demand videos in the auditorium. Have fun but do come back to the auditorium for our next “LIVE” session.
- 11:30AM - 12:00PM **Hybrid Closed Loop Systems – Revolutionizing T1D**
*Steven V. Edelman, MD, and *Irl Hirsch, MD
- 12:05PM - 12:50PM **LIVE Q&A with TCOYD’s Top Endos...Ask Away!**
*Steven V. Edelman, MD, *Jeremy Pettus, MD, Tricia Santos, MD; and Schafer Boeder, MD
- 12:55PM - 1:00PM **The Future of Diabetes Is Now! (New TCOYD Song)** – Jeremy Pettus, MD, and Erik Berg
- 1:00PM - 1:30PM Last chance to get your LIVE questions answered in the exhibit hall & network lounge. *All sessions are available until July 3, 2022. Make sure to tell your friends with diabetes to tune in at tcoydjun2022.vFairs.com.*

TYPE 2 TRACK

- 8:00AM - 9:10AM Familiarize yourselves with the vFairs platform, visit exhibit hall and network in our lounge
- 9:10AM - 9:40AM **The Evolution of Type 2 Diabetes, Past, Present and Future!**
*Steven Edelman, MD, and *Jeremy Pettus, MD
- 9:45AM - 10:15AM **New Revolutionary Treatments for People Living with Type 2s**
*Steven Edelman, MD, and Tricia Santos, MD
- 10:20AM - 10:45AM **What to Eat? Diabetes and Nutrition** – Adriana Valencia, RD, CDCES
- 10:45AM - 11:30AM **BREAK** – Venture into the exhibit hall or network lounge, or watch some on-demand videos in the auditorium. Have fun but do come back to the auditorium for our next “LIVE” session.
- 11:30AM - 12:00PM **A Holistic Approach to Caring for Your Heart and Overall Health**
Mimi Guarneri, MD, FACC
- 12:05PM - 12:50PM **LIVE Q&A with TCOYD’s Top Endos...Ask Away!**
*Steven V. Edelman, MD, *Jeremy Pettus, MD, Tricia Santos, MD; and Schafer Boeder, MD
- 12:55PM - 1:00PM **The Future of Diabetes Is Now! (New TCOYD Song)** – *Jeremy Pettus, MD, and Erik Berg
- 1:00PM - 1:30PM Last chance to get your LIVE questions answered in the exhibit hall & network lounge. *All sessions are available until July 3, 2022. Make sure to tell your friends with diabetes to tune in at tcoydjun2022.vFairs.com.*

ON-DEMAND SESSIONS

– TYPE 1 & 2 –

Legally Blonde Takes on Legal Cases Surrounding Diabetes

*Kriss Halpern, JD; Steven V. Edelman, MD; and Michelle Feinstein, CPA

Legally Blonde's character Elle Woods along with lawyer Kriss Halpern are here to object and defend any diabetes-related cases you may have. Specializing in legal issues surrounding diabetes, such as DMV issues, discrimination, COVID concerns, insurance policies and more.

Weight Management – *Steven Edelman, MD; *Jeremy Pettus, MD; and Jennie Luna, MD

How to address the forces working against you! This session talks about metabolic causes of obesity and chronic inflammation, lifestyle modifications for weight loss, older and new medications for weight loss, the role of bariatric surgery and more.

Grocery Shopping – *Jeremy Pettus, MD; *Steven V. Edelman, MD; and Adriana Valencia, RD, CDCES

Honed in grocery shopping tips for people living with diabetes. Learn from our top diabetes dietitian how to make the best choices when it comes to diabetes and food.

Plant-Based Diet and Diabetes: A Little Less Meat and More Veggies – *Jody Stanislaw, ND, CDCES

You keep hearing about all the positive benefits about eating less meat and more veggies. Find out why vegetables are powerful medicine.

Getting High without Getting High: Marijuana and Diabetes – *Jeremy Pettus, MD

Before we go any further, it is important that you first know the laws in your state. If “pot” is legal in your state then by all means listen in to see if this drug will potentially help or hinder your blood glucose levels.

The Fungus Among Us and Other Skin Conditions – Tia Paul, MD

If you've ever seen Dr. Pimple Popper on TLC, you know by now that skin disorders are nothing to be ashamed of. Discover the best treatments and cures for your skin conditions.

Smile! Diabetes and Dental Health – Dana Berliner, RDH

Diabetes can affect our gums and teeth, so let's learn from Dr. Steve's hygienist and proclaimed tooth fairy how to be diligent in keeping good care of our pearly whites.

– TYPE 1 –

Off to Work We Go! Dr. P Heads to the Research Lab to Work on New Discoveries in Type 1

*Jeremy Pettus, MD; *Leslie Eiland, MD; and *Aaron Kowalski, PhD

Dr. P is off to the research lab to work on and discuss the latest discoveries in type 1. He'll be joined by a couple of our nation's top scientists to talk about all the very recent advances in T1D research from therapies to prevent the disease entirely to exciting transplant approaches, and non-insulin therapies.

New to Type 1 Diabetes or Haven't Gotten It Figured Out Just Yet? – *Jeremy Pettus, MD

Think of this as a beginner's guide to diabetes management. We'll be covering all the basics from insulin dosing, carb counting, technology you need to get, exercise, as well as some of the science around what type 1 diabetes is, why you got it, and what is going on in the cure. By the end of this session, we promise you will feel uplifted and inspired as Dr. Pettus welcomes you to this very special club.

Are You Acing Your Diabetes? If so, this Advanced Session Is for You! – *Steven V. Edelman, MD

Have you been living with diabetes for a while now? Sometimes do you feel you know more about your diabetes than your doctors? If so, this session is for you. We'll be going over hybrid closed loop systems and devices, plus advanced tips and tricks for staying in range.

ON-DEMAND SESSIONS, CONT.

– TYPE 1 CONT. –

How to Take a Vacation from Your Diabetes!?! – William Polonsky, PhD, CDCES

Stressed out about your diabetes? Trust us, YOU are not alone. Do you ever feel like you want to take off and leave your diabetes behind? Yep, we've felt that way before too. Although we can't escape this disease, we can learn to take a break from the stress and be a little easier on ourselves.

The Effects of Exercise on Diabetes and Metabolism – Michael Riddel, PhD

Regardless of whether you are an extreme marathoner or more of an easy breezy stroller, keeping your blood glucose sugars in range is always part of our game. Learn how to avoid lows during your workout and spiking highs post-workouts.

– TYPE 2 –

New to Type 2 Diabetes or Haven't Gotten it Figured out Just Yet? – Schafer Boeder, MD

Think of this as a beginner's guide to diabetes management. For those who have pre-diabetes or are new to diabetes or haven't gotten it figured out just yet? We'll be covering the basics of diabetes care, discussing medications, glucose monitoring with meters and CGMs, and reviewing the basics on diet and exercise.

Have You Been Acing Your Diabetes? If so, this More Advanced Session is for You! – Tricia Santos, MD

Have you been living with diabetes for a while now? Sometimes do you feel you know more about your diabetes than your doctors? If so, this session is for you. We'll be going over the ADA treatment algorithm, beneficial medications, and advanced CGM use.

Repeat After Me...Diabetes Is Not Your Fault! Emotional Help – William Polonsky, PhD, CDCES

Diabetes denial and diabetes burnout are more common than you think. Know that feeling down about your diabetes, from time to time, happens to the best of us? Get the emotional support you need from our diabetes psychologist.

The Prescribed Kind! An Overview of Type 2 Medications – Tricia Santos, MD

There has been a revolution in type 2 diabetes medications! Find out which treatments would be best for you and learn how some of these medications have other benefits like weight loss and added protection for your heart and kidneys.

How to Get on the Honor Role: Continuous Glucose Monitoring and Other Top Tips to Ace Your Diabetes

***Steven V. Edelman, MD, and Schafer Boeder, MD**

This is one class you don't want to fail at. Skipping class and cheating may seem cool, but when it comes to diabetes management, the quality of your life depends on your attendance. In this case it's okay to be a nerd; your eyes, kidneys, heart, friends and family will all thank you for your diligence in learning all you can on this topic. Professors Edelman and Boeder will be focusing on, continuous glucose monitoring, medications, patch pumps, diet, exercise plus more and will be handing out A's (and hopefully lower A1cs) to all those who attend.

Why Insulin Might Be Right for Someone with Type 2 – *Steven V. Edelman, MD

As type 2 diabetes progresses, the pancreas isn't always able to keep up with insulin demands, and some people will benefit from being on insulin. But don't fear the needle! Insulin has come a long way in the last decade, and there are lots of user-friendly and pain-free options you can choose from that will make following your daily insulin regimen seem as natural as brushing your teeth.