

AUGUST 8-10, 2025

FRIDAY

3:00pm - Onward

Conference Registration Open*Pick up your name badge, schedule, swag, and meet the TCOYD team*

3:00pm - 8:30pm

Visit Sponsor Lounge*See the latest and greatest and get questions answered by our exhibitors*

4:00pm - Onward

Hotel Check-In (for overnight guests)

6:00pm - 6:45pm

Welcome to TCOYD! Who Wants to Be a Millionaire? - Diabetes Edition**Host:***Jeremy Pettus, MD | **Contestant:** *Steven Edelman, MD & LIVE audience participation

6:45pm - 8:00pm

Welcome Reception on the Bay*Get to know YOUR peeps over beers, drinks, tacos, salad bowls & more, plus visit our exhibitors in our Sponsor Lounge*

8:00pm - 10:00pm

Continued Social Time in the Hotel's Barefoot Bar*Mingle with your T1D community*

SATURDAY

7:00am - 8:00am

Yoga/Stretch | Power Walk | Fun Run 5K around Mission Bay - Morning Fitness Activities

7:30am - 9:30am

Breakfast Buffet

9:30am - 10:00am

Exciting Updates on All Things Type 1**Steven V. Edelman, MD; and *Jeremy Pettus, MD*

10:00am - 10:30am

Diabetes Can Be A Mind Game! Emotional Health*William Polonsky, PhD, CDCES*

10:30am - 11:00am

GLP1s & SGLT-2 Inhibitors: What They Are, How They Help & When They'll Be Approved for T1Ds**Eden Miller, DO*

11:00am - 11:45am

Technology that Can Improve Your Life with T1D*David Ahn, MD*

11:45am - 1:30pm

BREAK: Visit Sponsor Lounge*Check out the booths and get your questions answered by our exhibitors*

12:30pm - 1:30pm

It's a Wrap (actually a salad!) – Lunch

1:30pm - 2:15pm

AFTERNOON BREAKOUTS, PART 1**1. Beginner Session – AID (Automatic Insulin Delivery) Systems for Beginners***David Ahn, MD***2. Diabetes Warranty Program: The Ultimate Checklist for Longevity with T1D (Repeats)****Steven Edelman, MD***3. Musculoskeletal Issues (Repeats)***Heather McDonald, MD***4. Controlling Your Blood Sugars: Before, During, and After, Exercise (Repeats)****Leslie Eiland, MD; and *Justin Gregory, MD***5. A Type 3 Workshop for Loved Ones - Helping Not Harping***William Polonsky, PhD, CDCES*

SATURDAY (Continued)

- 2:30pm - 3:15pm **AFTERNOON BREAKOUTS, PART 2**
1. **Advanced Session - AID Systems and Settings for the Advanced User**
David Ahn, MD
 2. **Diabetes Warranty Program: The Ultimate Checklist for Longevity with T1D (Repeated)**
*Steven Edelman, MD
 3. **Musculoskeletal Issues (Repeated)**
Heather McDonald, MD
 4. **Controlling Your Blood Sugars: Before, During, and After, Exercise (Repeated)**
*Leslie Eiland, MD; and *Justin Gregory, MD
 5. **A Type 3 Session for Loved Ones - What to Do When Your Type 1 Partner Goes Low, How to Interpret Your Partner's CGM Readings, and Other Ways You Can Assist**
Ian Blumer, MD
- Q&A with the Specialists**
- 3:30pm - 3:55pm
- **Diabetes Burnout** - William Polonsky, PhD, CDCES
 - **Microvascular Help, Eyes, Kidneys and Nerves** - Ian Blumer, MD
 - **Hospitalization and Sick Days** - Tricia Santos, MD
 - **LADA Adult Onset** - Schafer Boeder, MD
 - **Troubleshooting Your Devices** - David Ahn, MD
- 4:00pm - 4:30pm
- **Fear and Treatments for Hypos** - Robert Thomas, MD
 - **Preparing for Pregnancy** - Ian Blumer, MD
 - **What to Eat? Ask the Type 1 Dietitian** - *Madi Cheever, RD
 - **Access to Healthcare (Sponsored by Insulet)** - *Katie Hathaway, JD
 - **LADA Adult Onset (Continued)** - Schafer Boeder, MD
 - **Troubleshooting Your Devices (Continued)** - David Ahn, MD
- 4:30pm - 6:30pm **Adjourn for Afternoon Activities and Evening "Party in Paradise"**
Optional activities available through hotel at additional charges, including: paddle boarding, sailing, spa massages, beach cruiser bike rides, and more
- 6:30pm - 9:30pm **Party in Paradise! Featuring TCOYD's own Erik Berg and his BEATLES cover band**
Mediterranean buffet, cash bars, live music, singalongs and being ONE together!

SUNDAY

- 7:00am - 8:00am **Yoga/Stretch | Power Walk | Fun Run 5K around Mission Bay - Morning Fitness Activities**
- 7:30am - 9:30am **Breakfast Buffet**
- 9:30am - 10:00am **Blood Sugar Hacks Every T1D Needs To Know**
*Leslie Eiland, MD and *Justin Gregory, MD
- 10:00am - 10:45am **Ask The Endos and Experts? Get Your Questions Answered Now!**
Did we miss anything? Throughout the weekend you can submit your questions and our expert panelists will cover the most pressing topics.
Moderator: Tricia Santos, MD
Panelists: Steven Edelman, MD; Schafer Boeder, MD; and *Eden Miller, DO
- 10:45am - 11:00am **BREAK: Rest, Stretch, Relieve...Whatever You Need!**
- 11:00am - 11:15am **Diabetes Predictions with Jarnack the Magnificent and Steve McMahon**
*Steven Edelman, MD, and *Jeremy Pettus, MD
- 11:15am - 11:45am **Goodbye Diabetes...the Foreseeable Steps to Curing T1D!**
By Preventing (Tziel), Preserving (Beta Cells) and Replacing (Islet Cells)
*Jeremy Pettus, MD
- 11:45am - 12:00pm **Wrap Up with Our Original ONE Song**
*Jeremy Pettus, MD; and Erik Berg

PARADISE POINT RESORT

– ONE 2025 EVENT MAP –



ONE 2025

– DIRECTORS & CO-DIRECTORS –



*STEVEN V. EDELMAN, MD

Endocrinologist, Founder & Director of TCOYD®; Professor of Medicine, UCSD School of Medicine, VA Medical Center, San Diego, California

*JEREMY PETTUS, MD

Endocrinologist, Director of Type 1 Track and Professional Medical Education at TCOYD®
Associate Professor of Medicine, UCSD School of Medicine, San Diego, California



TRICIA SANTOS, MD

Endocrinologist, Co-Director at TCOYD®, Associate Clinical Professor of Medicine, UCSD School of Medicine, San Diego, California

SCHAFER BOEDER, MD

Endocrinologist, Co-Director at TCOYD®, Assistant Professor of Medicine, UCSD School of Medicine, San Diego, California



– SPEAKERS –

David Ahn, MD, Endocrinologist; Chief of Diabetes Services, Hoag Medical Group, Newport Beach, California

Ian Blumer, MD, Endocrinologist, Director of the Charles H. Best Diabetes Centre; Lecture, University of Toronto; Chair, Endocrine Society Diabetes and Pregnancy Clinical Practice Guideline Task Force, Toronto, Ontario, Canada

***Madi Cheever, MPH, RD, LDN, CHES**, Type 1 Diabetes Education and Advocacy Dietitian, Type One Type FUN, LLC, Minneapolis, Minnesota

***Leslie Eiland, MD**, Associate Professor of Medicine, Division of Diabetes, Endocrinology & Metabolism; Medical Director of Patient Experience & Digital Health, Nebraska Medicine, University of Nebraska Medical Center, Omaha, Nebraska

***Justin Gregory, MD**, Pediatric Endocrinologist, T1D Scientist, Vanderbilt University Medical Center, Nashville, Tennessee

***Katie Hathaway, JD**, Disability Rights Attorney and Diabetes Advocate; Vice President of Marketing, Insulet, Arlington, Virginia

***Eden Miller, DO**, Diplomate of the American College of Diabetology and Diplomate of the American College of Obesity Medicine, Bend, Oregon

Heather McDonald, MD, FRCPC, Rheumatologist, Mount Sinai Hospital, Toronto, Ontario, Canada

William Polonsky, PhD, CDCES, Clinical Psychologist, Founder and CEO, Behavioral Diabetes Institute, San Diego, California

Robert Thomas, MD, Endocrinologist, Assistant Clinical Professor of Medicine, UCSD School of Medicine, San Diego, California

– FITNESS ACTIVITY FACULTY –

***Laura Dunn**, Triathlete and Ultra Runner, San Diego, California

Julian Maze, Type 3 Supporter, San Diego, California

***Dana Maze**, Marathon Runner, Athlete, Breathrough T1D SoCal Youth Ambassador Chair, San Diego, California