

**ONE** **2025**  
**AUGUST 8-10**

## FULL PROGRAM DETAILS!

**\*EXTRA-RELATABLE FACULTY  
(THEY'RE LIVING WITH DIABETES)**

TCOYD

### FRIDAY

- 3:00pm - Onward **Conference Registration Open** **SUNSET BALLROOM**  
*Pick up your name badge, schedule, swag, and meet the TCOYD team*
- 3:00pm - 8:30pm **Visit Sponsor Lounge** **SUNSET BALLROOM**  
*See the latest and greatest and get questions answered by our exhibitors*
- 4:00pm - Onward **Hotel Check-In (for overnight guests)** **HOTEL LOBBY**
- 6:00pm - 6:45pm **Welcome to TCOYD!** **PACIFIC/ISLAND/PALM**  
*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** **SUNSET DECK**  
*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** **BAREFOOT BAR**  
*Mingle with your T1D community*

### SATURDAY

- 7:00am - 8:00am **Yoga/Stretch** **PINE HILL**  
**Power Walk** **PORTE COCHERE**  
**Fun Run 5K around Mission Bay** **PORTE COCHERE**
- 7:30am - 9:30am **Breakfast Buffet** **PARADISE TERRACE**
- 8:30am - 9:25am **Meet-Up with Medtronic about the 780G (Optional)** **DOCKSIDE ROOM**
- 9:30am - 10:00am **Exciting Updates on All Things Type 1** **PACIFIC/ISLAND/PALM**  
*\*Steven V. Edelman, MD; and \*Jeremy Pettus, MD*
- 10:00am - 10:30am **Diabetes Can Be A Mind Game! Emotional Health** **PACIFIC/ISLAND/PALM**  
*William Polonsky, PhD, CDCES*
- 10:30am - 11:00am **GLP1s & SGLT-2 Inhibitors:** **PACIFIC/ISLAND/PALM**  
**What They Are, How They Help, and When They'll Be Approved for T1Ds**  
*\*Eden Miller, DO*
- 11:00am - 11:45am **Technology that Can Improve Your Life with T1D** **PACIFIC/ISLAND/PALM**  
*David Ahn, MD*
- 11:45am - 1:30pm **BREAK: Visit Sponsor Lounge** **SUNSET BALLROOM**  
*Check out the booths and get your questions answered by our exhibitors*
- 12:30pm - 1:30pm **It's a Wrap (actually a salad!) – Lunch** **PARADISE TERRACE**

## SATURDAY (Continued)

1:30pm - 2:15pm	<b>AFTERNOON BREAKOUTS, PART 1</b>	
	1. Beginner Session – AID (Automatic Insulin Delivery) Systems for Beginners - David Ahn, MD	<b>MISSION BAY ROOM</b>
	2. Diabetes Warranty Program: The Ultimate Checklist for Longevity with T1D (Repeats) *Steven Edelman, MD	<b>GARDEN ROOM</b>
	3. Musculoskeletal Issues (Repeats) Heather McDonald, MD	<b>ROYAL I, II, III</b>
	4. Controlling Your Blood Sugars: Before, During & After Exercise (Repeats) *Leslie Eiland, MD; and *Justin Gregory, MD	<b>BAY VIEW ROOM</b>
	5. A Type 3 Workshop for Loved Ones - Helping Not Harping William Polonsky, PhD, CDCES	<b>DOCKSIDE ROOM</b>
2:30pm - 3:15pm	<b>AFTERNOON BREAKOUTS, PART 2</b>	
	1. Advanced Session - AID Systems & Settings for the Advanced User David Ahn, MD	<b>MISSION BAY ROOM</b>
	2. Diabetes Warranty Program: The Ultimate Checklist for Longevity with T1D (Repeated) *Steven Edelman, MD	<b>GARDEN ROOM</b>
	3. Musculoskeletal Issues (Repeated) Heather McDonald, MD	<b>ROYAL I, II, III</b>
	4. Controlling Your Blood Sugars: Before, During & After Exercise (Repeated) *Leslie Eiland, MD; and *Justin Gregory, MD	<b>BAY VIEW ROOM</b>
	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	<b>DOCKSIDE ROOM</b>
	<b>Q&amp;A with the Specialists</b>	
3:30pm - 3:55pm	• Diabetes Burnout - William Polonsky, PhD, CDCES	<b>ROYAL I, II, III</b>
	• Microvascular Help, Eyes, Kidneys & Nerves - Ian Blumer, MD	<b>DOCKSIDE ROOM</b>
	• Hospitalization and Sick Days - Tricia Santos, MD	<b>ROYAL IV, V</b>
	• Ask the Health & Wellness Coach - *Danica Collins, MS, NBC, HWC	<b>GARDEN ROOM</b>
	• LADA Adult Onset - Schafer Boeder, MD	<b>BAY VIEW ROOM</b>
	• Troubleshooting Your Devices - David Ahn, MD	<b>MISSION BAY ROOM</b>
	• For Parents: Ask the Pediatric Endo - Manasi Jaiman, MD	<b>SUNSET BALLROOM</b>
4:00pm - 4:30pm	• Fear and Treatments for Hypos - Robert Thomas, MD	<b>ROYAL IV, V</b>
	• Preparing for Pregnancy - Ian Blumer, MD	<b>DOCKSIDE ROOM</b>
	• What to Eat? Ask the Type 1 Dietitian - *Madi Cheever, RD	<b>GARDEN ROOM</b>
	• Access to Healthcare (Sponsored by Insulet) - Katie Hathaway, JD	<b>ROYAL I, II, III</b>
	• LADA Adult Onset (Continued) - Schafer Boeder, MD	<b>BAY VIEW ROOM</b>
	• Troubleshooting Your Devices (Continued) - David Ahn, MD	<b>MISSION BAY ROOM</b>
4:30pm - 6:30pm	<b>Adjourn for Afternoon Activities and Evening "Party in Paradise"</b> <i>Optional activities available through hotel at additional charges, including: paddle boarding, sailing, spa massages, beach cruiser bike rides, and more</i>	
6:30pm - 9:30pm	<b>Party in Paradise!</b> <i>Featuring TCOYD's own Erik Berg and his BEATLES cover band Mediterranean buffet, cash bars, live music, singalongs and being ONE together!</i>	<b>ROYAL/PACIFIC/ISLAND/PALM</b>

## SUNDAY

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

# 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

**\*Danica Collins, MS, NBC, HWC**, Global Healthcare Strategy Consultant, Biotechnologist and Advocate For Community, Connection, and Wellness, Danica the Diabetic, San Diego, California

**\*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**, Senior Director, Global Head of Government Affairs, Advocacy and Public Policy, Insulet Corporation, Arlington, Virginia

**Manasi Sinha Jaiman, MD, MPH**, Chief Medical Officer, Aardvark Therapeutics, San Diego, California

**\*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