

ONE **2025**
AUGUST 8-10

FULL PROGRAM DETAILS!

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

TCOYD

FRIDAY

| | | |
|------------------|---|----------------------------|
| 3:00pm - Onward | Conference Registration Open <i>Pick up your name badge, schedule, swag, and meet the TCOYD team</i> | SUNSET BALLROOM |
| 3:00pm - 8:30pm | Visit Sponsor Lounge <i>See the latest and greatest and get questions answered by our exhibitors</i> | SUNSET BALLROOM |
| 4:00pm - Onward | Hotel Check-In (for overnight guests) | HOTEL LOBBY |
| 6:00pm - 6:45pm | Welcome to TCOYD! Diabetes Jeopardy! Host: *Jeremy Pettus, MD Contestants: *Steven Edelman, MD; Tricia Santos, MD; and Schafer Boeder, MD | PACIFIC/ISLAND/PALM |
| 6:45pm - 8:00pm | Welcome Reception on the Bay <i>Get to know YOUR peeps over beers, drinks, tacos, salad bowls & more, plus visit our exhibitors in our Sponsor Lounge</i> | SUNSET DECK |
| 8:00pm - 10:00pm | Continued Social Time in the Hotel's Barefoot Bar <i>Mingle with your T1D community</i> | BAREFOOT BAR |

SATURDAY

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| 7:00am - 8:00am | Yoga/Stretch Power Walk Fun Run 5K around Mission Bay | PINE HILL PORTE COCHERE 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 *Steven V. Edelman, MD; and *Jeremy Pettus, MD | PACIFIC/ISLAND/PALM |
| 10:00am - 10:30am | Diabetes Can Be A Mind Game! Emotional Health William Polonsky, PhD, CDCES | PACIFIC/ISLAND/PALM |
| 10:30am - 11:00am | GLP-1s & SGLT-2 Inhibitors: What They Are, How They Help, and When They'll Be Approved for T1Ds *Eden Miller, DO | PACIFIC/ISLAND/PALM |
| 11:00am - 11:30am | Technology That Can Improve Your Life with T1D David Ahn, MD | PACIFIC/ISLAND/PALM |
| 11:30am - 11:45am | A Type 3's Perspective with Football Insider Adam Schefter (Sponsored by Sanofi) | PACIFIC/ISLAND/PALM |
| 11:45am - 1:30pm | BREAK: Visit Sponsor Lounge <i>Check out the booths and get your questions answered by our exhibitors</i> | SUNSET BALLROOM |
| 12:30pm - 1:30pm | It's a Wrap (actually a salad!) – Lunch | PARADISE TERRACE |

SATURDAY (Continued)

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| 1:30pm - 2:15pm | AFTERNOON BREAKOUTS, PART 1 | |
| | 1. Beginner Session – AID (Automatic Insulin Delivery) Systems for Beginners - David Ahn, MD | MISSION BAY ROOM |
| | 2. Diabetes Warranty Program: The Ultimate Checklist for Longevity with T1D (Repeats) *Steven Edelman, MD | GARDEN ROOM |
| | 3. Musculoskeletal Issues (Repeats) Heather McDonald, MD | ROYAL I, II, III |
| | 4. Controlling Your Blood Sugars: Before, During & After Exercise (Repeats) *Leslie Eiland, MD; and *Justin Gregory, MD | BAY VIEW ROOM |
| | 5. A Type 3 Workshop for Loved Ones - Helping Not Harping William Polonsky, PhD, CDCES | DOCKSIDE ROOM |
| | 6. You're Just My Type: Connecting Young Adults Living with T1D (under 35ish) - *Laura Pavlakovich | ROYAL IV, V |
| 2:30pm - 3:15pm | AFTERNOON BREAKOUTS, PART 2 | |
| | 1. Advanced Session - AID Systems & Settings for the Advanced User David Ahn, MD | MISSION BAY ROOM |
| | 2. Diabetes Warranty Program: The Ultimate Checklist for Longevity with T1D (Repeated) *Steven Edelman, MD | GARDEN ROOM |
| | 3. Musculoskeletal Issues (Repeated) Heather McDonald, MD | ROYAL I, II, III |
| | 4. Controlling Your Blood Sugars: Before, During & After Exercise (Repeated) *Leslie Eiland, MD; and *Justin Gregory, MD | BAY VIEW ROOM |
| | 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 | DOCKSIDE ROOM |
| | 6. You're Just My Type: Connecting Young Adults (Continued) Living with T1D (under 35ish) - *Laura Pavlakovich | ROYAL IV, V |
| | <u>Q&A with the Specialists</u> | |
| 3:30pm - 3:55pm | • Diabetes Burnout - William Polonsky, PhD, CDCES | ROYAL I, II, III |
| | • Microvascular Help, Eyes, Kidneys & Nerves - Ian Blumer, MD | DOCKSIDE ROOM |
| | • Hospitalization and Sick Days - Tricia Santos, MD | ROYAL IV, V |
| | • Ask the Health & Wellness Coach - *Danica Collins, MS, NBC, HWC | GARDEN ROOM |
| | • LADA Adult Onset - Schafer Boeder, MD | BAY VIEW ROOM |
| | • Troubleshooting Your Devices - David Ahn, MD | MISSION BAY ROOM |
| | • For Parents: Ask the Pediatric Endo - Manasi Jaiman, MD | SUNSET BALLROOM |
| 4:00pm - 4:30pm | • Fear and Treatments for Hypos - Robert Thomas, MD | ROYAL IV, V |
| | • Preparing for Pregnancy - Ian Blumer, MD | DOCKSIDE ROOM |
| | • What to Eat? Ask the Type 1 Dietitian - *Madi Cheever, RD | GARDEN ROOM |
| | • Access to Healthcare (Sponsored by Insulet) Katie Hathaway, JD; and Laura Ruhno | ROYAL I, II, III |
| | • LADA Adult Onset (Continued) - Schafer Boeder, MD | BAY VIEW ROOM |
| | • Troubleshooting Your Devices (Continued) - David Ahn, MD | MISSION BAY ROOM |

- 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!** **ROYAL/PACIFIC/ISLAND/PALM**
*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** **PINE HILL**
Power Walk **PORTE COCHERE**
Fun Run 5K around Mission Bay **PORTE COCHERE**
- 7:30am - 9:30am **Breakfast Buffet** **PARADISE TERRACE**
- 9:30am - 10:00am **Blood Sugar Hacks Every T1D Needs To Know** **PACIFIC/ISLAND/PALM**
**Leslie Eiland, MD and *Justin Gregory, MD*
- 10:00am - 10:45am **Ask The Endos & Experts: Get Your Questions Answered Now!** **PACIFIC/ISLAND/PALM**
*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** **PACIFIC/ISLAND/PALM**
& Steve McMahon
**Steven Edelman, MD, and *Jeremy Pettus, MD*
- 11:15am - 11:45am **Goodbye Diabetes...the Foreseeable Steps to Curing T1D!** **PACIFIC/ISLAND/PALM**
By Preventing (Tzield), Preserving (Beta Cells) and Replacing (Islet Cells)
**Jeremy Pettus, MD*
- 11:45am - 12:00pm **Wrap Up with Our Original ONE Song** **PACIFIC/ISLAND/PALM**
**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

SCHAFFER 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; 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

***Laura Pavlakovich**, Founder and Executive Director, You're Just My Type (supporting mental health through connection of young adult type 1s), Los Angeles, California

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

Laura Ruhno, Customer Care Advocacy, Insulet Corporation, Rutherford, New Jersey

Adam Schefter, Football Insider; Husband of a Type 1; Spokesperson, the1pledge.com, Sanofi, Valley Stream, New York and Bristol, Connecticut

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

***Sabella Larkin**, Type 1 Yoga Instructor, Life Coach, San Diego, California

Julian Maze, Type 3 Supporter, San Diego, California

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