



FULL PROGRAM DETAILS!

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

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! <i>Diabetes Jeopardy Returns...and this time your answers matter!</i> 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>Meet your T1D tribe over drinks, tacos, salad bowls & Sponsor Lounge visits</i>	SUNSET DECK
8:00pm - 10:00pm	Barefoot Bar Social Hour <i>Casual networking, beach vibes, real conversations</i>	

SATURDAY

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
9:30am - 10:00am	Holy Crap! So Many NEW Type 1 Diabetes Advancements in 2026 *Steven Edelman, MD; and *Jeremy Pettus, MD <i>Trials, tech, meds, policy changes, and what actually matters day-to-day</i>	PACIFIC/ISLAND/PALM
10:00am - 10:30am	The Not So Talked About Emotional Grind of Having Diabetes *Kerri Sparling <i>Burnout, balance, resilience and the use of humor to help you through</i>	PACIFIC/ISLAND/PALM
10:30am - 11:00am	Smarter Diabetes Tech: Sifting Through the Maze of Options *Rachael Sood, RN, MSN, NP-C, CDCES <i>This dynamic influencer is in the know. Up to date info on the latest & greatest</i>	PACIFIC/ISLAND/PALM
11:00am - 11:30am	The Path Towards a CURE: Prevent, Preserve & Replace *Aaron Kowlaski, PhD <i>Tzield, islet cells, and more innovations, presented by the president of Breakthrough T1D (JDRF)</i>	PACIFIC/ISLAND/PALM
11:30am - 11:45am	I Screen, You Screen, We Should All Screen! 🍦 Guest Speaker: Supported 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)*

1:30pm - 2:15pm

AFTERNOON BREAKOUTS, PART 1

1. **Getting the Most Out of Your AID (Automated Insulin Delivery) Systems (repeats)**
*Rayhan Lal, MD
2. **Cognitive Health: Diabetes Can Mess with the Brain, Learn Practical Strategies to Help (repeats)**
Ian Blumer, MD
3. **Type 1s Get Insulin Resistance Too! What It Is and How to Fight Back (repeats)**
Robert Thomas, MD
4. **AI (Artificial Intelligence) and Diabetes: Smarter Tools, Better Decisions (repeats)**
Kristen Kulasa, MD
5. **Support Group - You're Just My Type: Connecting People Living with T1D (continues)**
*Laura Pavlakovich
6. **Type 3 Workshop for Friends, Family and Partners: How Can I Help?**
William Polonsky, PhD, CDCES

2:30pm - 3:15pm

AFTERNOON BREAKOUTS, PART 2

1. **Getting the Most Out of Your AID (Automated Insulin Delivery) Systems (repeated)**
*Rayhan Lal, MD
2. **Cognitive Health: Diabetes Can Mess with the Brain, Learn Practical Strategies to Help (repeated)**
Ian Blumer, MD
3. **Type 1s Get Insulin Resistance Too! What It Is and How to Fight Back (repeated)**
Robert Thomas, MD
4. **AI (Artificial Intelligence) and Diabetes: Smarter Tools, Better Decisions (repeated)**
Kristen Kulasa, MD
5. **Support Group - You're Just My Type: Connecting People Living with T1D (continued)**
*Laura Pavlakovich
6. **Type 3 Workshop: What to Do In Real Life Diabetes Emergencies**
Tricia Santos, MD

Ask the Experts: No Slides, Just Real Questions - Expert Q&A Rotations

3:30pm - 3:55pm

- **Osteoporosis in Diabetes** - Gina Wood, MD
- **Hypo Awareness** - Robert Thomas, MD
- **Obesity in T1D** - Jennie Luna, MD
- **Exercise** - *Aaron Kolowski, PhD
- **Adult-Onset & LADA** - Schafer Boeder, MD
- **Type 3 Session: Sharing CGM Data** - Kerri Sparling

4:00pm - 4:30pm

- **Joint, Tendon and Muscle Pain** - Heather McDonald, MD, FRCPC
- **Sick Days & Hospitalization** - Tricia Santos, MD
- **Healthy Eating for T1Ds** - Jennie Luna, MD
- **Adult-Onset & LADA (continued)** - Schafer Boeder, MD
- **Type 3 Session: For Parents** - Manasi Jaiman, 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	PINE HILL PORTE COCHERE PORTE COCHERE
7:30am - 9:30am	Breakfast Buffet	PARADISE TERRACE
9:30am - 10:00am	Should All Type 1s Take a GLP-1? <i>*Jeremy Pettus, MD</i> <i>GLP-1s can help T1Ds in more ways than just weight loss</i>	PACIFIC/ISLAND/PALM
10:00am - 10:45am	Ask the Endos: Nothing Is Off-Limits <i>Questions tailored by YOU. Pop your questions into the box on the mainstage.</i> Moderator: Tricia Santos, MD Panelists: *Steven Edelman, MD; *Irl Hirsch, MD; Schafer Boeder, MD	PACIFIC/ISLAND/PALM
10:45am - 11:00am	BREAK: Rest, Stretch, Relieve...Whatever You Need!	
11:00am - 11:15am	The Speed Round - Do This, Not That, for Better Glucose Control <i>*Steven Edelman, MD, and *Jeremy Pettus, MD</i> <i>Lessons from decades of experience with T1D that you can start using today!</i>	PACIFIC/ISLAND/PALM
11:15am - 11:45am	These Diabetes GOATs Share Their Tales from Diabetes Past to Its Brighter Future <i>Progression, hope, and motivation for a long healthy and happy life with type 1</i> <i>*Steven Edelman, MD and *Irl Hirsch, MD</i>	PACIFIC/ISLAND/PALM
11:45am - 12:00pm	Wrap Up with Our Original ONE Song <i>*Jeremy Pettus, MD; and Erik Berg</i> <i>Happy to be ONE</i>	PACIFIC/ISLAND/PALM

PARADISE POINT RESORT

- ONE 2026 EVENT MAP -



ONE **2026**

– 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 –

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

***Irl Hirsch, MD**, Medical Director, Diabetes Care Center, University of Washington Medical Center, Seattle, WA

Manasi Jaiman, MD, MPH, Chief Medical Officer, Aardvark Therapeutics, San Diego, CA

***Aaron Kowalski**, President and Chief Executive Officer, Breakthrough T1D formerly JDRF, New York, NY

Kristen Kulasa, MD, Endocrinologist, Clinical Professor, Director of Inpatient Glycemic Control, UCSD School of Medicine, San Diego, CA

***Rayhan Lal, MD**, Ultra OS-AID Specialist, Assistant Professor of Adult and Pediatric Endocrinology and Diabetes, Stanford, CA

Jennie Luna, MD, Endocrinologist - Diabetes and Metabolism, Specialist - Weight Management and Obesity Medicine, Scripps Health, San Diego, CA

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*), New York City, NY

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

***Rachael Sood, RN, MSN, NP-C, CDCES**, Diabetes Nurse Practitioner, Owner, The Diabetes Collective, Lacombe, LA

***Kerri Sparling**, Writer, Poet, Speaker, Diabetes Advocate, Providence, RI

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

Gina Wood, MD, Endocrinologist, Clinical Professor of Medicine and Director of the Osteoporosis and Preventive Bone Health Programs, UCSD School of Medicine, San Diego, CA

– FITNESS ACTIVITY FACULTY –

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

***Peter Friedfeld**, Meditation Instructor, Co-Founder and Executive Director, DiabetesSangha, East Hampton, NY

Julian Maze, Type 3 Supporter, San Diego, CA

***Dana Maze**, Marathon Runner, Athlete, San Diego, CA

***Daniella Ross**, Certified Yoga Instructor; Professional Health, Life and Fitness Coach; Temecula, CA

– SOCIAL MEDIA FACULTY –

***Raquel Baron**, Founder, TypeOneTogether (*Helping kids with T1D*), San Diego, CA

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

***Justin Eastzer**, Founder and Host, Diabetech (*platform dedicated to making diabetes technology easier to understand and use in real life*), Los Angeles, CA