



# ONE 2026

**AUGUST 14-16, 2026**  
PARADISE POINT RESORT & SPA | San Diego



## FULL PROGRAM DETAILS!

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

### FRIDAY

3:00pm - Onward	<b>Conference Registration Open</b> <i>Pick up your name badge, schedule, swag, and meet the TCOYD team</i>	<b>SUNSET BALLROOM</b>
3:00pm - 8:30pm	<b>Visit Sponsor Lounge</b> <i>See the latest and greatest and get questions answered by our exhibitors</i>	<b>SUNSET BALLROOM</b>
4:00pm - Onward	<b>Hotel Check-In (for overnight guests)</b>	<b>HOTEL LOBBY</b>
6:00pm - 6:45pm	<b>Welcome to TCOYD!</b> <i>Diabetes Jeopardy Returns...and this time your answers matter!</i> <b>Host: *Jeremy Pettus, MD</b> <b>Contestants: *Steven Edelman, MD; Tricia Santos, MD; and Schafer Boeder, MD</b>	<b>PACIFIC/ISLAND/PALM</b>
6:45pm - 8:00pm	<b>Welcome Reception on the Bay</b> <i>Meet your T1D tribe over drinks, tacos, salad bowls &amp; Sponsor Lounge visits</i>	<b>SUNSET DECK</b>
8:00pm - 10:00pm	<b>Barefoot Bar Social Hour</b> <i>Casual networking, beach vibes, real conversations</i>	

### SATURDAY

7:00am - 8:00am	<b>Yoga/Stretch</b> <b>Power Walk</b> <b>Fun Run 5K around Mission Bay</b>	<b>PINE HILL</b> <b>PORTE COCHERE</b> <b>PORTE COCHERE</b>
7:30am - 9:30am	<b>Breakfast Buffet</b>	<b>PARADISE TERRACE</b>
8:30am - 9:20am	<b>Meditation (Optional)</b>	<b>BAY VIEW ROOM</b>
9:30am - 10:00am	<b>Holy Crap! So Many NEW Type 1 Diabetes Advancements in 2026</b> <b>*Steven Edelman, MD; and *Jeremy Pettus, MD</b> <i>Trials, tech, meds, policy changes, and what actually matters day-to-day</i>	<b>PACIFIC/ISLAND/PALM</b>
10:00am - 10:30am	<b>The Not So Talked About Emotional Grind of Having Diabetes</b> <b>*Kerri Sparling</b> <i>Burnout, balance, resilience and the use of humor to help you through</i>	<b>PACIFIC/ISLAND/PALM</b>
10:30am - 11:00am	<b>Smarter Diabetes Tech: Sifting Through the Maze of Options</b> <b>*Rachael Sood, RN, MSN, NP-C, CDCES</b> <i>This dynamic influencer is in the know. Up to date info on the latest &amp; greatest</i>	<b>PACIFIC/ISLAND/PALM</b>
11:00am - 11:30am	<b>The Path Towards a CURE: Prevent, Preserve &amp; Replace</b> <b>*Aaron Kowlaski, PhD</b> <i>Tzield, islet cells, and more innovations, presented by the president of Breakthrough T1D (JDRF)</i>	<b>PACIFIC/ISLAND/PALM</b>
11:30am - 11:45am	<b>I Screen, You Screen, We Should All Screen! 🍷 (Sponsored by Sanofi)</b> <b>*Shara Bialo, MD</b>	<b>PACIFIC/ISLAND/PALM</b>
11:45am - 1:30pm	<b>BREAK: Visit Sponsor Lounge</b> <i>Check out the booths and get your questions answered by our exhibitors</i>	<b>SUNSET BALLROOM</b>
12:30pm - 1:30pm	<b>It's a Wrap (actually a salad!) – Lunch</b>	<b>PARADISE TERRACE</b>

## SATURDAY (Continued)

1:30pm - 2:15pm	<b>AFTERNOON BREAKOUTS, PART 1</b>	
	1. Getting the Most Out of Your AID Systems (Automated Insulin Delivery) ( <i>repeats</i> ) - *Rayhan Lal, MD	MISSION BAY ROOM
	2. Cognitive Health: Diabetes Can Mess with the Brain, Learn Practical Strategies to Help ( <i>repeats</i> ) - Ian Blumer, MD	BAY VIEW ROOM
	3. Type 1s Get Insulin Resistance Too! What It Is and How to Fight Back ( <i>repeats</i> ) - Robert Thomas, MD	ROYAL I, II, III
	4. AI (Artificial Intelligence) and Diabetes: Smarter Tools, Better Decisions ( <i>repeats</i> ) - Kristen Kulasa, MD	GARDEN ROOM
	5. Support Group - You're Just My Type: Connecting People Living with T1D ( <i>continues</i> ) - *Laura Pavlakovich	ROYAL IV, V
	6. Type 3 Workshop for Friends, Family and Partners: How Can I Help? William Polonsky, PhD, CDCES	DOCKSIDE ROOM
2:30pm - 3:15pm	<b>AFTERNOON BREAKOUTS, PART 2</b>	
	1. Getting the Most Out of Your AID Systems (Automated Insulin Delivery) ( <i>repeated</i> ) - *Rayhan Lal, MD	MISSION BAY ROOM
	2. Cognitive Health: Diabetes Can Mess with the Brain, Learn Practical Strategies to Help ( <i>repeated</i> ) - Ian Blumer, MD	BAY VIEW ROOM
	3. Type 1s Get Insulin Resistance Too! What It Is and How to Fight Back ( <i>repeated</i> ) - Robert Thomas, MD	ROYAL I, II, III
	4. AI (Artificial Intelligence) and Diabetes: Smarter Tools, Better Decisions ( <i>repeated</i> ) - Kristen Kulasa, MD	GARDEN ROOM
	5. Support Group - You're Just My Type: Connecting People Living with T1D ( <i>continued</i> ) - *Laura Pavlakovich	ROYAL IV, V
	6. Type 3 Workshop: What to Do In Real Life Diabetes Emergencies Tricia Santos, MD	DOCKSIDE ROOM
3:30pm - 3:55pm	<b><u>Ask the Experts: No Slides, Just Real Questions - Expert Q&amp;A Rotations</u></b>	
	• Osteoporosis in Diabetes - Gina Wood, MD	ROYAL IV, V
	• Insurance, Prior Authorization, and Healthcare (Sponsored by Insulet) Katie Hathaway, JD; and Laura Ruhno	ROYAL I, II, III
	• Obesity in T1D - Jennie Luna, MD	GARDEN ROOM
	• Exercise - *Aaron Kolowski, PhD	BAY VIEW ROOM
	• Adult-Onset & LADA ( <i>continues</i> ) - Schafer Boeder, MD	MISSION BAY ROOM
	• Type 3 Session: Sharing CGM Data - *Kerri Sparling	DOCKSIDE ROOM
4:00pm - 4:30pm	• Joint, Tendon and Muscle Pain - Heather McDonald, MD, FRCPC	ROYAL IV, V
	• Sick Days & Hospitalization - Tricia Santos, MD	BAY VIEW ROOM
	• Healthy Eating for T1Ds - Jennie Luna, MD	GARDEN ROOM
	• Hypo Awareness - Robert Thomas, MD	ROYAL I, II, III
	• Adult-Onset & LADA ( <i>continued</i> ) - Schafer Boeder, MD	MISSION BAY ROOM
	• Type 3 Session: For Parents - Manasi Jaiman, MD	DOCKSIDE ROOM
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>	ROYAL/PACIFIC/ISLAND/PALM

## SUNDAY

7:00am - 8:00am	<b>Yoga/Stretch</b> <b>Power Walk</b> <b>Fun Run 5K around Mission Bay</b>	<b>PINE HILL</b> <b>PORTE COCHERE</b> <b>PORTE COCHERE</b>
7:30am - 9:30am	<b>Breakfast Buffet</b>	<b>PARADISE TERRACE</b>
9:30am - 10:00am	<b>Should All Type 1s Take a GLP-1?</b> *Jeremy Pettus, MD <i>GLP-1s can help T1Ds in more ways than just weight loss</i>	<b>PACIFIC/ISLAND/PALM</b>
10:00am - 10:45am	<b>Ask the Endos: Nothing Is Off-Limits</b> <i>Questions tailored by YOU. Pop your questions into the box on the mainstage.</i> <b>Moderator:</b> Tricia Santos, MD <b>Panelists:</b> *Steven Edelman, MD; *Irl Hirsch, MD; Schafer Boeder, MD	<b>PACIFIC/ISLAND/PALM</b>
10:45am - 11:00am	<b>BREAK: Rest, Stretch, Relieve...Whatever You Need!</b>	
11:00am - 11:15am	<b>The Speed Round - Do This, Not That, for Better Glucose Control</b> *Steven Edelman, MD, and *Jeremy Pettus, MD <i>Lessons from decades of experience with T1D that you can start using today!</i>	<b>PACIFIC/ISLAND/PALM</b>
11:15am - 11:45am	<b>These Diabetes GOATs Share Their Tales</b> <b>from Diabetes Past to Its Brighter Future</b> <i>Progression, hope, and motivation for a long healthy and happy life with type 1</i> *Steven Edelman, MD and *Irl Hirsch, MD	<b>PACIFIC/ISLAND/PALM</b>
11:45am - 12:00pm	<b>Wrap Up with Our Original ONE Song</b> *Jeremy Pettus, MD; and Erik Berg <i>Happy to be ONE</i>	<b>PACIFIC/ISLAND/PALM</b>

# 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 –

\*Shara Bialo, MD, Senior Medical Director, T1D Immunology, Sanofi, Philadelphia, PA

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

Katie Hathaway, JD, Senior Director, Global Head of Government Affairs, Advocacy and Public Policy, Insulet Corporation, Arlington, VA

\*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 & Metabolism, Specialist, Weight Management & 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

Laura Ruhno, Customer Care Advocacy, Insulet Corporation, Rutherford, NJ

\*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 –

\*Brooke Cassoff, Meditation Facilitator, Diabetes Sangha, San Diego, CA

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

\*Peter Friedfeld, Meditation Instructor, Co-Founder and Executive Director, Diabetes Sangha, 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