



The Diabetes Conference

That Will Change Your Life

Saturday, March 5, 2016
Sacramento, California





Do you ever wonder if anyone understands what it's like to live with diabetes?



“I laughed, I cried, I learned, and now I am inspired to take control of my diabetes.”

2015 CONFERENCE PARTICIPANT

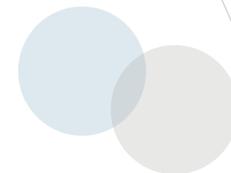


21 Taking Control

YEARS OF

Taking Control Of Your Diabetes Conference & Health Fair
Saturday, March 5, 2016

SACRAMENTO CONVENTION CENTER



TCOYD Understands!

Taking Control Of Your Diabetes (TCOYD) has been educating and motivating diabetes communities in cities around the country since 1995 through our conferences meant specifically for you. At these day-long programs, we assemble an all-star cast of diabetes experts who will ignite motivation, offer hope and change your life with diabetes forever. We are a not-for-profit organization whose sole purpose is to improve the lives of people with diabetes through education.

Our Founder's Story

I'm Steve Edelman, founder of Taking Control Of Your Diabetes. I was diagnosed with diabetes when I was 15 years old. I was told that blindness, kidney failure and amputations were likely to occur after several years and that my life expectancy wouldn't exceed 20 years. That was not a prediction I was willing to settle for, so I went into medicine to learn how to conquer this condition and help others afflicted with it. I'm 60 now and although I do have some complications, I am living well with diabetes. I have dedicated my medical career to educating and empowering others with this disease so they can live long and healthy lives with diabetes.



Steven V. Edelman, MD, Endocrinologist
TCOYD Founder & Director
Professor of Medicine, UCSD School of Medicine
Director, Diabetes Care Clinic, VA Medical Center San Diego



Your Day Will Look Like This

- 7:30am Registration & Health Fair Open
- 9:00am Opening Session for All Attendees
 - Welcome & Introduction**
Maury Gloster, MD; Deborah Greenwood, PhD, CNS, BC-ADM, CDE; and Patricia Ostrander, MD
 - Learn, Laugh, and Live Better with Diabetes**
Steven V. Edelman, MD
 - Getting and Staying on Track: Psychological Tips**
William Polonsky, PhD, CDE
- 10:40am Break / Learn at the Health Fair
Visit Health Fair Exhibits
Cheese, apples and beverages available
- 11:30am Mid-Morning Sessions*
- 12:30pm Sit-Down Banquet Lunch
Meet and mingle with others who have diabetes
- 1:30pm Afternoon Sessions / Workshops*
- 3:00pm Afternoon Break at the Health Fair
Beverages available in Health Fair throughout the afternoon
- 4:30pm Closing Session & Raffle for All Attendees
 - Controlling Diabetes: It's the Journey, Not the Destination**
Billy Mills, Olympic Gold Medalist
 - Raffle and Wrap-Up**



Free Screenings
1:30pm – 3:30pm
Foot Screening • Eye Screening
Blood Pressure Screening
and More

“ I learned more than I thought there was to know and I'm positive I will live a better life with my diabetes.”
2015 CONFERENCE PARTICIPANT

Fitness Sessions
10:40am – 11:30am
1:30pm – 3:30 pm
Zumba • Yoga

Ask a Specialist
1:30pm – 3:30pm
Doctors • Diabetes Educators • Dietitians
Nurses • Pharmacists • and More



95 % of participants reported being more knowledgeable about how to manage their diabetes after attending a TCOYD conference.



“ This conference provided me with encouragement, empowerment and the tools I needed to take control of my diabetes.”

2015 CONFERENCE PARTICIPANT

Type 1 Track



11:30am Mid-Morning Session

True Detectives: Solving Real Life Case Scenarios of Highs and Lows
Steven V. Edelman, MD; Jeremy Pettus, MD; and Brandon Arbitor

12:30pm Sit-Down Banquet Lunch

1:30pm Afternoon Workshops A *(pick one to attend)*

- Preventing, Detecting and Treating Hypoglycemia**
Gnanagurudasan Prakasam, MD, MRCP, MHA
- Pimp Your Pump: Advanced Pumping Techniques**
Rosanna Hannum, RN, MSN, CDE
- LADA: Diagnosed with Type 1 as an Adult**
Tricia Santos, MD

2:30pm Afternoon Workshops B *(pick one to attend)*

- Other Therapies and Treatments for Type 1s**
Tricia Santos, MD
- Alcohol and Diabetes: Do They Mix?**
Jeremy Pettus, MD
- For Your Eyes Only: Retinopathy**
Tony Tsai, MD

3:30pm Afternoon Session

Type 1 Research Is Booming: Find out the Latest and Greatest
Steven V. Edelman, MD; Jeremy Pettus, MD; and Tricia Santos, MD



Type 2 Track



Mid-Morning Sessions

- 11:30 am What's New For Type 2s?**
Maury Gloster, MD
- 11:50 am I Hate to Exercise**
Charlotte Hayes, MMSC, RDN, CDE, ACSM CCEP
- 12:10 pm Lighten Up Your Plate with Chef Lewis**
Chef Robert Lewis

12:30pm Sit-Down Banquet Lunch

2:00pm Afternoon Workshops A *(pick one to attend)*

- Cooking Class with Chef Lewis**
Chef Robert Lewis
- Bad Doctor, Good Patient; Good Doctor, Bad Patient!**
William Polonsky, PhD, CDE, and Steven V. Edelman, MD
- Caring for Your Heart and Kidneys**
David Pai, MD, and John Chin, MD
- Integrative Medicine: A Holistic Approach to Diabetes**
Maxine Barish-Wreden, MD, ABIHM
- New Insulin Options for Type 2s**
Deborah Plante, MD

3:30pm Afternoon Workshops B *(pick one to attend)*

- Let Food Be Your Medicine!**
Wendy Gregor, MA, RD, CDE
- Don't Freak Out About Diabetes! 10 Things to Know**
Patricia Ostrander, MD
- Arthritis and Musculoskeletal Complications**
Michael Barger, MD
- What's Up Doc? Staying Connected Online**
Deborah Greenwood, PhD, CNS, BC-ADM, CDE



Conference Faculty

* Person living with diabetes

Director

Steven V. Edelman, MD, Endocrinologist, Founder & Director of TCOYD, Professor of Medicine, UCSD School of Medicine, VA Medical Center San Diego *

Co-Directors

Maury Gloster, MD, Endocrinologist, Founder of the Sutter Diabetes Care Center; Medical Consultant, Medical Board of California

Deborah Greenwood, PhD, CNS, BC-ADM, CDE, Program Director, Sutter Health Integrated Diabetes Education Network, Research Scientist, Office of Patient Experience, Sutter Health; Immediate Past President, American Association of Diabetes Educators

Patricia Ostrander, MD, Head of Division of Endocrinology, Mercy Medical Group

Type 1 Track Co-Director

Jeremy Pettus, MD, Endocrinologist, Assistant Professor of Medicine, UCSD School of Medicine *



Speakers

Brandon Arbitr, VP, Product and Business Development, Tidepool

Maxine Barish-Wreden, MD, ABIHM, Medical Director, Sutter Health Institute for Health and Healing

Michael Barger, MD, Head of Rheumatology, Mercy Medical Group

Wendy Gregor, MA, RD, CDE, Registered Dietitian and Diabetes Educator, Sutter Weight Management Institute

Rosanna Hannum, RN, MSN, CDE, Lead Nurse, Coordinator, Pediatric Endocrine and Nutrition Service, Children's Outpatient Service, Sutter Medical Foundation

David Pai, MD, Nephrologist, Capitol Nephrology Group

Deborah Plante, MD, Endocrinologist, Private Practice

William Polonsky, PhD, CDE, Clinical Psychologist, Founder and CEO, Behavioral Diabetes Institute

Gnanagurudasan Prakasam, MD, MRCP, MHA, Medical Director, Pediatric Endocrinology and Diabetes, Sutter Medical Foundation

Tricia Santos, MD, Endocrinologist, Assistant Professor of Medicine, UCSD School of Medicine

Tony Tsai, MD, Ophthalmologist, Retina Consultants Medical Group

Fitness

Bailey Wobschall, Yoga Instructor, Zuda Yoga

Linda Taylor, Zumba Instructor, 24 Hour Fitness, Step 1

Screenings

Dana Cozzetto, DPM, Podiatrist, Mercy Medical Group

Brian McDowell, DPM, Podiatrist, McDowell Podiatry

Craig Wargon, DPM, Podiatrist, Medical Director of Technology, Kaiser Permanente Medical Group Northern California

Podiatry students, California School of Medicine, Oakland

Additional screeners from the community

Ask a Specialist

Sallie Adams, MD, MPH, Endocrinologist, Sutter Medical Foundation

Marie Barone, RD, CDE, Senior Dietitian, Health Management and Education, UC Davis Health System

Kimberly Buss, MD, MPH, Medical Director of Diabetes Education, Sutter Medical Foundation

Annette Dreith, RD, CDE, Dietitian, Mercy Medical Group

Colleen Duncan, RN, BSN, CDE, Diabetes Care Manager, Kaiser Permanente

Gwen Jackson, RN, CDE, Diabetes Care Manager, Kaiser Permanente

Jody Jardin, MS, RN, CDE, Manager, Diabetes Care Team, Mercy Medical Group

Margie Junker, MS, RDN, CDE, Nutrition Program Coordinator, Cares Community Health

Bridget Levich, MS, RN, CDE, Director, Health Management and Education, UC Davis Health System

Alex Nella, RD, CDE, Clinical Dietitian, Pediatric Specialty Clinics, UC Davis Health System

Vera Manzyuk, RN, MSN, CNS, Nursing Faculty, Kaplan College, Sacramento Campus

Karen McManus, RN, BSN/PHN, CDE, Diabetes Care Manager, Kaiser Permanente

Kristen Ransbury, MS, RD, CDE, Lead Registered Dietitian, Kaiser Permanente

Rosa Reyes, RN, BSN, CDE, Clinical Resource Nurse, Health Management and Education, UC Davis Health System

Elaine Reynolds, RD, CDE, Dietitian, Mercy Medical Group

Teresa Rodriguez-Wargo, NP, CDE, Diabetes Educator, Nurse Practitioner, Sutter Medical Foundation

Allison Tallyn, MAS, RD, CDE, Registered Dietitian Nutritionist, Student Health and Counseling Services, UC Davis Health System

Additional specialists from the community

Special Guest Speakers

Charlotte Hayes, MMSC, RDN, CDE, ACSM CCEP
Author and Motivator

Charlotte inspires people to be active and eat healthfully. She is the author of *I Hate to Exercise*, a book that turns everyday activities into a fitness plan you'll love.



Robert Lewis
The Happy Diabetic Chef

Chef Lewis shares his tips, tidbits and humorous anecdotes about cooking. *



Billy Mills
Olympic Champion

Billy is an American Indian who won the 10,000m gold in Tokyo in 1964. Billy weaves the focus it took to win a gold medal with the focus used to lead a long and healthy life with diabetes. *



Jeremy Pettus, MD
Endo That Walks the Talk

Jeremy is an endocrinologist and international speaker who talks about type 1 diabetes from his firsthand experience of living with the disease. *



William Polonsky, PhD, CDE
Behavioral Psychologist
Dr Polonsky is the Founder and President of the Behavioral Diabetes Institute focusing on the emotional side of diabetes.



Become a Sweet Member of TCOYD

Join us and support diabetes education by becoming a member! Annual membership: \$20

Benefits:

- \$5 discount on your conference registration fee
- *Taking Control Of Your Diabetes* 4th edition of the compelling book that contains the latest information on diabetes
- One-year subscription to TCOYD's quarterly newsletter

If you purchase a Sweet Membership with your conference pre-registration, you will receive your copy of *Taking Control Of Your Diabetes* at the registration desk on the day of the conference. Books cannot be shipped to you.

Are you a medical professional?

Earn CME credits by attending the Making the Connection conference held in tandem with the Taking Control Of Your Diabetes Conference & Health Fair. Registration online only at www.tcoydcme.org.



Mark Your Calendar! Join Us in a City Near You!

2016 Conference & Health Fair Schedule

February 20 Anchorage, Alaska	June 18 San Antonio, Texas
March 5 Sacramento, California	August 27 Native American Corning, California
April 16 Memphis, Tennessee	October 1 San Diego, California
April 30 Honolulu, Hawaii	November 19 Orlando, Florida
May 21 Washington, DC	

This conference is brought to you by:



We are grateful to our sponsors:



Taking Control Of Your Diabetes (TCOYD) is a nonprofit organization educating and motivating diabetes communities around the country since 1995.

Registration

Important details

When: Registration & Health Fair Open: 7:30am
Conference: 9:00am – 5:00pm

Where: Sacramento Convention Center
1400 J Street • Sacramento, CA 95814
916.808.5291

Parking: Many downtown parking facilities to choose from. Visit www.cityofsacramento.org/Public-Works/Parking-Services

How do I register?

Online: www.tcoyd.org

Phone: 800.998.2693 or 858.755.5683

Mail: Fill out the registration form and mail to:
Taking Control Of Your Diabetes
1110 Camino Del Mar, Suite B
Del Mar, CA 92014

What is the cost?

Early-bird registration fee

\$20 per person

\$15 per person: 2 or more registering together

Day-of on-site registration fee

\$25 per person

Registration includes morning snack and lunch

Did you get a TCOYD membership with your registration? Be sure to take \$5 off your registration fee

If you need Financial Aid, give us a call!

What's the registration deadline?

Phone or online:

Wednesday, March 2, 12 noon PST

Mail: Must be postmarked by Friday, Feb 26

What happens if I have to cancel?

All cancellations must be made by **Friday, Feb 26** in order to receive a full refund.

Why is the registration fee so low?

While we charge only \$10–\$25 per person in registration fees, it costs TCOYD \$125–\$175 per person for these conferences. We make up the cost difference by raising funds from our generous donors as well as educational grants. TCOYD is a 501(c)3 nonprofit charitable educational organization. All donations directly support TCOYD, are tax deductible, and are greatly appreciated.



How did you hear about this conference?

First Person

Attending Type 1 Track Type 2 Track
Join or renew membership (\$20) Yes No
Send TCOYD news via Email Yes No

NAME

ADDRESS

CITY / STATE

ZIP

PHONE

EMAIL

Second Person

Attending Type 1 Track Type 2 Track
Join or renew membership (\$20) Yes No
Send TCOYD news via Email Yes No

NAME

ADDRESS

CITY / STATE

ZIP

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Payment

Total Registration Fees \$ _____
Total membership / Renewal fees \$ _____
Additional donation / Gift amount \$ _____
TOTAL \$ _____

AmEx Discover VISA M/C

NAME ON CARD

BILLING ADDRESS

CITY / STATE / ZIP

CARD #

EXP DATE

SECURITY CODE

SIGNATURE

Checks payable to **Taking Control Of Your Diabetes or TCOYD** • 1110 Camino Del Mar, Suite B
Del Mar, CA 92014

Office use only: Date rcv'd _____

Sacramento '16 Check no _____