The Diabetes Conference
That Will Change Your Life
Saturday, May 21, 2016
Washington, DC

TCOYD IS A 501(C)3 NONPROFIT CHARITABLE EDUCATIONAL ORGANIZATION
Do you ever wonder 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 YEARS OF
Taking Control Of Your Diabetes
Conference & Health Fair
Saturday, May 21, 2016
WALTER E. WASHINGTON CONVENTION CENTER
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 Talks for All Attendees
        Welcome & Introduction
        Nicholas Argento, MD, CDTC; Vanita Aroda, MD; and Thomas Donner, 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
        Healthy Pleasures: Life Beyond Diabetes
        David Sobel, MD, MPH
        Raffle and Wrap-Up

*Turn page for Type 1 and Type 2 Afternoon Sessions / Workshops

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

Spend part of your day in our dynamic and interactive health fair

Exhibitor Booths
7:30am – 4:30pm
Device Companies • Pharma
Local Support • Innovative Products
Hospital Programs • Interactive Demos

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

Afternoon Hands-on Sessions
1:30pm – 3:30pm

Free Screenings
Foot Screening • Eye Screening
Blood Pressure Screenings and More

Ask a Specialist
Doctors • Diabetes Educators
Dietitians • Nurses • Pharmacists 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
Type 1 Track

11:30am Mid-Morning Session
Steven V. Edelman, MD; Nicholas Argento, MD, CDTC; Thomas Donner, MD; and Molly McElwee-Malloy, RN, CDE

12:30pm Sit-Down Banquet Lunch

1:30pm Afternoon Workshops A (pick one to attend)
- Pimp Your Pump: Advanced Pumping Techniques
  Mark Corriere, MD; Susan Renda, NP, CDE; and Alyson Steckler, RN, BSN, BS
- LADA: Diagnosed with Type 1 as an Adult
  Thomas Donner, MD
- Preventing, Detecting, and Treating Hypoglycemia
  Stephen Clement, MD

2:30pm Afternoon Workshops B (pick one to attend)
- Alcohol and Diabetes: Do They Mix?
  Nicholas Cuttriss, MD, MPH, FAAP

- Exercise and Diabetes
  Nicholas Argento, MD, CDTC; Alan Nadelbach; Adam Driscoll; and Clifton Williams

- Therapies and Treatments Other than Insulin
  Aaron Kowalski, PhD

3:00pm Afternoon Break
Beverages available in Health Fair throughout the afternoon

3:30pm Afternoon Session
Type 1 Research Is Booming: Find out the Latest and Greatest
Steven V. Edelman, MD; Nicholas Argento, MD, CDTC; Thomas Donner, MD; Aaron Kowalski, PhD; Tricia Santos, MD; and Laurie Want, MSN, RN, CDE, CCRC, BC-ADM
Type 2 Track

Mid-Morning Sessions
11:30 am  Do You Know Your ABCs? A1C, Blood Pressure, & Cholesterol
James R. Gavin III, MD, PhD
11:50 am  Healthy Habits Start Today
Robert Sherman
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
Sexual Dysfunction: The Hard Facts
Arnon Krongrad, MD
Keep Your Relationships Sweet: For You and Your Loved Ones
Lisa Hoffmeyer, PhD

3:00pm  Afternoon Break
Beverages available in Health Fair throughout the afternoon

3:30pm  Afternoon Workshops B (pick one to attend)
An In-Depth Look at Type 2 Treatments, Including Insulin
Mansur Shomali, MD, CM
Fun Foot Facts and the Latest on Neuropathy
Craig Wargon, DPM
Help for the Newly Diagnosed and Those at Risk
Rana Malek, MD
Why Weight? Surgical and Medical Options
Vanita Aroda, MD, and Timothy Shope, MD, FACS, FASMBS
Conference Faculty

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

Co-Directors
Nicholas Argento, MD, CDTC, Diabetes Technology Director; Maryland Endocrine, Diabetes Program Medical Advisor; Howard County General Hospital
Vanita Aroda, MD, Scientific Director, Physician Investigator, MedStar Community Clinical Research Center, MedStar Health Research Institute
Thomas Donner, MD, Director, Johns Hopkins Diabetes Center; Associate Professor of Medicine, Johns Hopkins University School of Medicine

Speakers
Mark Corriere, MD, Endocrinologist, Maryland Endocrine, PA
Stephen Clement, MD, Endocrinologist, Georgetown Diabetes Center
Nicolas Cuttriss, MD, MPH, FAAP, Pediatric Endocrinologist, Co-Founder and Chairman of the Board, AYUDA
Lisa Davis, RDN, CDE, Diabetes Educator, Center for Diabetes & Endocrinology, University of Maryland Medical Center
Adam Driscoll, President, Adventures for the Cure
Lisa Hoffmeyer, PhD, Licensed Psychologist, Applied Developmental Psychology
Aaron Kowalski, PhD, Chief Mission Officer & VP Research, JDRF
Arnon Krongrad, MD, Urologist, Chief Executive Officer, Allevion, Inc.
Rana Malek, MD, Assistant Professor of Medicine, University of Maryland Medical Center
Molly McElwee-Malloy, RN, CDE, Head of Patient Engagement, Director of Marketing, TypeZero Technologies

Alan Nadelbach, T1DM
Susan Renda, NP, CDE, Nurse Practitioner, Johns Hopkins Diabetes Center
Tricia Santos, MD, Endocrinologist, Assistant Professor of Medicine, UCSD School of Medicine
Mansur Shomali, MD, CM, Endocrinologist, MedStar Health Research Institute
Timothy Shope, MD, FACS, FASMBS, Director, Center for Advanced Laparoscopic & Bariatric Surgery
Alyson Steckler, RN, BSN, BS, Senior Diabetes Clinical Manager, Medtronic Diabetes
Laurie Want, MSN, RN, CDE, CCRC, BC-ADM, Research Nurse Coordinator, MedStar Health Research Institute
Craig Wargen, DPM, Podiatrist, Medical Director of Technology, Kaiser Permanente Medical Group Northern California
Clifton Williams, T1DM

Fitness
Robert Sherman, President, International Fitness Consultant, Robert Sherman Fitness
Renee Wiggins, RD, LD/CPFT LifeStyle Case Manager, MedStar Health Research Institute

Ask a Specialist
Bonnie Alexander, RD, LDN, Outpatient Dietitian, Washington Adventist Hospital
Wendy Krisburg Anderson, RD, CDE, Clinical Dietitian, Giant Food
Mary Blanchard, RN, MSN, CDE, Diabetes Nurse Educator, Mother of a Type 1
Special Guest Speakers

Robert Lewis
The Happy Diabetic Chef
Chef Lewis shares his tips, tidbits and humorous anecdotes about cooking.

James R. Gavin III, MD, PhD
Renowned Diabetes Doctor
Dr Gavin is the CEO & Chief Medical Officer of Healing Our Village, Inc. He is a trailblazer, scientist, advocate, mentor and educator for diabetes.

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.

David Sobel, MD, MPH
Leader In Patient-Centered Care
Dr Sobel is a primary care physician, TV personality, author, and leader in patient-centered care.

Robert Sherman
Fitness Consultant & Master Trainer
Robert is recognized as one of the top 100 fitness trainers in Men’s Journal. He believes that everBODY can exercise.

Angela Ginn-Meadow, RD, LDN, CDE, Senior Diabetes Educator, Center for Diabetes & Endocrinology, University of Maryland Medical Center

Eva Gonzales, MPH, RD, CDE, UM CDE Network Coordinator, Center for Diabetes & Endocrinology, University of Maryland Medical Center

Adline Ghazi, MD, Director, Diabetes Care Program, Good Samaritan Hospital

Susan Gustavsson, RN, CDE, Diabetes Nurse Educator, Mercy Hospital Diabetes Center, Baltimore, MD

Mae Hynes, RDN, LDN, CDE, Dietitian, Center for Diabetes & Endocrinology, University of Maryland Medical Center

Teresa Love, MS, RD, CDE, Dietitian, Diabetes Program, Howard County General Hospital

Jene Martins-Richards, PharmD, BCPS, BC-ADM, CDE, Associate Director, Medical Science Liaison, Boehringer Ingelheim

Zayd Nashaat, MD, Research Coordinator, MedStar Health Research Institute

Maria Obeid, DNP, AGNP-BC, RN, CCRC, Clinical Trials Nurse Practitioner, MedStar Health Research Institute

Jean Park, MD, Endocrinologist, Endocrinology and Metabolism, Metropolitan Medical Associates, Good Samaritan Hospital

Mansur Shomali, MD, CM, Endocrinologist, MedStar Health Research Institute

Michael Taylor, RN, CDE, Diabetes Nurse Educator, Howard County General Hospital Diabetes Center

Hope Warshaw, MMSC, RD, CDE, Dietitian, Founder, www.hopewarshaw.com

Additional specialists from the community

Screenings
Heather Janney, DPM, Podiatrist, Podiatry Associates, PA
Alex Kor, DPM, Podiatrist, Johns Hopkins Medicine
Leslie Rivera, RN, Nurse, Maryland Endocrine
Craig Wargon, DPM, Podiatrist, Medical Director of Technology, Kaiser Permanente Medical Group Northern California

Additional screeners from the community
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
- **March 5** Sacramento, California
- **April 16** Memphis, Tennessee
- **April 30** Honolulu, Hawaii
- **May 21** Washington, DC
- **June 18** San Antonio, Texas
- **August 27** Native American Corning, California
- **October 1** San Diego, California
- **November 19** Orlando, Florida

This conference is brought to you by:

We are grateful to our sponsors:

Platinum: dexcom
Gold: Bayer HealthCare, Boehringer Ingelheim, Janssen, Johnson & Johnson, SANOFI
Silver: Abbott Diabetes Care, Insulet Corporation, MERCK, Puracy

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

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

**Where:** Walter E. Washington Convention Center
801 Mount Vernon Place NW
Washington, DC 20001

**Parking:** Parking is available in lots surrounding the Convention Center for $10 to $20.

**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, May 18, 12 noon PST

Mail: Must be postmarked by Friday, May 13

**What happens if I have to cancel?**

All cancellations must be made by Friday, May 13 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.

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**How did you hear about this conference?**

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**First Person**

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

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**Second Person**

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

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**Payment**

Total Registration Fees $ _________

Total membership / Renewal fees $ _________

Additional donation / Gift amount $ _________

TOTAL $ _________

[ ] AmEx  [ ] Discover  [ ] VISA  [ ] M/C

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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 ____________
Washington, DC ‘16  Check no ____________
Join Us For

The Diabetes Conference

That Will Change Your Life

Saturday, May 21, 2016

Washington, DC

TCOYD is a 501(c)3 nonprofit charitable educational organization dedicated to giving people with diabetes the strength that comes from education, motivation and self advocacy to take control of their diabetes.