

DO IT for Someone You **LOVE**

The **Best Diabetes
Conference** You'll
Ever Attend!

Saturday
May 6, 2017
Raleigh
Convention
Center



INSPIRATIONAL. MOTIVATIONAL. EDUCATIONAL.

Not to mention

FUNNY and ENTERTAINING!

We throw out the sterile, grey, clinical setting and hit you with: Inspiring speakers. **HUMOR**. Motivating workshops. **EMPOWERING** educational lectures. Hands-on activities. An interactive health fair brimming with exhibitors (aka lots of free goodies and giveaways). A **YUMMY LUNCH** and the opportunity to connect and make some new friends along the way.

COST

Early Bird Registration
NOW until April 26 , 2017

\$30 per person

\$25 per person when
two or more register together

After April 26

\$45 per person

LOCATION

Raleigh Convention Center
500 South Salisbury Street
Raleigh, NC 27601

Parking

\$7 per vehicle at public parking garages
surrounding the convention center

Register Now!

tcoyd.org

800.998.2693





MEET OUR FEARLESS LEADER AND FELLOW PWD*!

DR. STEVEN EDELMAN

Hello there!

My name is Steven Edelman and when I was 15 years old I was diagnosed with diabetes. I was told all sorts of horror stories and was given only 20 more years to live! CAN YOU BELIEVE THAT?

At that time, I was pretty naive about diabetes, but as I grew older my motto became, "Prove 'em wrong!"

I'm 61 now, and I am so fortunate to be living a healthy, happy, and productive life with diabetes. I want all of YOU to do the same!

Come join TCOYD for the best diabetes education available to mankind! Bring your loved ones and be ready to transform the way you feel about diabetes. We'll educate you, motivate you and empower you, all while providing you with a few laughs along the way!

We are with you through the highs and lows,

*person w/diabetes

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

Health **FAIR**

A walk-away experience
that will keep you
**laughing and
learning** all year long.

Sounds good, right? **Here's more great stuff!**

7:30am – 4:30pm

Exhibitor Booths Open and Ready for Action! State-of-the-art device companies, Innovative pharmaceuticals, Local support programs and Healthy lifestyle options

10:40 – 11:30am and/or 1:30 – 3:30pm

Fitness Sessions Resistance Training • Yoga

1:30 – 3:30pm

Free Screenings Foot • Eye • Blood Pressure • and More

Ask A Specialist Doctors • Diabetes Educators • Dietitians

Nurses • Pharmacists • and More

PS You're going to need a suitcase to cart
away all your **great goodies** and giveaways
...bags provided (but not suitcases!)





YOUR FABULOUS DAY with TCOYD!

Saturday, May 6
7:30am—5:00pm

Morning Schedule

- 7:30 am** **Registration & Health Fair Open**
- 9:00 am** **Welcome & Introduction**
Dave D'Alessio, MD; John Buse, MD, PhD;
Jan Nicollerat, MSN, RN, ACNS-BC, CDE;
and Laura Young, MD, PhD
- 9:10 am** **Diabetes on the Offensive:
Getting Educated, Motivated and Empowered**
Steven V. Edelman, MD
- 10:10 am** **The Emotional Side of Diabetes**
William Polonsky, PhD, CDE
- 10:40 am** **Morning Break**
Visit Health Fair Exhibits (Cheese, apples
and beverages available in Health Fair)

(see next page
for type 1 and type 2 track programs)

Type 1 Track

11:30 am

Mid-Morning Session

Golden Rules for Type 1s: Tips for Living Well with Diabetes

Tricia Santos, MD; Steven V. Edelman, MD; Camille Izlar, RD, CDE, BC-ADM; Katherine Bergamo, BSN, RN, MS, FNP-C; Jamie Diner, RN, BSN, CDE; and Paul Couch, BSN, RN, CCRN-CMC

12:30 pm

Delicious & Healthy Lunch

1:30 pm

Afternoon Workshops A - Select One

**Introduction to Continuous Glucose Monitoring (CGM):
For Those Considering or Just Starting**

Tricia Santos, MD, and Nancy Lelle-Michel, MSN, RN, CDE, BC-ADM

Advanced CGM: Tips for the Experienced User

Jennifer Stallings, RD, LDN, CDE, CPT

Food for Thought: Low Carb, Paleo, Juicing and More

Camille Izlar, RD, CDE, BC-ADM

Supporting Your Loved Ones with Type 1:

How Not to Be the Diabetic Police

William Polonsky, PhD, CDE, and Paul Enquist

2:30 pm

Afternoon Workshops B - Select One

Staying in Shape with Type 1: Practical Strategies

Joe Largay, PA-C, CDE

Treatments for Type 1 Other Than Insulin

John Buse, MD, PhD

Advanced Pumping: My Pump Can Do That?

Nancy Lelle-Michel, MSN, RN, CDE, BC-ADM

Diabetes and the Stomach: Celiac and Other GI Issues

David Tandler, MD

3:30 pm

Afternoon Session

Diabetes Tomorrow: What's on the Horizon for Type 1s?

Tricia Santos, MD; John Buse, MD, PhD;
and Elizabeth Mayer-Davis, PhD

Closing Session

for everyone!

4:30 pm

Healing Our Village

James R. Gavin III, MD, PhD

5.00 pm

Raffle and Wrap-Up



Type 2 Track

Mid-Morning Session

11:30 am

**Do You Know Your ABCs?
A1c, Blood Pressure, and Cholesterol**
Dave D'Alessio, MD

11:50 am

Hey, Every Body Can Exercise
Katie Hirsch, MA, EP-C, CISSN

12:10 pm

Lighten Up Your Plate with Chef Lewis
Chef Robert Lewis

12:30 pm

Delicious & Healthy Lunch

2:00 pm

Afternoon Workshops A - Select One

Cooking Class with Chef Lewis
Chef Robert Lewis

Diabetes on the Cheap
Lauren McKnight, PharmD, CPP, BCACP

Meter Reading: High, Low, Now What?
Marilyn Novosel, MPH, BSN, RN, CDE, CPC

Keep Your Kidneys Kicking
Kevin Lee, MD

3:00 pm

Afternoon Break

Visit Health Fair Exhibits
Beverages available in Health Fair throughout the afternoon

3:30 pm

Afternoon Workshops B - Select One

**An In-Depth Look at Type 2 Treatments,
Including Insulin Options**
Corey Berlin, MD

**Patients vs. Providers: Why Are We at Odds
about Medications?**

Steven V. Edelman, MD, and William Polonsky, PhD, CDE

Why Weight? Medical and Surgical Options

Tara Lynn Zychowicz, NP

Stress Management

Laura Young, MD, PhD

Conference & Health Fair Schedule 2017

Mark Your
Calendar

JOIN US

IN A CITY
NEAR YOU

February 11 Honolulu, Hawaii
March 25 Santa Clara, California
April 8 Salt Lake City, Utah
May 6 Raleigh, North Carolina
June 3 Overland Park, Kansas
**NEW TYPE 1 Weekend
Conference & Retreat**
June 23-25 San Diego, California
September 23 St. Louis, Missouri
October 7 Missoula, Montana
November 18 San Diego, California



Hey There Medical Professionals!

Do you want to earn some **CME credits**?
Attend MAKING THE CONNECTION. It's
a CME conference held in tandem with
this Taking Control Of Your Diabetes
Conference & Health Fair.

www.tcoyd.org

Registration:
Online only for you
**savvy healthcare
providers.**

Early-Bird
Registration \$50
Ends April 26, 2017

TCOYD SWEET MEMBERSHIP

Friend \$30 Ambassador \$50

We want you to **stay connected** to TCOYD all year long. **It's so much better** than hangin' with us for just one day.

Here's just a taste of our membership benefits:

Conference reg discounts

Taking Control Of Your Diabetes E-book

Members' only newsletter

Yummy and easy recipes

The most **up to date** info on diabetes comin' at you straight from Dr. Steve himself

Visit tcoyd.org and sign up!



Registration Assistance Program

Would you love to come to the TCOYD conference, but need help with the registration fee?

Give us a call to hear about our registration assistance program.

Another reason why TCOYD is SO FABULOUS!

Did you know that it actually costs TCOYD about \$175 per conference attendee to make our conferences a reality? YEP, pricey isn't it? How do we do it if we're only charging around \$30 per person? We make up the cost difference by raising funds from our generous donors in addition to being supported by a number of educational grants.

TCOYD is a 501(c)3 nonprofit charitable educational organization.

All donations directly support TCOYD, are tax deductible, and are GREATLY APPRECIATED.

Cancellations

If you need to cancel do so by Friday, April 28, 2017, to receive a full refund.

SPONSORS

Platinum



FAMILY OF DIABETES COMPANIES

Gold



Silver



Supporting



Special Guest Speakers



John Buse, MD, PhD
Renowned Diabetes Researcher
Dr. Buse oversees a team of doctors and researchers who study the mechanisms of insulin resistance and new modalities for the treatment of diabetes.



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

*Extra
relatable faculty
(they're livin' with
type 1 or type 2)

The Best of the Best These diabetes thought leaders will provide you with invaluable information and improve the way YOU or someone you care about lives with type 1 or type 2 diabetes!

Director

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

Type 1 & 2 Track Co-Director

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

Co-Directors

John Buse, MD, PhD, Director, Diabetes Care Center; Chief of the Division of Endocrinology, Executive Associate Dean for Clinical Research and Professor, UNC School of Medicine

David D'Alessio, MD, Associate Director, Duke Molecular Physiology Institute, Duke University School of Medicine

Elizabeth Holt, MD, Endocrinologist, Raleigh Endocrine Associates, Assistant Consulting Professor of Medicine, Duke University School of Medicine

Elizabeth Mayer-Davis, PhD, Cary C. Boshamer Distinguished Professor of Nutrition and Medicine Chair, Department of Nutrition, UNC

Jan Nicollerat, MSN, RN, ACNS-BC, CDE, Vice Chair, NC Diabetes Advisory Council; Consulting Associate, Duke University School of Nursing; Adjunct Faculty, Nursing-UNC-CH & ECU

Laura Young, MD, PhD, Assistant Professor of Medicine; Director, Endocrinology Fellowship Program, Division of Endocrinology, UNC School of Medicine

Tara Lynn Zychowicz, NP, Weight Loss Specialist, Division of Gastrointestinal Surgery, UNC

Speakers

***Katherine Bergamo, BSN, RN, MS, FNP-C**, Faculty Research Instructor, Department of Endocrinology, UNC School of Medicine

Corey Berlin, MD, Endocrinologist, Raleigh Endocrine Associates

***Paul Couch, BSN, RN, CCRN-CMC**, ICU Nurse, UNC

***Jamie Diner, RN, BSN, CDE**, Clinical Research Coordinator, UNC Diabetes Care Center

Paul Enquist, Type 3 = Loved one of a Type 1

***Camille Izlar, RD, CDE, BC-ADM**, Certified Pump Trainer, UNC Diabetes Care Center

***Joe Largay, PA-C, CDE**, Physician Assistant, UNC Diabetes Care Center

Kevin Lee, MD, Nephrologist, Capital Nephrology & Associates

***Nancy Lelle-Michel, MSN, RN, CDE, BC-ADM**, Program Coordinator, Duke University Adult Diabetes Education Program, Duke University Hospital

Lauren McKnight, PharmD, CPP, BCACP, Clinical Pharmacist, UNC Medical Center



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



William Polonsky, PhD, CDE
Behavioral Psychologist
Bill is founder and president of the Behavioral Diabetes Institute, focusing on the emotional side of diabetes.



Tricia Santos, MD
Endo Extraordinaire
Tricia is an endocrinologist and Assistant Professor of Medicine at UCSD. She is an expert on diabetes and speaks nationally for TCOYD.

Marilyn Novosel, MPH, BSN, RN, CDE, CPC,
Diabetes Coach, Fit4D; Clinical Prevention Specialist, HCMS Group; Clinical Pump Consultant, Animas

***Jennifer Stallings, RD, LDN, CDE, CPT,**
Program Manager, Duke Primary Care Diabetes Program

David Tendler, MD, Gastroenterologist,
Duke and Triangle Endoscopy Center

Fitness Faculty

Katie Hirsch, MA, EP-C, CISSN, Exercise Physiology Research and Teaching Assistant, Human Movement Science Curriculum, Department of Allied Health Science, UNC

Sierra Luz, MEd, CHC, E-RYT, Yoga Instructor, Integrative Health Coach, Transformational Life Coach, Mindful Journey

Ask a Specialist

Maire Alexander, MSN, RN, ANP-BC, BC-ADM, Nurse Practitioner, Inpatient Diabetes and Endocrine Service, Duke Regional Hospital

Jennifer English Jones, RN, BSN, CDE, Clinical Trials Coordinator, Duke University Medical Center

Lisa Hill, PA-C, Physician Assistant, Doctors Making Housecalls

Lisa Gilmore, MSN, MBA, RN, CDE, BC-ADM, Diabetes Clinical Nurse Specialist, Duke University Hospital

Lauren Hendricks, FNP-C, Family Nurse Practitioner, Raleigh Endocrine Associates

Susan Houston, RN, CDE, BSN, Nurse Case Manager – Employee Wellness, Vidant Health

Gwen Locklear, RN, BSN, CDE, Inpatient Diabetes Educator, Carolinas Healthcare System

Jamie Messenger, PharmD, BCACP, CPP, Clinical Pharmacist Practitioner, Clinical Assistant Professor of Family Medicine, The Brody School of Medicine, East Carolina University

Michelle Mielke, MBA, RD, LDN, CDE, President, Local AADE Chapter; Clinical Diabetes Educator, UNCH Diabetes and Endocrinology Clinic, Meadowmont

Mary Pace Bennerman, RD, CDE, LDN, Registered Dietitian, VA Medical Center, Fayetteville

Marjorie Pierre-Louis, APRN, MSN, FNP-C, Family Nurse Practitioner, Raleigh Endocrine Associates

Susan Rohn, RD, LDN, CDE, Nutrition Services, Adult Diabetes Education Program, Duke University Hospital

***Beth Silvers, RD, CDE, MS, LDN,** Registered Dietitian and Diabetes Educator, Proactive Health Internal Medicine

Nanci Sullivan-Blackert, RN, MSN, NP-C, CDE, CPT, Nurse Practitioner, North Carolina Nephrology

Kathryn Whitfield Simons, MEd, RD, LDN, CDE, Dietitian, VA Medical Center, Durham

Additional specialists from the community

Screenings

Howard Kashefsky, DPM, Podiatrist, Director, Wound Management Clinic, UNC

Additional screeners from the community