Our mission is to encourage people with diabetes to take a more active role in their health through education, motivation, empowerment and perhaps most importantly... HUMOR!

Taking Control Of Your Diabetes is a 501(c)(3) Nonprofit Charitable Educational Organization
Join Dr. Steve Edelman and his team of diabetes specialists, expert physicians and renowned researchers in paradise for the ultimate, most informative and fun type 1 event you’ll ever attend!

**AUGUST 16 – 18, 2019**
PARADISE POINT RESORT & SPA
1404 Vacation Road, San Diego, CA 92109

**$150 PER PERSON**
(After May 16, 2019)
($200 per person)

**REGISTER NOW!**
tcoyd.org/one2019
800.998.2693

**TRANSFORM THE WAY YOU LIVE WITH TYPE 1**

CUTTING EDGE TYPE 1 EDUCATION

WORLD’S BEST TYPE 1 SPEAKERS

ALL MEALS INCLUDED

HANG WITH PEEPS WHO TOTALLY GET YOU

NIGHTLIFE PARTIES

RUNS, YOGA AND MUCH MORE!
# WEEKEND AT A GLANCE

## FRIDAY
- **3:00PM**  
  Conference Check-In Opens
- **3:00PM - 9:00PM**  
  Sponsor Lounge Open
- **4:00PM**  
  Hotel Check-In Begins
- **6:00PM - 7:00PM**  
  Welcome to TCOYD Speaker Program
- **7:00PM - 8:00PM**  
  Bayside Reception – Drinks and Food
- **8:00PM**  
  Memphis’s Brad Birkedahl’s Rockabilly Trio

## SATURDAY
- **7:00AM - 8:00AM**  
  Yoga | Tai Chi | Power Walk | TCOYD Fun Run
- **7:30AM - 9:30AM**  
  Breakfast Buffet
- **9:30AM - 12:30PM**  
  Morning Speaker Program
- **10:30AM - 4:30PM**  
  Sponsor Lounge Open
- **12:30PM - 1:30PM**  
  Lunch
- **1:30PM - 4:30PM**  
  Speaker Program & Workshops
- **4:30PM - 6:30PM**  
  Free Time, Fun Time! Enjoy some poolside relaxation, ping pong, horseshoes, bocce ball. *(Paddle board rentals, kayaking, sailing, spa massages are also available for an additional fee.)*
- **6:30PM - 10:00PM**  
  Party on the Bay!  
  Food, drinks, DJ & dancing

## SUNDAY
- **7:00AM - 8:00AM**  
  Yoga | Tai Chi | Power Walk | TCOYD Fun Run
- **7:30AM - 9:30AM**  
  Breakfast Buffet
- **9:30AM - 12:30PM**  
  Morning Speaker Program

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"For me, spending the weekend surrounded by other T1Ds was one of the **BEST EXPERIENCES** of my life. I made instant connections with so many people and **LEARNED SO MUCH** from them. **THANK YOU** for bringing us all together. **MY HEART IS FULL!**"

- **ONE 2018 CONFERENCE PARTICIPANT**
Friday
6:00PM - 7:00PM  Welcome to TCOYD!
Steven V. Edelman, MD; Jeremy Pettus, MD
Tricia Santos, MD; and Schafer Boeder, MD
7:00PM - 8:00PM  Adjourn for Bayside Reception – Drinks and Food

Saturday
9:30AM - 10:00AM  Type 1... The Past, the Present and the Future
Steven V. Edelman, MD
10:00AM - 10:30AM  Where's the Secret Sauce?
William Polonsky, PhD, CDE
10:30AM - 11:30AM  Visit the Sponsor Lounge
11:30AM - 12:00PM  The Top 10 Roadblocks We Encounter in Diabetes Care
Jeremy Pettus, MD
12:00PM - 12:30PM  Advances In the Artificial Pancreas:
Life Changing Breakthroughs
Aaron Kowalski, PhD
1:30PM - 2:15PM  Afternoon Workshops A - Select One!
• Sugar Surfing...Ride Your Waves with Finesse
  Stephen Ponder, MD
• Start Here...DIY (Do It Yourself) Artificial Pancreas
  Katie DiSimone
• Walk this Way!!! Solving Common Foot Problems
  Craig Wargon, DPM
• A Type 1’s Nightmare...Hypoglycemia!
  How to Prevent and Treat Mild to Severe Cases
  Ian Blumer, MD, FRCPC
2:30PM - 3:15PM  Afternoon Workshops B - Select One!
• Feeling Out of Joint? Remedies for Frozen Shoulder,
  Trigger Finger and other Musculoskeletal Issues
  Heather McDonald, MD, FRCPC
• Managing Your Diabetes Before, During and After Exercise
  Schafer Boeder, MD; *Laura Barba, CDE, NP; and *Maggie Crawford
• I've Got a Bad Feeling in My Gut!
  Celiac, Gluten Sensitivity and Gastroparesis
  Brigid Bolan, MD
• The Insurance Kerfuffle: How to Navigate thru the
  System to Get the Meds, Devices and Tools you Need!
  *Christel Marchand Aprigliano, MS, CEO, and
  *Leyla Mansour-Cole

Sunday
9:30AM - 10:00AM  Patient-Centered Research T1D Exchange: Accelerating
Therapies and Improving Type 1 Care
Kellee Miller, PhD
10:00AM - 10:45AM  A Hands-On Practical Session on How to Improve Your
Time in Range
*Steven V. Edelman, MD; *Jeremy Pettus, MD;
Tricia Santos, MD; and Schafer Boeder, MD
10:45AM - 11:00AM  Break! Rest, stretch, relieve...whatever you need!
11:00AM - 11:30AM  Strike the Spike: Think Like a Pancreas
*Gary Scheiner, MS, CDE
11:30AM - 12:00PM  Type 1’s Hottest New Drugs! SGLT Inhibitors Show
Promising Results
Tricia Santos, MD
12:20PM - 12:30PM  Let’s Wrap It Up!
THE BEST OF THE BEST

ONE 2019: SPECIAL GUEST SPEAKERS

*STEVEN EDELMAN, MD
Endocrinologist, Founder & Director, TCOYD
Clinical Professor of Medicine, UCSD School of Medicine,
Director, Diabetes Care Clinic, VA Medical Center San Diego

*JEREMY PETTUS, MD
Endocrinologist, Type 1 Track Co-Director, TCOYD
Associate Professor of Medicine, UCSD School of Medicine

TRICIA SANTOS, MD
Endocrinologist, Type 2 Track Co-Director, TCOYD
Associate Clinical Professor of Medicine
UCSD School of Medicine

*BRAD BIRKEDAHL
Master musician backed by a smokin’ rockabilly band!

*AARON KOWALSKI, PHD
Chief Mission Officer & VP Research, JDRF

*KERRI SPARLING
Author, Creator of SixUntilMe.com
Speaker, Tandem Diabetes Care’s Speaker Series

*Extra relatable faculty (they’re living well with diabetes).

ADDITIONAL SPEAKERS

*Christel Marchand Aprigliano, MS, CEO, Diabetes Patient Advocacy Coalition,
Tampa, Florida

*Laura Barba, CDE, NP, Nurse Practitioner, UCSD and Rady Children’s Hospital,
San Diego California

Ian Blumer, MD, FRCP, Endocrinologist, Charles H. Best Centre, University of Toronto,
Toronto, Ontario, Canada

Schafer Boeder, MD, Endocrinologist, Assistant Professor of Medicine, UCSD School
of Medicine, San Diego, California

*Maggie Crawford, Professional Climber, Surfer, Athlete, Scientist, Dexcom,
San Diego, California

Katie DiSimone, Loop Training and Documentation Lead, Tidepool, Palo Alto, California

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

*Stephen Ponder, MD, FAAP, CDE, Pediatric Endocrinologist, Author, Blogger, Belton, Texas

*Leyla Mansour-Cole, Policy Director, Diabetes Patient Advocacy Coalition,
Rockville, Maryland

Heather McDonald, MD, FRCPC, Rheumatologist, Mount Sinai Hospital, Toronto,
Ontario, Canada

Kellee Miller, PhD, Epidemiologist Clinical Research Director, JAEB Center for Health
Research, Tampa/St. Petersburg, Florida

*Gary Scheiner, MS, CDE, Owner, Integrated Diabetes Services, Philadelphia, Pennsylvania

*Kerri Sparling, Author, Creator of SixUntilMe.com, Speaker, Tandem Diabetes Care’s
Speaker Series, East Greenwich, Rhode Island

Lorraine Stiehl, Management Consultant, StiehlWorks; NIH NIDDK Advisory Council;
Chancellor and Research Committee, JDRF; San Diego, California

Craig Wargon, DPM, Podiatrist, Medical Director of The Technology Group, Kaiser
Permanente Medical Center, Santa Clara, California

FITNESS FACULTY

*Annie Cooper, Former NCAA D1 Rower, Pump Therapy Specialist, Tandem,
San Diego, California

*Maggie Crawford, Professional Climber, Surfer, Athlete, Scientist, Dexcom,
San Diego, California

*Judith Jones-Ambrosini, Diabetes Journalist, Tai Chi Instructor, New York, New York

*Trevor Thomson, Active Lifestyle Advocate, Pump Therapy Specialist, Tandem,
San Diego, California

*Sarah Tomlinson, Yoga Instructor, Yantra Teacher and Mindfulness Coach,
San Diego, California

*Matt Vande Vegte, CPT, Certified Personal Trainer, Founder, FTF Warrior,
San Diego, California
**FREQUENTLY ASKED QUESTIONS ANSWERED**

Q: What’s included with my registration fee?
All meals, sponsored parties, lectures, workshops, health fair access, fitness sessions and unlimited photo ops with Dr. Edelman.

Q: How do I register for the conference?
Online: tcoyd.org/one2019  |  Phone: 800.998.2693

Q: How should I book my hotel room?
Call Paradise Point Resort & Hotel directly at 800.344.2626. Be sure to ask for the TCOYD rate ($259 per night, plus tax and a $10 resort fee). Book plenty of time in advance, rooms will sell out quickly at this rate.

Q: Can I come a day late, leave early, extend my stay?
Of course! However, the conference registration fee remains the same.

Q: What if I’m local and I don’t need a hotel room?
No problem, we anticipate many locals to attend. Parking will be free for our participants who are not staying overnight at the hotel.

Q: Can I bring my kids to the conference & retreat?
The conference is geared towards anyone over the age of 16. Traveling families are welcome to enjoy the hotel’s many amenities.

Q: Can I bring my spouse, family member, or friend?
YES! We even have specific workshops just for your diabetes cheerleader. Anyone attending the conference needs to register and pay the registration fee.

Q: I’m gluten-intolerant/vegetarian/vegan – will the included meals have options for me?
YES! The chef will have many substitutions & options for you.

Q: How far is the hotel from the San Diego International Airport?
A quick 15 minutes, about 7 miles.

Q: What if I have to cancel?
ONE:2019 cancellations need to be made by May 16 to receive a full refund. Hotel cancellations are subject to Paradise Point Resort & Spa’s cancellation policies and must be made by contacting the hotel directly.

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