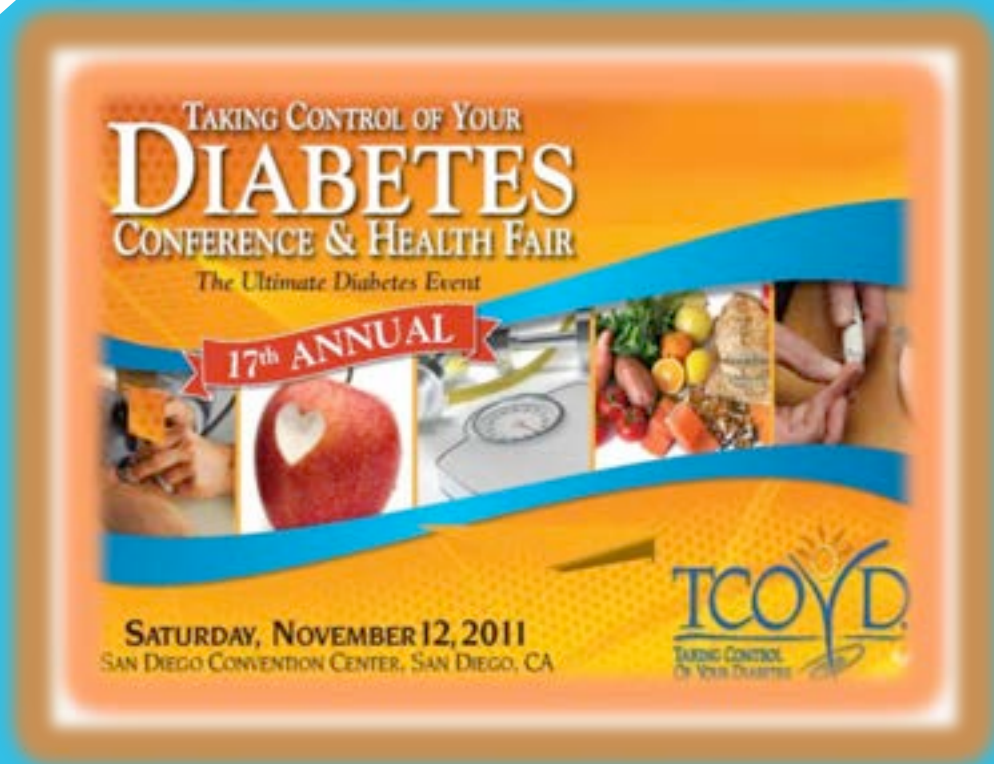




TCOYD SAN DIEGO: FIRST LOOK
PREVIEW OF THE NOVEMBER 12TH CONFERENCE

“Attending TCOYD has given me a great jump start to my new lifestyle.”
-TCOYD Conference, San Diego 2010



SPECIAL GUEST SPEAKERS: FIRST LOOK



Ben Vereen,
singer, dancer, actor; living well with diabetes



Charlie Kimball,
Indy Race Car Driver; living well with diabetes



Natalie Strand, MD,
2010 Winner, The Amazing Race; living well with diabetes



Kim Lyons,
former trainer on TV's 'The Biggest Loser' -Supported by Pfizer



Chef Robert Lewis,
"The Happy Diabetic"; living well with diabetes -Supported by Hill & Valley Sugar-Free Premium Bakery



Phil Southerland,
professional cyclist; founder, Team Type 1; author; living well with diabetes

TCOYD IS ALL ABOUT...

Taking the important messages about living well with diabetes *directly* to the people most affected by this condition



THREE IMPORTANT THEMES OF TCOYD

1. You have the main responsibility to take control of your health
2. You are your own best advocate
3. Be smart and be persistent



MORNING SESSION I:

9:00 a.m. - 10:40 a.m.

TOO GOOD TO BE MISSED



9:00 a.m.

Welcome & Introduction

Steven V. Edelman, MD, Endocrinologist; TCOYD Founder and Director; living well with diabetes

9:10 a.m.

Knowledge Gives You the Power to Take Control of Your Diabetes

Steven V. Edelman, MD, Endocrinologist; TCOYD Founder and Director; living well with diabetes

10:00 a.m.

'Take the Next Step' and Exercise!

Kim Lyons, former trainer on TV's 'The Biggest Loser' -Supported by Pfizer

10:10 a.m.

Diabetes for the Disinterested: How to Regain Your Gusto

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



MORNING BREAK: EXPLORING OUR EXHIBITS



Visit Heath Fair Exhibits

10:40 – 11:40 a.m.

Cheese, apples and beverages available



Exercise Demo: ‘Take The Next Step’ with Kim Lyons

Kim Lyons, Fitness Expert, Professional Trainer,

Certified Nutritionist and former trainer on TV’s ‘The Biggest Loser’

-Supported by Pfizer

Getting Personal with our Trainer: Tailored Fitness Programs Based on Your Personality

Jen Bellenger, Personal Trainer, Group Instructor, The Greenasium: A Sustainable Fitness Studio, Encinitas

Pull Up a Chair and Get Your Groove On: Chair Dancing

Jodi Stolove, MS, Founder, Chair Dancing International, Inc



MORNING SESSION II:

11:40 a.m - 12:40 p.m.

A MOTIVATIONAL TRIFECTA

11:40 A.M.

The Recipe for Better Eating: Cooking with “The Happy Diabetic”

Chef Robert Lewis, www.happydiabetic.com; living well with diabetes

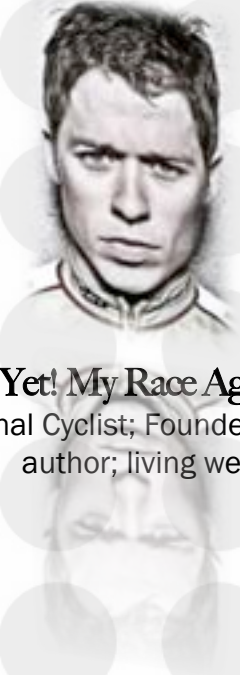
Supported by Hill & Valley Sugar-Free Premium Bakery



12:20 P.M.

Back by popular demand: Taking a STAND for Diabetes!

Ben Vereen, singer, dancer, actor; living well with diabetes



12:00 P.M.

Not Dead Yet! My Race Against Diabetes

Phil Southerland, Professional Cyclist; Founder, Team Type 1 author; living well with diabetes

LUNCHTIME: FIRST LOOK (INCLUDED WITH REGISTRATION)

12:40 p.m.

Lunch is Served



1:30 p.m.

Lunch Adjourns



AFTERNOON SESSIONS I: FIRST LOOK

2:00 p.m. - 3:00 p.m.

Meet The Experts Workshop Sessions I - 6 *(choose one)*

1. Got Insulin? Self-Made or Man-Made Your Body Needs It! A Session for Type 2's

Daniel Einhorn, MD, Endocrinologist, and Chris Sadler PA-C, CDE, Diabetes & Endocrine Associates; and a representative from the A1c Champions who is living well with diabetes - *Session supported by Sanofi-Aventis Pharmaceuticals*

2. Get Pumped About Your Pumping Options: Traditional Pumps vs. Patch Pumps

John Walsh, PA, CDE, AMCR Clinic, Diabetes Mall, Founder and President; Karmeen Kulkarni, MS, RD, CDE, Director, Scientific Affairs, Abbott Diabetes Care; Manny Hernandez, tudiabetes.org/diabeteshandsfoundation.org, blogger on a pump who is living well with diabetes

3. Birds Do It, Bees Do It, So Can You: It's All About Sex

Rose Hartzell, PhD, EdS, Sex Therapist, San Diego Sexual Medicine

4. Our Current Health Care Reform: How Does it Affect You Today?

Kriss Halpern, JD, Diabetes Attorney, Santa Monica, CA; living well with diabetes

5. Be a Helping Hand, Not a Thorn in the Side: A Session for People Who Live with or Love Someone Who Has Diabetes

Susan Guzman, PhD and William Polonsky, PhD, CDE, Clinical Psychologists, Behavioral Diabetes Institute

6. Newest Wound Care Technologies: Bio-Engineered Skin and Other New Innovations

Ingrid Kruse, DPM, Podiatrist, VA Medical Center



AFTERNOON SESSIONS II: FIRST LOOK

3:30 p.m. – 4:25 p.m.

Meet The Experts Workshops Session 7-12 *(choose one)*

7. A Continuous Glucose Monitoring System Can Be Your Best Friend: Learn How it Can Work For You

Tim Bailey, MD, Endocrinologist, AMCR Clinic; Jeremy Hodson Pettus, MD, UCSD Internal Medicine Chief Resident; Andrea Gasper, MS, PA-C, Diabetes & Endocrine Associates; Tim Smith and David Lim, both living well with their diabetes and their CGM systems

8. Wake Up and Smell the Roses: Don't Let Sleep Apnea Rob You of Your Z's

Aliya Ferouz-Colborn, MD, San Diego Sleep and Sinus Clinic, Encinitas; Celeste Kelley, living well with her diabetes and her CPAP

9. The Good, The Bad and The Ugly: Developing Better Communication Between Healthcare Providers and People with Diabetes

David Marrero, PhD, Director, Translational Research Center, Indiana University, living well with diabetes; and Steven V. Edelman, MD, living well with diabetes

10. Take The Next Step: Getting Motivated!

Riva Greenberg, Author and Journalist, Huffington Post, living well with diabetes; and Kim Lyons, former trainer on TV's "The Biggest Loser" *-Supported by Pfizer*

11. Can't Relate? Oh Yes I Can! A Session For Teens and Young Adults Lead by Indy Race Car Driver Charlie Kimball

Charlie Kimball, Indy Race Car Driver, living well with diabetes

12. The Secret Language to Healing: Integrative Medicine

Mimi Guarneri, MD, FACC, Cardiologist, Medical Director and Founder, Scripps Center for Integrative Medicine





SESSIONS: FIRST LOOK

10:40 a.m. - 4:25 p.m.

GETTING INTO ACTION

Participate in Our Interactive Activities

10:40 - 11:40 a.m. (Morning Break)

Take the Next Step and Exercise with Kim Lyons!

Kim Lyons, Former trainer on TV's "The Biggest Loser" -*Supported by Pfizer*

10:40 - 11:40 a.m. (Morning Break) and 1:30 - 4:25 p.m.

Getting Personal with our Trainer: Tailored Fitness Programs Based on Your Personality

Jen Bellenger, Personal Trainer, Group Instructor, The Greenasium: A Sustainable Fitness Studio, Encinitas

10:40 - 11:40 a.m. (Morning Break) and 1:30 - 4:25 p.m.

Pull Up a Chair and Get Your Groove On: Chair Dancing

Jodi Stolove, MS, Founder, Chair Dancing International, Inc

1:30 - 4:25 p.m.

Ride With Me: Learn to Cycle with Team Type 1 and Team Type 2

Phil Southerland and members of Team Type 1 and Team Type 2

1:30 - 4:25 p.m.

Surfing in the USA and Other Fun Sports That Will Turn You Into a Fitness Enthusiast

Peter Nerothin, Founder and President, living well with diabetes; and Nate Heintzman, PhD, Chairman, Insulindependence.org

1:30 - 4:25 p.m.

Take a Step in the Right Direction: Getting Active by Walking

Bill King, Diabetes Advocate, Marathon Runner, living well with diabetes -*Sponsored by Animas Corporation*





SESSIONS : FIRST LOOK

7:30 a.m. - 4:25 p.m.

TAKE THEIR ADVICE

Learn from Our Specialists

7:30 a.m. - 4:25 p.m.

Roving Diabetes Educators Wearing 'Ask ME' Ribbons. Ask Your Questions and Get the Answers You Need!

Angela Norton, RN, PHN, CDE and a faculty of roving educators wearing the 'Ask Me' ribbons

10:40 - 11:40 a.m. (During Morning Break) and 1:30 - 4:25 p.m.

Connecting with Your Diabetes Community: Online Resources for Living Well with Diabetes

Manny Hernandez, tudiabetes.org and diabeteshandsfoundation.org; David Edelman, diabetesdaily.com; and George Simmons, ninjabetic.com

10:40 - 11:40 a.m. (During Morning Break)

Healthy Eating: It's Not Complicated!

Janice Baker, MBA, RD, CDE, CNSC, BakerNutrition.com

10:40 - 11:40 a.m. (During Morning Break) and 1:30 - 4:25 p.m.

RealAge: Take the Free Test and Determine Your RealAge: Health Tips to Living Younger

1:30 - 4:25 p.m.

The Doctor Is In! Get Your Questions Answered

Endocrinologists: Juan Pablo Frias, MD, UCSD Clinical Faculty; Neelima Chu, MD, Sharp Rees-Stealy; Michael Lee, MD, Scripps Clinic and Matthew Levine, MD, Scripps-Diabetes

3:00 - 4:25 p.m.

This Little Piggy Went to Market: Foot Screening

Ingrid Kruse, DPM, Podiatrist, VA Medical Center and a faculty of podiatrists from the community



CLOSING SESSION: FIRST LOOK

4:30 p.m. – 5:00 p.m

BE THE CHANGE IN YOUR LIFE

4:30 p.m.

“Winning With Diabetes”

Natalie Strand, MD, 2010 Winner, The Amazing Race; living well with diabetes



5:00 p.m.

Raffle, Video Montage, and Wrap-up

Steven V. Edelman, MD, Endocrinologist; TCOYD Founder and Director; living well with diabetes