

4th Year
in Montana

Do you have **DIABETES?** *Take Control*



ATTEND THIS **DIABETES CONFERENCE & HEALTH FAIR**

IT WILL CHANGE YOUR LIFE!

Saturday, September 8, 2012

9:00 am - 4:30 pm

Hilton Garden Inn Missoula
Missoula, Montana



Taking Control Of Your Diabetes® is a 501(c)(3)
not-for-profit educational organization



are not alone.

Diabetes affects 26 million
people in the U.S. and more
than 70,000 people in
Montana.

Many are asking the same question:
*Does anyone understand what it's like to live
with diabetes?*

TCOYD understands!

- TCOYD has been educating and motivating diabetes communities in cities around the country since 1995.
- We have assembled an all-star cast of diabetes experts for a day that will ignite motivation, offer hope and change your life with diabetes forever!



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

Our Founder's Story

My name is Steve Edelman and I am the Founder of Taking Control of Your Diabetes (TCOYD). I was diagnosed with diabetes when I was 15. 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 56 now and although I do have some complications, I am living well with diabetes and I have dedicated my medical career to educating and empowering others with this disease that they, too, can live long and healthy lives with diabetes.

DIRECTOR

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

CO-DIRECTORS

Jennifer Troupe, MS, RD, CDE, Program Coordinator, Diabetes Care and Prevention Center, Saint Patrick Hospital

Christopher Corsi, MD, Endocrinologist, Diabetes Care and Prevention Center, Saint Patrick Hospital

Michele Danicich, MD, FACE, Endocrinologist, Community Medical Center

KEYNOTE SPEAKERS

Carla Cox, PhD, RD, CDE, CSSD, Western Montana Clinic and Saint Patrick Hospital

Robert Lewis, Professional Chef, www.Happydiabetic.com

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

WORKSHOP FACULTY

Ian Blumer, MD, FRCPC, Diabetologist, Ontario, Canada

Vince Colucci, PharmD, BCPS (AQ-CARD), CPP, Professor, University of Montana, Cardiovascular Clinical Pharmacist Specialist, International Heart Institute of Montana

Sara Engberg, RD, CDE, Saint Patrick Hospital

Robert Henry, MD, Endocrinologist, VA Medical Center, San Diego

Ginny Lewis, MN, ARNP, CDE, Kalispell Regional Medical Center

Deb Shock, Panelist, CGM user

Deborah Sybrant, PA-C, MPAS, Director of the Women's Heart Health Program, International Heart Institute of Montana

HANDS-ON FACULTY

Brian Baty, Registered Yoga Instructor, Inner Harmony Yoga

Deb Bjorsness, MPH, RD, BC-ADM, CDE, Benefits Health System

Laura Del Guerra, RD, CDE, Taking Control

Person living well with diabetes



Douglas Cairns grew up with a dream to fly. He fulfilled that dream by becoming a pilot for the Royal Air Force. Just when he thought the sky was the limit he was diagnosed with type 1 diabetes. This diagnosis resulted in a revoked pilot license and a stolen dream of flying. Douglas did not like being forced to ground his plane, so he dared to dream of flying again. Look up high enough and you just might see him. Don't ever let diabetes limit the scope of your dreams and ambitions. Always dare to dream!

Hands-On Faculty Continued

- Nancy Eyles, MD**, Community Medical Center
- Judy Fitzner, RN, CDE**, Community Medical Center
- Barb Gates, LPN**, Occupational Health Services, Saint Patrick Hospital
- Scott Guess, MD**, Ophthalmologist, Rocky Mountain Eye Clinic
- Maranda Herner**, Fitness Technician, Saint Patrick Hospital, Anatomy Instructor University of Montana
- Colleen Karper, BSN, RN, CDE**, Kalispell Regional Medical Center
- Bill King**, Diabetes advocate; motivational speaker; avid runner • Supported by Animas Corporation
- Pam Lockwood, RD, CDE**, Diabetes Dietitian at Community Medical Center
- Dena Moss, LPN**, The Springs
- Robbie McCue, RN**, Saint Patrick Hospital
- Ashley Miles, PharmD**, Saint Patrick Hospital
- Gregg Neibauer, DPM**, Alpine Foot & Ankle Clinic
- Kathy Rucker, RD, CDE**, VA Montana Health Care System
- Linda Simon, RN**, MCPS Health Services Supervisor School Nurse



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Missoula Montana

MORNING Program

REGISTRATION & HEALTH FAIR OPEN
7:30 am

MORNING SESSION I
9:00 - 10:40 am

Too Good to be Missed

- 9:00 am **Welcome & Introduction**
Conference Co-Directors: Jennifer Troupe, MS, RD, CDE; Chris Corsi, MD and Michele Danicich, MD, FACE
- 9:10 am **Knowledge Gives You the Power to Take Control of Your Diabetes**
Steven V. Edelman, MD
- 10:10 am **The Psychology of Diabetes: How to Get and Keep Your Gusto**
William Polonsky, PhD, CDE

MORNING BREAK
10:40 - 11:30 am

Visit Health Fair Exhibits
Cheese, apples and beverages available in Health Fair

HANDS-ON SESSIONS
10:40 - 11:30 am & 1:00 - 3:55 pm

Small Group Activities
Walking - Yoga - Cardio
Connecting with Diabetes Social Media

One-on-One With the Experts
Foot Screening - Ask a Pharmacist - Ask a Dietitian
Ask a Doctor - Ask a Specialist - Ask an Educator
Ask the Exercise Physiologist - Ask a School Nurse

MORNING SESSION II
11:30 - 12:30 pm

A Motivational Trifecta

- 11:30 am **It's All About Prevention: Preventing Diabetes and Preventing Complications if You Already Have It!**
Chris Corsi, MD
- 11:50 am **Get Active! Taking a Step in the Right Direction**
Carla Cox, PhD, RD, CDE, CSSD
- 12:10 pm **A Recipe for Better Eating: Cooking with "The Happy Diabetic"**
Chef Robert Lewis

LUNCHEON
12:30 - 1:00 pm
Boxed Lunch

*"TCOYD has given me more peace of mind, more knowledge, more freedom."
- TCOYD 2012 Conference Attendee*

AFTERNOON Program

SESSION I WORKSHOPS
1:30 - 2:30 pm

Choose Your Topic of Interest

- Creating Your Own Nutrition Tool Box**
Jennifer Troupe, MS, RD, CDE and Sara Engberg, RD, CDE
- The Latest News on Type 2 Treatment Options**
Robert Henry, MD; Chris Corsi, MD and Michele Danicich, MD, FACE
- Get Pumped About Your Pumping Options: Traditional Pumps vs. Patch Pumps**
Ian Blumer, MD; Carla Cox, PhD, RD, CDE and Ginny Lewis, MN, ARNP, CDE

AFTERNOON BREAK
2:30 - 3:00 pm

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

TCOYD has assembled an all-star cast of diabetes experts for a day that will ignite motivation, offer hope and change your life with diabetes forever!

SESSION II WORKSHOPS
3:00 - 3:55 pm

Choose Your Topic of Interest

- The Good, The Bad and The Ugly: Developing Better Communication Between Healthcare Providers and People with Diabetes**
William Polonsky, PhD, CDE, and Steven V. Edelman, MD
- Keep Your Kidney's Kicking and Your Heart Pumping**
Ian Blumer, MD and Deborah Sybrant, PA-C, MPAS
- Herbal and Dietary Supplements for Managing Diabetes...Hype or Hope?**
Vince Colucci, PharmD, BCPS (AQ-CARD), CPP
- A Continuous Glucose Monitoring System Can Be Your Best Friend: Learn How It Can Work for You**
Michele Danicich, MD, FACE; Deb Shock, panelist using CGM

CLOSING PROGRAM
4:00 - 4:30 pm

- 4:00 pm **Dare to Dream: Flying Solo with Diabetes**
Douglas Cairns, Pilot
- 4:30 pm **Raffle, Video Montage and Wrap-Up**

Attention Families with Type 1 Children, Safe at School is hosting a meeting on Friday, September 7 from 7-8:30pm at the Hilton.

Please call Carla Cox if you and your family are interested in attending (404) 396-0530. This program is separate from the TCOYD event.

Safe at School teaches families their rights, the school's legal obligations, the development of written care plans, strategies for resolving school diabetes care problems and provides resources to help make sure your child is treated fairly and is safe at school.

Learn, Laugh and Live Better



Register Now

SWEET Membership



Support diabetes education by becoming a "Sweet Member" of TCOYD and save \$5 on pre-registration.

For an additional \$20, become a Sweet Member and receive a discount on your pre-registration fee, a copy of the compelling book, *Taking Control of Your Diabetes, 3rd Edition*, or a DVD disc set of one of the four TCOYD-TV seasons, as well as the critically acclaimed quarterly *TCOYD Newsletter* with the most up-to-date information on diabetes.

Please note: If you purchase a Sweet Membership with your conference pre-registration you must pick up your book or DVD at the conference. Books and DVDs are available only to those who attend; shipping not available. Total cost for one registration and one year as a "Sweet Member" is \$30.



CEUs for Medical Professionals!

If you are a medical professional, consider registering for 'Making The Connection: Improving Clinical Care and Adherence for Patients With Diabetes.' This innovative CME program is being held concurrently with the Taking Control of Your Diabetes' Conference and Health Fair. Earn up to 7.25 credits. **More information & registration online at: www.tcoydcme.org**

"At TCOYD I found support, became more informed, empowered and encouraged. I feel connected to others."

- TCOYD 2012 Conference Attendee

TCOYD.org or 800.998.2693

This conference is brought to you by Taking Control Of Your Diabetes®, a 501(c)3 not-for-profit educational organization



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In Association with



2012 TCOYD Schedule Conferences and Health Fairs

- February 11 Washington, D.C.
- March 3 Sacramento, CA
- April 14 Honolulu, HI
- April 15 Maui, HI
- May 19 Raleigh, NC
- June 23 San Ysidro, CA - Latino
- September 8 Missoula, MT
- September 15 Sacramento, CA - Latino
- September 22 Des Moines, IA
- October 27 San Diego, CA
- November 3 Oceanside, CA - Latino
- December 1 Austin, TX

Take Control REGISTRATION

Fees
(Registration fee includes all materials and lunch)

Early-Bird Registration Fee
Early-bird registrations will be taken by phone, fax or online through 12 noon PST, Wednesday, Sept. 5. Registrations sent through the mail must be postmarked by Friday, Aug. 31, 2012.

\$15 per person (\$10 per person for 2 or more registering together) \$5 off either fee with membership
No refunds after Wednesday, Sept. 5, 2012

Day of Registration Fee
\$20 per person on-site

Secure Online Registration
www.tcoyd.org

Financial Aid
Financial aid is available for those in need. Ask your caregiver or call TCOYD (800) 998-2693.

Parking
Parking is complimentary

Hilton Garden Inn Missoula
3720 North Reserve Street, Missoula MT 59808 (406) 532-5300

Accommodations
If you would like to stay at the Missoula Hilton Garden Inn, please call the hotel directly at (406) 532-5300. Rates start at \$104.

Registration & Information
Call TCOYD office: (800) 998-2693 or (858) 755-5683 • FAX (858) 755-6854
Look for us on the internet: www.tcoyd.org
if you have special needs, call (800) 998-2693.

Why is the registration fee to attend this conference so low?

While we charge only \$10-\$20 per person in registration fees, it costs TCOYD \$125-175 per person for this conference. We make up the cost difference by raising funds from our generous donors as well as educational grants. TCOYD is a 501(c)3 not-for-profit charitable educational organization. All donations directly supporting TCOYD are tax deductible and greatly appreciated.

Register at TCOYD.org or call 800-998-2693 or mail

How did you hear about this conference?

First Person

Is this your first time attending TCOYD? Yes No
Join or renew membership (\$20)? Yes No

Name _____

Address _____ Apt. _____

City _____ State _____

Zip _____ Phone No. (____) _____

Please send TCOYD news via Email Yes No

Email Address _____

Second Person

Is this your first time attending TCOYD? Yes No
Join or renew membership (\$20)? Yes No

Name _____

Address _____ Apt. _____

City _____ State _____

Zip _____ Phone No. (____) _____

Please send TCOYD news via Email Yes No

Email Address _____

Payment (See registration fees left column)

Total Registration Fees	\$ _____
Total Membership/Renewal Fees	\$ _____
Additional Donation/Gift Amount	\$ _____
Total	\$ _____

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Taking Control Of Your Diabetes or TCOYD

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