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Health Fair



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ATTEND THIS

DIABETES CONFERENCE & HEALTH FAIR

It will change your life!

Saturday, October 12, 2013
CenturyLink Center
Omaha Convention Center
Omaha, NE

Do you have DIABETES?

Take Control

ATTEND THIS
**DIABETES
CONFERENCE &
HEALTH FAIR**

It will change your life!



Saturday, October 12, 2013
CenturyLink Center
Omaha Convention Center
Omaha, NE





are not alone!

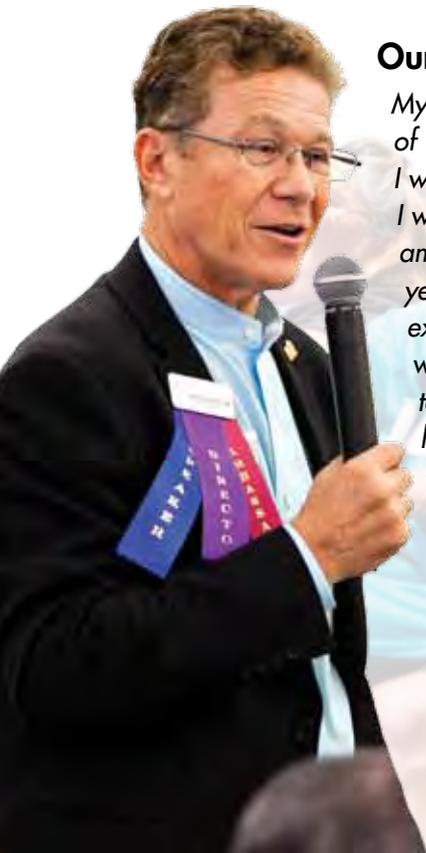
Diabetes affects 26 million people in the U.S. and more than 160,000 in Nebraska.

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!



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 57 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 so they, also, can live long and healthy lives.

Steven V. Edelman, MD, Endocrinologist

TCOYD Founder and Director

Professor of Medicine, UCSD School of Medicine

Director, Diabetes Care Clinic, San Diego VA Medical Center

TYPE 2 TRACK 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: *Tim Wahl, MD; Rebecca Newberry, APRN, MS, CDE; Cynthia Mathiasen, BSN, RN, CDE; and Jennifer Collins, RN, BSN, CDE*

9:10 am **Well Controlled Diabetes Is the Leading Cause of Absolutely Nothing!**
Steven V. Edelman, MD

10:10 am **It's Not About What You Can't Do, It's About What You Can Do!**
William Polonsky, PhD, CDE

MORNING BREAK

10:40 - 11:30 am

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

MORNING SESSION II

11:30 - 12:30 pm

A Motivational Trifecta

11:30 am **The Latest News on Type 2 Treatment Options**
Tim Wahl, MD

11:50 am **Taking a Step in the Right Direction**
Angie Helseth, MA

12:10 pm **A Recipe for Better Eating: Cooking with "The Happy Diabetic"**
Chef Robert Lewis

LUNCHEON

12:30 - 1:30 pm

Sit-Down Banquet Lunch
Meet and mingle with others who have type 2

THE DOCTOR IS IN!

1:30 - 4:25 pm

Get your individual questions answered by one of our diabetes specialists.

One-on-One Consultations Covering Topics from A-Z

Talk to a doctor, converse with a dietitian, consult with a pharmacist and learn from our diabetes educators.

DIABETES SHAKEDOWN

Fitness Sessions

10:40 - 11:30 am and/or 1:30 - 4:25 pm

Zumba ♦ Personal Training ♦ Yoga

Register Now TCOYD.org or 800.998.2693

TYPE 2 TRACK Afternoon Program

SESSION I WORKSHOPS

2:00 - 3:00 pm

Choose Your Topic of Interest

Cooking with "The Happy Diabetic"
Chef Robert Lewis

I've Been Told I Am at Risk for Developing Diabetes: Now What?
Rebecca Newberry, APRN, MS, CDE

Keep Your Kidneys Kicking and Your Heart Pumping
Jerry Fischer, MD

AFTERNOON BREAK

3:00 - 3:30 pm

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

SESSION II WORKSHOPS

3:30 - 4:25 pm

Choose Your Topic of Interest

Diabetes Police and Diabetes Criminals: Developing Better Communication Between Healthcare Providers and People with Diabetes
William Polonsky, PhD, CDE, and Steven V. Edelman, MD

The Best Care for Your Feet
Jon Goldsmith, DPM

Self-Made or Man-Made Your Body Needs Insulin! A Session for Type 2's
Marium Ilahi, MD

GET CHECKED OUT

Complimentary Screenings for All Attendees

1:30 - 4:25 pm

Blood Pressure Screening ♦ Foot Screening ♦ and More



CLOSING SESSION

4:30 - 5:00 pm

4:30 pm **"Diabetes Saved My Life"**
Urban Miyares

5:00 pm **Raffle and Wrap-Up**

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!



TYPE 1 TRACK 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: Tim Wahl, MD; Rebecca Newberry, APRN, MS, CDE; Cynthia Mathiasen, BSN, RN, CDE; and Jennifer Collins, RN, BSN, CDE
- 9:10 am **Well Controlled Diabetes Is the Leading Cause of Absolutely Nothing!**
Steven V. Edelman, MD
- 10:10 am **It's Not About What You Can't Do, It's About What You Can Do!**
William Polonsky, PhD, CDE

MORNING BREAK

10:40 - 11:30 am

Visit Health Fair Exhibits

Cheese, apples and beverages available in Health Fair

MORNING SESSION II

11:30 - 12:30 pm

iDiabetes: Pumps and CGM

Jeremy Pettus, MD; Steven Edelman, MD; Kerri Sparling; Patty Burling, BSN, RN, CDE, CPT; K. Neil Sheppard, MD; Emily Knezevich, PharmD, BCPS, CDE, CPT; and Sue Ridder, BSN, RN, CDE

LUNCHEON

12:30 - 1:30 pm

Sit-Down Banquet Lunch
Meet and mingle with others who have type 1

TYPE 1 GROUP SESSIONS

1:30 - 2:00 pm

Choose Your Topic of Interest

Family Planning and Pregnancy
Lynn Mack, MD

Diabetes Online Community
Kerri Sparling and Bill Woods

Celiac Disease
Sarah Keegan, MS, RD, LMNT, CDE

2:15 - 2:45 pm

Parents of Children Living with Type 1 Diabetes
Kevin Corley, MD; Patty Burling, BSN, RN, CDE; and Mari Martin, PharmD

Thyroid and Other Autoimmune Diseases
Claire Baker, MD

AFTERNOON WORKSHOPS

3:00 - 4:30 pm

3:00 pm **Beyond Insulin: Other Medications that Can Make Living with Type 1 Diabetes Easier**
Jeremy Pettus, MD

3:30 pm **Targeting a Cure: Artificial Pancreas and Other Hopeful Discoveries for Type 1 Diabetes**
A panel of leading doctors dedicated to bridging the gap and finding a cure
Jeremy Pettus, MD; Tim Wahl, MD; and Cyrus Desouza, MBBS, FACP, FACE

CLOSING SESSION

4:30 - 5:00 pm

4:30 pm **"Diabetes Saved My Life"**
Urban Miyares

5:00 pm **Raffle and Wrap-Up**

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

- TCOYD 2013 Conference Attendee

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, 4th Edition, 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 at the conference. Books are available only to those who attend; shipping not available. Total cost for one registration and one year as a "Sweet Member" is \$30.

CME 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 Omaha 'Taking Control of Your Diabetes' Conference and Health Fair. Earn up to 7.25 credits. **More Information and Registration online at: www.tcoydcme.org or call 888.229.6263**

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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Exhibiting Opportunities Available
Contact david@tcoyd.org

2013 TCOYD Schedule Conferences and Health Fairs

February 23	Tucson, Arizona
March 23	Santa Clara, California
April 27	Honolulu, Hawaii
April 28	Kauai, Hawaii
May 18	Savannah, Georgia
September 21	Worcester, Massachusetts
October 12	Omaha, Nebraska
November 2	Albuquerque, New Mexico
November 23	San Diego, California

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 Collins, RN, BSN, CDE, System Diabetes Education Program Coordinator, Health Alegent Creighton Health

Cynthia Mathiasen, BSN, RN, CDE, Lead Case Manager Diabetes Services, The Nebraska Medical Center Diabetes Center

Rebecca Newberry, APRN, MS, CDE, Program Coordinator, Diabetes Education Center of the Midlands

Tim Wahl, MD, FACP, Endocrinologist, Diabetes & Endocrine Associates, P.C.

SPEAKERS

Claire Baker, MD, Endocrinologist, Diabetes & Endocrine Associates, P.C.

Patty Burling, BSN, RN, CDE, CPT, Nurse, Alegent Creighton Health

Kevin Corley, MD, Pediatric Endocrinologist, Children's Specialty Physicians

Cyrus Desouza, MBBS, FACP, FACE, Endocrinologist, Chief, UNMC, Dept of Internal Medicine, Division of Diabetes, Endocrinology and Metabolism

Jerry Fischer, PhD, MD, Nephrologist, Omaha Nephrology, P.C.

Jon Goldsmith, DPM, Podiatrist, Alegent Creighton Clinic

Marium Ilahi, MD, Endocrinologist, Alegent Creighton Clinic

Sarah Keegan, MS, RD, LMNT, CDE, Diabetes Case Manager, The Nebraska Medical Center Diabetes Center

Emily Knezevich, PharmD, BCPS, CDE, CPT, Associate Professor, Creighton University School of Pharmacy and Health Professions; Clinical Pharmacist, Alegent Creighton Clinic Dundee

Lynn Mack, MD, Endocrinologist, UNMC, Dept. of Internal Medicine, Division of Diabetes, Endocrinology and Metabolism

Mari Martin, PharmD, Pharmacist, Alegent Creighton Health

Jeremy Pettus, MD, Endocrinology Fellow, UCSD 🙌

Sue Ridder, BSN, RN, CDE, Nurse, Alegent Creighton Health 🙌

K. Neil Sheppard, MD, Family Medicine, Alegent Creighton Clinic

Kerri Sparling, Founder and Blogger, Six Until Me 🙌

Bill Woods, Community Manager, Glu; Blogger, 1HappyDiabetic 🙌

FACULTY

Sue Burbach, BA, BSN-RN, CDE, Diabetes Case Manager, UNMC

Leslie Eiland, MD, Endocrine Fellow, UNMC, Dept of Internal Medicine, Division of Diabetes and Endocrinology and Metabolism

Julie Evans, RN, BSN, CDE, Nurse, Diabetes Education Center of the Midlands

Brenda Formanek, BSN, RN, CCM, Diabetes Case Manager, The Nebraska Medical Center Diabetes Center

Patricia Klaus, RD, LMNT, Dietitian, Diabetes Education Center of the Midlands

Janet Kinney, BSN, RN, CDE, Diabetes Case Manager, The Nebraska Medical Center Diabetes Center

Featured Speaker

Robert Lewis
Professional Chef



Chef Robert Lewis loves to cook and loves to eat. After being diagnosed with Type 2 diabetes in 1998, Chef Lewis realized he had to start making better food choices. His famed Cracker Barrel's Cheesy Potato Casserole was no longer serving him. In fact, his comfort food recipes were making his life more and more uncomfortable. Now his recipes celebrate great-tasting healthy food that everyone can enjoy. These easy shifts made in the kitchen have transformed Chef Lewis into a lighter, happier person. He now coins himself *"The Happy Diabetic"*. Learn from his tips, tidbits and humorous anecdotes. Cooking can be fun for everyone. 🙌

Featured Speaker

William Polonsky,
PhD, CDE
Clinical Psychologist



William Polonsky, PhD, CDE, understands that diabetes can affect more than just your body. It can affect your emotions as well. Dr. Polonsky is a Licensed Clinical Psychologist, Certified Diabetes Educator, Founder and President of the Behavioral Diabetes Institute. He is actively researching and studying what the emotional and behavioral consequences are of being diagnosed with diabetes. "So many people feel isolated by their diagnosis. At TCOYD you are never alone. You are among others who know first hand it is possible to overcome the emotional barriers that can occur with diabetes."

Featured Speaker

Urban Miyares
Blinded Veteran,
Entrepreneur,
Motivational
Speaker



Urban Miyares is a nationally-recognized entrepreneur, a blinded Vietnam veteran, a world-class disabled downhill skier and a competitive Transpacific sailor.

While in Viet Nam during the war, Urban Miyares collapsed on the battle field due to a sugar low. Moments later his platoon was ambushed. Days later the coroner opened Urban's body bag to shockingly find out the body inside the bag still had a pulse. Diabetes saved his life. Hear about his triumphant journey with diabetes. 🙌

Jean Koliha, RN, MSN, APRN, PNP-C, FNP-C, CDE, Nurse, Alegent Creighton Health

Sarah Konigsberg, MD, Endocrinologist, Diabetes & Endocrine Associates, P.C.

Dan Kremer, RN, BSN, Nurse, Methodist Center for Diabetes and Nutritional Health

Shelly Lautenbaugh, RN, CDE, Nurse, The Nebraska Medical Center Diabetes Center

Mary Leighton, RN, BSN, CDE, Nurse, Diabetes Education Center of the Midlands

Isam Marar, MD, Endocrinologist, West Broadway Clinic

Maxine McElligott, RD, CDE, Dietitian, The Nebraska Medical Center Diabetes Center

Meghan McLarney, RD, LMNT, Dietitian, Methodist Center for Diabetes and Nutritional Health

Amy Neumeister, MD, Endocrinologist, Division of Diabetes, Endocrinology and Metabolism, UNMC

Sandi Nimmo, BSN, RN, CDE, Diabetes Case Manager, The Nebraska Medical Center Diabetes Center

Joni Pagenkemper, MS, RD, LMNT, CDE, Dietitian, Alegent Creighton Clinic

Trenton Powell, PharmD, Pharmacist, Alegent Creighton Outpatient Pharmacy

Louise Reno, RPh, Pharmacist, Alegent Creighton Health

Ed Schnase, PharmD, Pharmacist, Alegent Creighton Health

Nancy Schwartz, RD, LMNT, CDE, Dietitian, Diabetes Education Center of the Midlands

Paula Stanley, RN, CDE, Nurse, Diabetes & Endocrine Associates, P.C.

Pat Stanton, RN, CDE, Diabetes Case Manager, The Nebraska Medical Center Diabetes Center

Connie Stevens, BSN, RN, CDE, MS, RD, LMNT, Educator, Alegent Creighton Health 🙌

Abby Winter, PharmD, MPA, Pharmacist, Alegent Creighton Outpatient Pharmacy

BLOOD PRESSURE SCREENING

Rachel Down, BSN, RN, CDE, Nurse, Alegent Creighton Clinic

Shelli Harris, RN, BSN, Nurse, Alegent Creighton Clinic

Sarah Kornblum, RN, BSN, Nurse, Alegent Creighton Clinic

Mary Jo McKenna, RN, Nurse, Alegent Creighton Clinic

Joyce Melotz, RN, Nurse, Alegent Creighton Clinic

Becky Quinn, MSN, RN-BC, Nurse, Alegent Creighton Clinic

Brenda Waters, RN, BSN, Nurse, Alegent Creighton Clinic

FOOT SCREENERS

Bradley Copple, DPM, Podiatrist, Miller Orthopedics

B. Jill King, RN, CDE, Nurse, Alegent Creighton Health

Inderjit Panesar, DPM, Podiatrist, Miller Orthopedics

Susan Stogdill, BSN, RN, CDE, Nurse, Alegent Creighton Health 🙌

FITNESS FACILITY

Angie Helseth, MA, Fitness Director, Alegent Creighton Health, Wellness Center

Celita Mata, Zumba Instructor, Warrior Fitness Center

Jennifer McCarthy, BS, MS, Fitness Instructor, Alegent Creighton Health, Wellness Center

Kristina Volkmer, Exercise Physiologist, The Nebraska Medical Center Diabetes Center

Person living well with diabetes 🙌



Take Control REGISTRATION

Fees (Registration fee includes all materials, screenings and lunch)

Early-Bird Registration Fee

Early-bird registrations will be taken by phone, fax or online through 12 noon PST, Wednesday, October 9th. Registrations sent through the mail must be postmarked by Friday, October 4, 2013.

\$15 per person (\$10 per person for 2 or more registering together) \$5 off either fee with membership.

No refunds after Friday, October 4, 2013

Day-Of On-Site Registration Fee

\$20 per person

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: \$8 at the Surface Parking Lot B. Entrances are off of Mike Fahey St. and 12th St. CASH ONLY.

CenturyLink Center Omaha Convention Center

455 North 10th St., Omaha, NE 68102
402.341.1500

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 \$15-\$20 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 not-for-profit charitable educational organization. All donations directly support 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

Are you attending: Type 1 Track or Type 2 Track?

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

Are you attending: Type 1 Track or Type 2 Track?

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 column to the left)

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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Date rcv'd _____ Check No. _____