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FOR IMMEDIATE RELEASE

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**Taking Control of Your Diabetes Conference Returns to Raleigh
to Bring Answers, Advocacy and Hope for People with Diabetes**

Taking Control of Your Diabetes (TCOYD) conference and health fair will be held **May 2, 2009 at the Raleigh Convention Center**, bringing national and local medical experts in diabetes care to people with all types of diabetes, those at risk for diabetes, and their loved ones for a day of highly informative and motivational programs.

Leading specialists will discuss practical advice and developments in the treatment of diabetes, the complications of the disease, psychological barriers to controlling diabetes, prevention, nutritional issues, heart disease and much more. The Taking Control of Your Diabetes conference is a collaborative effort of health professionals from major institutions and clinics including the University of North Carolina Health Care, Duke University Medicine, and Raleigh Endocrine Associates. The American Diabetes Association and North Carolina Diabetes Prevention and Control, among many other agencies and organizations, have partnered with TCOYD to present the 8th Taking Control of Your Diabetes event in Raleigh.

TCOYD participants can hear lectures, participate in screenings, and speak one-on-one with diabetes specialists including physicians, pharmacists, dietitians, certified diabetes educators, dentists, ophthalmologists and podiatrists.

A health fair with 40 informational exhibits from national and local diabetes-related companies and organizations will be open throughout the day. A banquet lunch is included and will feature special guest speaker Urban Miyares, blinded Vietnam veteran. Presumed dead following an ambush on his platoon, Miyares was found in a diabetic coma in a body bag, and subsequently diagnosed with diabetes. Miyares has succeeded in his life and career as an entrepreneur, motivational speaker, mentor, television and film personality, and world-class athlete.

"Diabetes is demanding and people's daily decisions have an immediate impact on their health. At the same time, information about living with diabetes is complex. Education is critical to staying on top of this disease. We are delighted to have TCOYD back in Raleigh," said endocrinologist and Conference Co-Director John Buse, MD.

Pre-registration is recommended and financial aid is available for those who need assistance. Early registration fee is \$25 per person, before April 29. The registration fee includes lunch, healthy snacks, and all conference activities and materials. **FINANCIAL ASSISTANCE IS AVAILABLE BY CALLING TCOYD.** Onsite registration begins at

8:00 a.m. and costs \$30. The conference is from 9:00 a.m. to 5:00 p.m. To register or get more information, call 800-998-2693 or visit www.tcoyd.org.

There will also be a post-conference Meet & Greet from 5 to 6:00 p.m. for women with diabetes, co-hosted by TCOYD and Diabetes Sisters.

TCOYD founder and director Steven Edelman, MD, an internationally recognized leader in diabetes treatment, research and education, who has lived with diabetes for 37 years, says, "One of the biggest differences between diabetes and other diseases is that diabetes control is in the hands of the patients, not the doctors. This TCOYD conference will give people an edge on the information and empowerment they need to live well with diabetes."

TCOYD is a California-based 501c3 diabetes education organization. This is the 105th in the national series of conferences that the not-for-profit has presented since 1995. 2,000 participants are expected at this one-of-a-kind event.

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