

## Walking the T1D Tightrope Adult Type 1 Series

Hypoglycemia, low blood glucose, is a concern for everyone with diabetes. A very serious complication known as Hypoglycemia Unawareness (HU), occurs when a person is unable to feel the usual symptoms of low blood sugar: trembling, sweating, nausea, inability to articulate or function. HU is a serious matter that everyone affected by type 1 diabetes (T1D) should be informed about. Steve Edelman, founder, Taking Control of Your Diabetes (TCOYD) and Bill Polonsky, founder of Behavioral Diabetes Institute (BDI) will address both the medical and the psycho/social aspects of hypoglycemia and will also shed light on the dangers of hypoglycemia unawareness, especially during the night. They will share useful information and resources to help navigate through the complexities of this issue. This is a can't miss event for all adults with T1D and adults who have loved ones with T1D!

- **What is hypoglycemia unawareness and how does it affect T1D?**
- **Intensive diabetes management and HU**
- **Complications of HU — including “dead in bed” syndrome\* — and who’s most at risk**
- **Minimizing risk for hypoglycemia unawareness**
- **The role of the A1c test and hypoglycemia in T1D management**

### **In memory of Joseph Baloga, MD**

Joseph Baloga was a 48-year old physician at South Orange County Endocrinology medical practice in Laguna Hills, Calif. He was diagnosed with type 1 diabetes as a child and had no other complication of diabetes; however, on March 31, 2012, he died of dead in bed syndrome. This event is dedicated to Dr. Baloga, whose life work as a tireless champion of his patients' wellbeing will not be forgotten. We dedicate this event to the memory of Joseph Baloga and to his family and loved ones.

### SPONSORED BY



**Steven Edelman, MD, TCOYD**  
Founder/Director, Taking Control of Your Diabetes

Dr. Edelman is a professor of medicine in the Division of Endocrinology, Diabetes & Metabolism at the University of California at San Diego (UCSD) and the Veterans Affairs (VA) Healthcare System of San Diego and the director of the Diabetes Care Clinic, VA Medical Center. Dr. Edelman has strong interests in education and patient advocacy. He is the founder and director of Taking Control of Your Diabetes (TCOYD), a not-for-profit organization with the goal of teaching and motivating patients in diabetes self-care. For more information, please visit [tcoyd.org](http://tcoyd.org).



**William Polonsky, PhD, BDI**  
Founder/President, Behavioral Diabetes Institute

Dr. Polonsky, PhD, CDE is an Associate Clinical Professor in Psychiatry at the University of California, San Diego. He is an active researcher in behavioral diabetes, with his most recent projects focusing on the utility of home blood glucose monitoring in type 2 diabetes, the emotional and behavioral consequences of being diagnosed with diabetes, and the value of diabetes self-management support training for health care professionals. To learn more, visit [behavioraldiabetesinstitute.org](http://behavioraldiabetesinstitute.org)

**DATE:** Monday, Dec. 3, 2012

**TIME:** 6:00pm

**PLACE:** Mary and Dick Allen Diabetes Center at Hoag Hospital

**ADDRESS:** 520 Superior Ave. Newport Beach, CA 92663

**RSVP:** Michelle Popoff  
[mpopoff@jdrf.org](mailto:mpopoff@jdrf.org) or  
949.885.5025

- **Appetizers and beverages provided by Chef Azmin of Laguna Sapphire and Dexcom**
- **Submit questions prior to the meeting to [mpopoff@jdrf.org](mailto:mpopoff@jdrf.org)**
- **Follow Twitter hashtag #JDRFHU**

*\*Subject matter suitable for mature audience. Some content may be unsettling so **attendance is limited to adults (18+)**. If you have questions or would like more information, contact Michelle [mpopoff@jdrf.org](mailto:mpopoff@jdrf.org) or 949.885.5025.*