

MultiCare & Franciscan Diabetes Services presents



# TAMING DIABETES:

"The 10 things I hate about diabetes"

## A FREE Diabetes Educational Event

**Saturday, November 3, 2007**

8:00am – 12:45pm

**Stadium High School Theatre**

111 N E. St. Tacoma, WA 98403

**RSVP by October 30 to reserve seating  
for this FREE symposium**

1-800-342-9919 or  
[www.multicare.org](http://www.multicare.org)

*Light refreshments will be served -  
no food or drink in theatre*

### TAMING DIABETES: "The 10 things I hate about diabetes"

Join our top-notch team of local Diabetes educators, dietitians and physicians in celebrating National Diabetes Month with a free diabetes forum. This year nationally known speaker William Polonsky PhD. will speak on the Emotional Side of Diabetes. *(Sponsored by Roche)*

- |             |  |
|-------------|--|
| 8:00-9:00   | <b>Vendor fair</b>   |
| 9:00-9:10   | <b>Introduction</b><br>Carl Gibson, MD<br><i>Madigan Army Medical Center<br/>Chief, Endocrinology Clinic<br/>Director, Diabetes Care Center</i>  |
| 9:10-9:40   | <b>Mainstays of Therapy for Type 1<br/>and Type 2 Diabetes</b><br>Ronald Graf, MD<br><i>Medical Director, MultiCare Health System<br/>Diabetes Services</i>  |
| 9:40-10:30  | <b>Can Heart Disease be Prevented?</b><br>Uma Krishnan, MD<br><i>Cardiologist, Cardiac Study Center</i>  |
| 10:30-11:00 | <b>Break – Vendor Fair</b>   |
| 11:00-11:30 | <b>What's New with Medications and<br/>Technology</b><br>K. David McCowen, MD<br><i>Medical Director, Franciscan Medical System<br/>Diabetes Services</i>  |
| 11:30-12:15 | <b>The Emotional Side of Diabetes</b><br>William H. Polonsky, PhD, CDE<br><i>President, Behavioral Diabetes Institute, Associate<br/>Clinical Professor in Psychiatry, University of<br/>California, San Diego</i> |
| 12:15-12:45 | <b>Living with Diabetes</b><br>Patient panel led by:<br>William Polonsky PhD., CDE<br>Pam Kramer, RD, CDE<br>Becky Clow, RD, CDE, ACSM   |

