



As of Jan 6, 2023

2023 Conference Schedule at a Glance

This is a broad overview for travel and hotel planning purposes

Wednesday, July 12

8:00 AM

- Workroom- San Felipe

Schedule will be updated as plans are finalized.

Thursday, July 13

Board Meeting for TSSUS Board of Directors and Staff

5:00 pm-7:00 pm

- Attendee Check-In/ On-Site Registration

Friday, July 14

9:00 am - 12:00 pm

- Attendee Check-In/ On-Site Registration
- Health Screenings (no cost); Healthy Heart Echocardiograms, hearing evaluations, lymphedema evaluations. To be determined: blood-pressure measurement, self-serve weight measurement, body fat percentage calculation, pulse oxygen levels, balance testing, skin screening, depression screening, blood sugar level, 5-minute cognitive screening.
- Research Opportunities (to be announced)
- First time attendee meet and greet New Bullet

1:00-5:00 pm

- Exhibits
- Howdy! From TSSUS, including advice for first time conference attendees from "old-timers"
- Youth Program Check-in (required); youth and parents review program details, meet group leaders. Leave kiddos for some fun. Age groups may be adjusted based on registration numbers.
 - 3-5 years old
 - 6-7 years old
 - 8-10 years old
 - 11-13 years old
 - 14-18 years old (18 optional)
- Butterfly Connection: structured meet and mingle mixers for those with TS (parents are welcome to join if your child invites you.)
 - 18, 19, 20-29 years old
 - 30-39 years old

Friday, July 14 (continued)

- 40-49 years old
 - 50 and older
 - Parent and Family Connection; structured sessions for parents and adult extended family of both adults and children with TS
 - Parents and family of children 10 years and younger
 - Parents and family of children 11-18 years (if in youth group)
 - Parents and family of children 18-25 years (young adults)
 - Parents and family of children 26 years and over
 - Spouses and significant others of those who have TS
 - TS Healthcare Recommendations for All Part 1: Panel of Experts. Healthcare providers that specialize in Turner syndrome will individually overview sections of the TS clinical practice guidelines for TS. Learn about why it's important to know your karyotype, growth and sex-hormone replacement, fertility and reproductive assisted technologies, and cardiovascular health issues.
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Saturday, July 15

7:00 am - 5:00 pm (the following are in no particular order)

- Registration
- Breakfast
- Lobby exhibits and TS Butterfly store
- Research Opportunities
- Lunch
- Youth programs and adult programs occur at the same times
- Consultations and group question and answer (Q&A) opportunities: Cardiology, endocrinology, nutrition, education and non-verbal learning disorder (academic and social difficulties), employment and career, life coaching
- TS Healthcare Recommendations for All Part 2: Panel of Experts. Specialists will cover the Clinical Practice Guidelines for associated TS health issues (dental, kidney, liver, diabetes thyroid, lymphedema) learning and applying knowledge, behavior, and the TS health maintenance schedule across the lifetime.
- Motivational Keynote Speaker
- The Remarkable TS Brain
- Expanded Information on the Heart and Health
- Expanded Information Growth hormone & Estrogen Replacement Therapies
- Reproduction; Implications of TS, IVF, pregnancy, infertility, cryopreservation

Saturday, July 15 (continued)

- Mental Health associated Conditions: Anxiety, Obsessive Compulsive Disorder and Depression
- Why am I the way I am/ why do I do that? NLD and challenges related to abstract thinking
- Hearing Loss
- Breakout sessions for Adults with TS (to be determined):
 - Career panel
 - Intimacy and sexuality panel
 - Golden Butterflies and aging panel
 - Dating and romantic relationships panel
 - Friendships panel
- Breakout sessions for Parents and Families (to be determined):
 - Raising independent children
 - Helping your young adult child
 - Helping your adult child
- Sessions for the Youth will include professional speakers, crafts, games, and focused on creating friendships, descriptions will be determined by group leaders and TSSUS soon.

After 5:00 pm

- Butterfly Society member reception (by invitation)
- Dinner: pay on your own (options for attending pre-selected menu options at local restaurants)
- Wild West Party, Karaoke, and Relaxation options

Sunday, July 16

8:00 am - 12:00 pm

Breakfast

Sessions:

- How faith may help with TS challenges
- When you should you tell others you have TS? You shouldn't feel TS needs to be a secret but it's often not necessary to mention it. Learn about different options for receiving accommodations or helping others understand you. Create a plan for your personal needs.
- Improving specific skills necessary for driving
- What's new in TS research and the role of the TS registry?
- Bioidentical and natural therapies
- Family Planning Panel
- Effective Communication. For those with TS, helping others understand how you best communicate is important. For others, learn how to effectively communicate with someone who may process information differently than you.
- Occupational Therapy. What does it diagnose and what treatments are available?
- Mindful Listening. Create realistic expectations and become aware of distractions so you can refocus and listen consciously. Build stronger relationships with others and recognize when you reach information overload.

Optional Tours (to be determined and pay on your own)