



Empower Yourself

April 9 –10
San Francisco, California

sponsored by



2010 National Patient Conference

Empower Yourself



As a Sjögren's patient, it's easy to feel confused or overwhelmed by the abundance of information available about the illness and how it affects your body. But now there is a wonderful opportunity to Empower Yourself and take more control of your health and day-to-day living by learning from the best minds dealing with Sjögren's. This April, join fellow Sjögren's patients and their family members, as well as health-care professionals and other experts who specialize in Sjögren's, at the 2010 SSF National Patient Conference in San Francisco, California.

SSF programs are the best Sjögren's patient education opportunities in the country. They have helped thousands gain a better understanding of Sjögren's and will help you, too. This two-day event will feature an array of presentations from the country's leading Sjögren's experts – physicians, dentists, eye-care providers, and researchers – who will help you understand how to manage all key aspects of your disease. Presentation topics will include:

- Overview of Sjögren's Syndrome
- CNS Disease in Sjögren's
- Lung Complications
- Dry Eye and Dry Mouth Issues
- Heart Disease: The Impact of Inflammation & Autoimmune Diseases
- Neuropathy in Sjögren's
- Sjögren's Survival: A Patient Perspective
- The Doctor/Patient Relationship
- Nutrition and Sjögren's

*So this April 9-10, we invite you to come to San Francisco, California, and experience a weekend to **Empower Yourself** as you gain knowledge and heighten your understanding of Sjögren's at the 2010 National Patient Conference!*

Call 800-475-6473 or visit www.sjogrens.org today to receive the latest information.



Alida Brill is an author and has written and spoken about the personal and public issues surrounding chronic illness. Her latest book, *Dancing at the River's Edge: A Patient and Her Doctor Negotiate a Life With Chronic Illness* is a personal dual memoir written in collaboration with her physician.

Her writing appears in popular and professional periodicals and journals, and she is a frequent guest on radio interview shows and television programs. She has been a featured speaker at a variety of conferences and a guest lecturer at many universities and colleges in the United States and abroad. We are delighted to have Ms. Brill as our 2010 Keynote Speaker – you won't want to miss this informative and moving presentation!

NATIONAL PATIENT CONFERENCE S

2010

Thursday, April 8, 2010

7:00pm – 8:00pm **Early Registration & Welcome Reception**

Friday, April 9, 2010 – *Breakfast on your own*

9:00 – 10:00 **Registration and Exhibit Area Opens**

10:00 – 10:25 **Welcome & Opening Remarks**
Steven Taylor, Chief Executive Officer, SSF

10:25 – 11:10 **Overview of Sjögren's Syndrome**



Nancy L. Carteron, MD, FACR, is a specialist in rheumatology, autoimmune disease and inflammation and is in private practice at the California Pacific Medical Center. She also is co-author of the book, *A Body Out of Balance*. Dr. Carteron will present a comprehensive explanation of the range of symptoms that Sjögren's patients experience, explain their causes, and offer practical tips for managing them.

11:10 – Noon

Dry Eye & Sjögren's



Stephen Cohen, OD, is a private practice optometrist in Scottsdale, Arizona, since 1985, founding board member of the Arizona Optometric Charitable Foundation, 2005 recipient of the "Arizona Optometrist of the Year Award," and published often in professional journals for optometry and ophthalmology. Dr. Cohen has been a principal investigator on a number of FDA clinical studies involving ocular surface disease, Sjögren's syndrome, contact lens solutions and contact lenses. This esteemed eye care expert will describe the latest methods and treatment options available for managing dry eye.

Noon – 1:10

LUNCH & EXHIBITS

1:10 – 2:00

**The Importance of Saliva:
Dry Mouth and Sjögren's**



Troy E. Daniels, DDS, MS, is Professor of Oral Medicine and Oral Pathology at the University of California, San Francisco, Schools of Dentistry and Medicine. Saliva is an essential body fluid for the protection of oral functions, and its value is seldom appreciated until there is not enough. Dr. Daniels, an expert on the oral aspects of Sjögren's, will share his insight and years of knowledge about Sjögren's and how it can impact your oral health. This enlightening talk will answer your questions about your teeth, gums, saliva, swallowing and more.

2:00 – 2:50

**CNS Disease in Sjögren's:
Update and New Paths Forward**



Elaine L. Alexander, MD, PhD, is a rheumatologist, immunologist, and former Assistant Professor of Medicine at Johns Hopkins Medical Institutions, Baltimore, Maryland, and current Chair of the SSF Medical and Scientific Advisory Board. Her research has focused on potential causes and treatment of autoimmune, inflammatory, rheumatologic and neurologic disorders, with a particular emphasis on Sjögren's. Dr. Alexander understands the challenges that may afflict patients with central nervous system complications of Sjögren's and will share insights and strategies with you.

2:50 – 3:50

Sjögren's Survival: A Patient Perspective

Join us for a lively patient panel discussion, answering your questions and offering suggestions and techniques for managing day-to-day living with Sjögren's. Start thinking of questions for the panelists now!

3:50 – 4:00

Closing Remarks

4:00 – 5:30

Exhibits Are Open

5:30 – 8:30

Banquet Awards Dinner

featuring Alida Brill, Keynote Speaker



Alida Brill is an author and has written and spoken about the personal and public issues surrounding chronic illness. Her latest book, *Dancing at the River's Edge: A Patient and Her Doctor Negotiate a Life With Chronic Illness*, is a personal dual memoir, written in collaboration with her physician.

Her writing appears in popular and professional periodicals and journals, and she is a frequent guest on radio interview shows and television programs. She has been a featured speaker at a variety of conferences and a guest lecturer at many universities and colleges in the United States and abroad.

We are delighted to have Ms. Brill as our 2010 Keynote Speaker – you won't want to miss this informative and moving presentation!

In addition, join us as we present our National Awards to volunteers, groups and organizations that have helped to further the mission of the SSF.

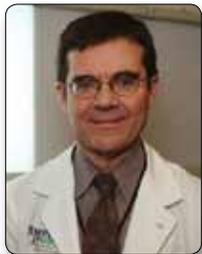
SCHEDULE

Saturday, April 10, 2010 - *Breakfast on your own*

8:30 - 9:00 **Registration & Exhibit Area Opens**

9:00 - 9:05 **Opening Remarks**

9:05 - 9:45 **Lung Complications & Sjögren's**



Richard T. Meehan, MD, FACP, FACR, is Chief of Rheumatology and Professor of Medicine at National Jewish Health in Denver, Colorado. Dr. Meehan also is Co-Director of the Autoimmune Lung Center at National Jewish Health and is a specialist in autoimmune diseases and rheumatoid conditions affecting the lungs. Lung complications are sometimes the most misunderstood and life-threatening manifestations of Sjögren's. Dr. Meehan will add to your understanding of the various pulmonary complications and leave you with knowledge to share with your own physician.

9:45 - 10:25 **Nutrition and Sjögren's**



Tara Mardigan, MPH, MS, RD, LD/N, is a Senior Clinical Nutritionist at the Dana-Farber Cancer Institute in Boston, Massachusetts, and Team Nutritionist for the Boston Red Sox. A very popular conference guest speaker, Ms. Mardigan will explain how different aspects of nutrition can impact Sjögren's and share insights into making the best nutritional choices to maximize functioning and well-being.

10:25 - 10:40 **Break**

10:40 - 11:20 **Heart Disease: The Impact of Inflammation & Autoimmune Diseases**



Debra R. Judelson, MD, FACC, FACP, is an internist and cardiologist in private practice in Beverly Hills with the Cardiovascular Medical Group of Southern California and is Director of their Women's Heart Institute. Dr. Judelson is a nationally recognized speaker on heart disease and created the first program to educate doctors about heart disease in women with the American Medical Women's Association. Dr. Judelson will cover the risk factors, symptoms and diagnostic tests for heart disease, a critical but often overlooked facet of women's health.

11:20 - Noon



The Doctor/Patient Relationship

Steven R. Weiner, MD, FACP, FACR, is an Associate Clinical Professor of Medicine/Rheumatology at the UCLA David Geffen School of Medicine. Dr. Weiner has a private rheumatology and musculoskeletal disorders practice in Woodland Hills, California. He has published over 100 articles, abstracts and textbook chapters and has lectured extensively, both nationally and internationally. Dr. Weiner will advise us how to maximize the time spent with healthcare professionals to ensure the best quality of care.

Noon - 1:10

LUNCH & EXHIBITS

1:10 - 1:30

Call for Research Support



Steven Taylor, CEO of the Sjögren's Syndrome Foundation, will share an update on the Foundation's Research Program and the goals for 2010. You'll learn about how research holds future promise, greater understanding and hope for better therapies for all Sjögren's patients.

1:30 - 2:10

Measuring the Activity of Sjögren's Syndrome



Steven E. Carsons, MD, is Chief of the Division of Rheumatology, Immunology, and Allergy at Winthrop University Hospital in Mineola, New York. He is also Associate Chairman of the Department of Medicine and Director of Research at Winthrop University Hospital, Director of the Clinical and Translational Research Core at Winthrop Research Institute, and Professor of Medicine at State University of New York at Stony Brook. Dr. Carsons will discuss the methods commonly used to measure and manage Sjögren's disease activity.

2:10 - 2:50

Neuropathy in Sjögren's



Ann Parke, MD, is Professor of Medicine at the University of Connecticut Health Center at St. Francis Hospital and Medical Center. Dr. Parke also has a clinical practice at St. Francis Hospital. Dr. Parke will be covering the various clinical aspects of the disease affecting the peripheral nerves and the autonomic nervous system. In some patients these may be the initial manifestations of autoimmune disease. In other patients these complaints may be a consequence of associated diseases such as diabetes and celiac disease. She will also discuss what is currently known about the pathogenesis of these neurological complaints and how to diagnose and treat these complications.

2:50 - 3:15

Conference Recap & Closing Remarks

Empower Yourself

April 9–10, 2010

San Francisco, California
at the
San Francisco Airport Marriott



2010 National Patient Conference

1 ATTENDEE – complete for each registrant

Attendee Name(s) _____
Attendee Name(s) _____
Street Address _____
City _____ State _____ Zip _____
Telephone _____ E-mail _____

2 FEES – please circle appropriate fee(s) (Note: Early Bird Deadline is March 15, 2010)

	March 15th and before	March 16th and after
SSF Members & Guests	\$165 per person	\$185 per person
Non-Members	\$190 per person	\$210 per person

TOTAL:

3 PAYMENT – Mail to SSF, c/o BB&T Bank · PO Box 890612 · Charlotte, NC 28289-0612 or Fax to: 301-530-4415

Enclosed is a check or money order (in U.S. funds only, drawn on a U.S. bank, net of all bank charges) payable to SSF.
 MasterCard VISA AmEx Card Number _____ Exp. Date _____
Signature _____ CC Security Code _____

- Refund requests must be made in writing. Registrants whose written request is received by **March 26, 2010** will receive a **75% refund**. After that time, we are sorry that **no refunds can be made**.
- Dietary Requests: Unfortunately, we cannot accommodate all special dietary requirements. We can accommodate vegetarian or gluten-free dietary requests. If you require a **vegetarian** or **gluten-free** meal option, please contact Stephanie Bonner at the SSF office (800-475-6473 ext. 210) by March 26th.
- A limited number of rooms are available at the San Francisco Airport Marriott (1800 Old Bayshore Highway, Burlingame, California 94010) at the SSF rate of **\$129 per night plus tax** if reservations are made by **March 15, 2010**. Call the **toll-free** hotel reservation number at 800-228-9290 or call the San Francisco Airport Marriott directly at 650-692-9100 and refer to the group name "Sjögren's Syndrome Foundation" for the discounted rate.
- The San Francisco Airport Marriott provides a complimentary shuttle service to/from the San Francisco International Airport.

QUESTIONS? Call 800-475-6473 or visit www.sjogrens.org