Empower Yourself

2010 National Patient Conference
April 9–10, 2010
San Francisco, California
at the San Francisco Airport Marriott

Join your fellow Sjögren’s patients at the 2010 SSF National Patient Conference, April 9–10, in San Francisco, California. This event will feature presentations from the top medical professionals specializing in Sjögren’s syndrome. Presentation topics will include:

- Overview of Sjögren’s Syndrome
- The Importance of Saliva: Dry Mouth and Sjögren’s
- Dry Eyes and Sjögren’s
- CNS Disease in Sjögren’s: Update and New Paths Forward
- Sjögren’s Survivor: A Patient Perspective
- Lung Complications and Sjögren’s
- Nutrition and Sjögren’s
- Heart Disease: The Impact of Inflammation and Autoimmune Diseases
- The Doctor/Patient Relationship
- Measuring the Activity of Sjögren’s Syndrome
- Neuropathy in Sjögren’s

Register early and SAVE! Look inside for details ...

Q U E S T I O N S? Call 301-530-4420 or visit www.sjogrens.org

1 ATTENDEE – complete for each registrant

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<th>Name 1</th>
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2 FEES – please circle appropriate fee(s) (Note: Early Bird Deadline is March 15, 2010)

<table>
<thead>
<tr>
<th>Members &amp; Guests</th>
<th>$165 per person</th>
<th>$185 per person</th>
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<tr>
<td>Non-Members</td>
<td>$190 per person</td>
<td>$210 per person</td>
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TOTAL:

3 PAYMENT – Make to SSF at SSF Bank – PO Box 90012 – Charlotte, NC 28280-9012 or Pay 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 _______________

ATTENDEE – complete for each registrant

Attendee Name(s) _____________________________________________________________________________

Attendee Name(s) _____________________________________________________________________________

Street Address ________________________________________________________________________________

City _______________________________________ State ________________ Zip _______________________

Telephone ____________________________ E-mail ____________________________________________

4 Refund requests must be in writing. Registrants whose written request is received by March 26, 2010 will receive a 75% refund. After that time, no refunds can be made.

5 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 (301-530-4420) ext. 210 by March 26th.

6 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. Reservations are due by March 15, 2010. Call the toll-free local 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.

7 The San Francisco Airport Marriott provides complimentary shuttle service to/from the San Francisco International Airport.

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9 MasterCard

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11 AmEx Card Number ____________________________ Exp. Date _______________

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A

Sjögren's patient, it's easy to feel confused or overwhelmed by the demands of this chronic illness. As a patient, you are in the driver's seat of your own health care and should be the one directing your care. It is important to be proactive and assertive in your communication with health care providers. A good patient voice is key to getting the care you need.

The importance of Saliva:

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 Gift of Scales: Dr. Carteron has been very early to Empower Yourself to a greater knowledge and understanding of your Sjögren’s at the 2010 National Patient Conference in San Francisco, California, and experience a wonderful opportunity to Empower Yourself to a greater knowledge and understanding of your Sjögren’s at the 2010 National Patient Conference in San Francisco, California, and experience a wonderful opportunity to

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 experts in rheumatology, cardiology, pulmonary medicine, nutrition, and research – who will help you understand all key aspects of your disease. Presentation topics will include:

• Overview of Sjögren’s Syndrome: Nuts and Bolts in Sjögren’s

• CNS Disease in Sjögren

• Living Comagings: The Doctor/Patient Relationship

• Dry Eye and Dry Mouth Issues

• Heart Disease: The Impact of Inflammation & Autoimmune Diseases

So if the 9-10, we invite you to come to San Francisco, California, and experience a wonderful opportunity to Empower Yourself to a greater knowledge and understanding of your Sjögren’s! At the 2010 National Patient Conference...

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

Tuesday, April 6, 2010

Welcome & Opening Remarks

Tara Mardigan, MPH, MS, RD, LD/N, is a Senior Nutritionist with the National Sjögren’s Syndrome Foundation. Tara has been a featured speaker at a variety of conferences and a guest lecturer at many universities and colleges. She is an experienced radio interview guest and television program contributor, and has also been 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. She is an experienced radio interview guest and television program contributor, and has also been a frequent guest on radio interview shows and television programs.

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- Lung Complications
- Heart Disease: The Impact of Inflammation & Autoimmune Diseases
- Dry Eye & Sjögren’s
- CNS Disease in Sjögren’s
- Dry Mouth and Sjögren’s
- Oral Aspects of Sjögren’s: A Patient and Her Doctor Negociate a Life With Chronic Illness

Their two-day journey will help you explain their causes, and offer practical tips for managing them.

Dr. Richard T. Meehan, MD, FACP, FACR, is Chief of Rheumatology at the UCLA David Geffen School of Medicine. Dr. Meehan also holds appointments in allergy and immunology, and is a recognized speaker on heart disease, a critical but often overlooked aspect of the disease affecting the peripheral nervous and the autonomic nervous systems. He will also discuss what is currently available for Sjögren’s disease activity.

Dr. Steven E. Carsons, MD, is Chief of the Division of Rheumatology at the University of California, San Francisco School of Medicine and Director of Alcohol and Substance Abuse Research at the UCLA David Geffen School of Medicine. Dr. Carsons also has a clinical practice at San Francisco General Hospital.

Dr. Tara Mardigan, MPH, MS, RD, LD/N, is a Senior Clinical Nutritionist at the Dana-Farber Cancer Institute and an expert on nutrition and health. She will discuss the best nutritional choices to maximize functioning and well-being.

Dr. Steven R. Weiner, MD, FACP, FACR, is an Associate Professor of Radiology at the University of California, Los Angeles, and current Chair of the Division of Musculoskeletal Disorders. Dr. Weiner’s clinical expertise is in the diagnosis and management of patients with claudicating and non-claudicating leg pain. His goals are to eliminate pain and improve function so that patients can fully enjoy their daily activities.

Dr. Steven Taylor, CEO of the Sjögren’s Syndrome Foundation, will talk about the various pulmonary complications and their impact on Sjögren’s. Dr. Taylor will provide an overview of the various pulmonary complications and the best treatment options for managing dry eye.

Dr. Troy E. Daniels, DDS, MS, is Professor of Oral Medicine at the UCLA School of Dentistry and a recognized expert on the oral aspects of Sjögren’s. Dr. Daniels will share his insight and years of knowledge about Sjögren’s to empower you to be an active participant in your care.

Dr. Ann Parke, MD, is Professor of Medicine at the University of California, San Francisco, School of Medicine. She will also discuss the various clinical presentations and treatments for Sjögren’s disease.

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