

Space is limited. Please register early!

## Registration Form

Registration fees include: Lunch each day, snacks and beverages, Friday evening dinner, hand-out material from speakers and entrance to exhibit area on Friday and Saturday.



2011 NATIONAL PATIENT CONFERENCE  
RESTON, VIRGINIA — APRIL 1-2, 2011

### 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 7, 2011)

|                      |                      |                     |
|----------------------|----------------------|---------------------|
| SSF Members & Guests | March 7th and before | March 8th and after |
|                      | \$165 per person     | \$185 per person    |
| Non-Members          | \$190 per person     | \$210 per person    |
| <b>TOTAL:</b>        |                      |                     |

### 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 requests are received by March 18th 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 23rd.
- A limited number of rooms are available at the Hyatt Regency Reston (1800 Presidents Street, Reston, Virginia 20190) at the SSF rate of \$129 per night plus tax if reservations are made by March 8, 2011. Call the toll-free hotel reservation number at 888-421-1442 or call the Hyatt Regency Reston directly at 703-709-1234 and refer to the group name "Sjögren's Syndrome Foundation" for the discounted rate.
- The Hyatt Regency Reston provides a complimentary shuttle service to/from the Dulles International Airport.

QUESTIONS? Call 800-475-6473 or visit [www.sjogrens.org](http://www.sjogrens.org)



## "Your Passport To Learning"

April 1-2, 2011  
Hyatt Regency Reston, Reston, Virginia

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:

|  |   |
|--|---|
| <i>Overview of Sjögren's Syndrome</i>        | <i>Neurological Manifestations</i>                  |
| <i>OB-GYN Issues and Sjögren's</i>           | <i>Vitamin D Deficiency in Autoimmune Disease</i>   |
| <i>Lung Complications</i>                    | <i>Sjögren's Survival: A Patient Perspective</i>    |
| <i>Dry Eye and Dry Mouth Issues</i>          | <i>Overlapping Major Connective Tissue Diseases</i> |
| <i>How to Find a Healthcare Professional</i> | <i>Research Update</i>                              |
| <i>Aching Joints, Fatigue and Sjögren's</i>  |   |

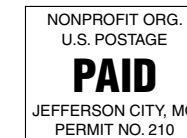
So this April 1-2, we invite you to pick up *Your Passport to Learning* and experience an amazing opportunity to heighten your understanding of Sjögren's at the 2011 National Patient Conference in Reston, Virginia!

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

QUESTIONS? Call 800-475-6473 or visit [www.sjogrens.org](http://www.sjogrens.org)



6707 Democracy Blvd., Ste 325  
Bethesda, MD 20817



## 2011 SSF National Patient Conference

## "Your Passport To Learning"

April 1-2, 2011  
Hyatt Regency Reston  
Reston, Virginia



# Your Passport to Learning

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 here is *Your Passport to Learning* for an educational journey to take 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 healthcare professionals and other experts who specialize in Sjögren's at the 2011 SSF National Patient Conference in Reston, Virginia (just outside of Washington, DC).



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*
- OB-GYN Issues and Sjögren's*
- Lung Complications*
- Dry Eye and Dry Mouth Issues*
- How to Find a Healthcare Professional*
- Aching Joints, Fatigue and Sjögren's*
- Neurological Manifestations*
- Vitamin D Deficiency in Autoimmune Disease*
- Sjögren's Survival: A Patient Perspective*
- Overlapping Major Connective Tissue Diseases*
- Research Update*

So this April 1-2, we invite you to pick up *Your Passport to Learning* and experience an amazing opportunity to heighten your understanding of Sjögren's at the 2011 National Patient Conference in Reston, Virginia!

Call 800-475-6473 or visit [www.sjogrens.org](http://www.sjogrens.org) today to receive the latest information.



Dr. Joy Selak is a published author and experienced public speaker. In her book, *You Don't LOOK Sick! Living Well with Invisible Chronic Illness*, co-authored with Dr. Steven Overman, she writes of the three stages of chronic illness: Getting Sick, Being Sick and Living Well.

Dr. Selak is a former university writing instructor and speaks to audiences throughout the United States about living with chronic illness.

We are delighted to have Dr. Selak as our 2011 Keynote Speaker – you won't want to miss this insightful, warmhearted and inspirational presentation!

## NATIONAL PATIENT CONFERENCE SCHEDULE

# 2011

**Thursday, March 31, 2011**

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

**Friday, April 1, 2011 – Breakfast on your own**

9:00am Registration and Exhibit Area Opens

10:00am Welcome and Opening Remarks  
Steven Taylor, SSF Chief Executive Officer

10:20am **Overview of Sjögren's Syndrome**



Herbert S. B. Baraf, MD, is the senior member of Arthritis and Rheumatism Associates, one of the largest private rheumatology groups in the United States, where he serves as its Managing Partner. He also is a Clinical Professor of Medicine at The George Washington University School of Medicine and a consultant in Rheumatology to the National Institutes of Health Rheumatology Training Program. Dr. Baraf 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.

11:10am **Dry Eye and Sjögren's**



Gary N. Foulks, MD, is a Professor of Ophthalmology, Director of the Cornea and External Disease Service, and Assistant Dean for Clinical Trial Research at the University of Louisville School of Medicine in Kentucky. He also is the Immediate Past Chairman of the Board of the Sjögren's Syndrome Foundation. Dr. Foulks will discuss your dry eye symptoms and complications and will inform you about the latest dry eye treatments, covering the extensive range of help available from artificial tears to silicone plugs to systemic drugs.

12:00 noon **Lunch and Exhibits**

1:20pm **Management of Accelerating Dental Caries**



Michael T. Brennan, DDS, MHS, is Associate Chairman and Oral Medicine Residency Director at the Department of Oral Medicine at the Carolinas Medical Center in Charlotte, North Carolina. He also is the Director of the Sjögren's Syndrome and Salivary Disorders Center at the Carolinas Medical Center. Dr. Brennan's enlightening talk will provide insights into how Sjögren's impacts your oral health as well as information and tips to share with your dentist.

2:10pm



**Aching Joints, Fatigue and Sjögren's**

Theresa Lawrence Ford, MD, is the Medical Director of North Georgia Rheumatology Group and an Active Staff member at Gwinnett Medical Center Hospitals. She practices in a single specialty group in Gwinnett County, Georgia, with her sister who is also a rheumatologist. She has done research in the fields of lupus and rheumatoid arthritis and participates as an investigator in clinical trials. She has been recognized in *Atlanta Magazine* annually as a Top Doctor in her field since 2005. Many Sjögren's patients experience extreme fatigue and joint pain. Dr. Lawrence Ford will discuss these symptoms and offer tips to help you cope, manage and treat these issues.

2:50pm

**Sjögren's Survival: A Patient Perspective**

Join us for a lively patient panel discussion, answering questions and offering suggestions and techniques for managing day-to-day living with Sjögren's. This informative discussion will be a conference highlight!

4:00pm

**Break and Exhibits**

5:30pm

**BANQUET AWARDS DINNER**

featuring Joy H. Selak, PhD, Keynote Speaker



Dr. Joy Selak is a published author and experienced public speaker. In her book, *You Don't LOOK Sick! Living Well with Invisible Chronic Illness*, co-authored with Dr. Steven Overman, she writes of the three stages of chronic illness: Getting Sick, Being Sick and Living Well.

Dr. Selak is a former university writing instructor and speaks to audiences throughout the United States about living with chronic illness.

We are delighted to have Dr. Selak as our 2011 Keynote Speaker – you won't want to miss this insightful, warmhearted and inspirational 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.

**Saturday, April 2, 2011 – Breakfast on your own**

8:30am **Registration and Exhibit Area Opens**

9:00am **Opening Remarks**

9:05am



**Vitamin D Deficiency in Autoimmune Disease**

Frederick B. Vivino, MD, is the Chief of Rheumatology, PENN Presbyterian Medical Center, and Director of the University of Pennsylvania Sjögren's Syndrome Center. Dr. Vivino, widely recognized in his field, has received national recognition for his contributions to the study of Sjögren's. He will enhance your understanding of Vitamin D, its role in autoimmune disease, and how it impacts Sjögren's patients.

9:45am



**Lung Complications and Sjögren's**

Richard T. Meehan, MD, 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.

10:25am



**Neurological Manifestations of Sjögren's**

Steven Mandel, MD, is Professor of Neurology and Anesthesiology at Jefferson Medical College in Philadelphia, Pennsylvania, and Adjunct Clinical Professor of Psychology at The School of Human Service Professions of Widener University in Chester, Pennsylvania. Dr. Mandel also is Adjunct Clinical Professor at Temple University's School of Podiatric Medicine in Philadelphia. He has published over 100 articles, co-authored three books and numerous chapters for textbooks. Dr. Mandel understands the challenges that may afflict patients with neurological complications of Sjögren's and will share insights and strategies with you.

11:05am



**Sjögren's Research Update**

Steven Taylor, CEO of the Sjögren's Syndrome Foundation, will share an update on the Foundation's Research Program and the goals for 2011. You will learn about how research holds future promise, greater understanding and hope for better therapies for all Sjögren's patients.

11:30am



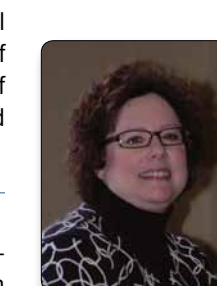
**Sjögren's Walkabout**

Participants are encouraged to join us for our national Sjögren's Walkabout - an event where patients and family members come together to stand up for Sjögren's! Walk, support, or cheer on your fellow friends as we take a stroll through Reston Town Center.

12:45pm

**LUNCH**

1:45pm

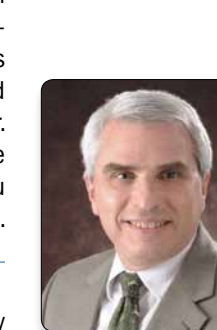


**How to Find a Healthcare Professional**

Lynn Petrucci, RN, MSN, is the Chairman of the SSF Board of Directors. Lynn is a Sjögren's patient who is a former nurse and a long-time volunteer for the Foundation. Over her years of service to the SSF, she has been a vocal advocate for Sjögren's patients and knows that finding good Sjögren's care can be difficult and frustrating. Lynn will provide you with some tips on how to find the best care possible for Sjögren's.

2:25pm

**Overlapping Major Connective Tissue Diseases**



Lee S. Shapiro, MD, is a rheumatologist and a member of The Center for Rheumatology, LLP, in Albany, New York. Dr. Shapiro is an active participant in the teaching program of Albany Medical College and former Chief of Rheumatology at St. Peter's Hospital. He is the author of numerous publications in peer-reviewed journals and also has written several self-help patient guides. Dr. Shapiro will discuss the importance for individuals with Sjögren's to be aware of the symptoms that might indicate the development of "overlap" features with other connective tissue diseases.

3:05pm

**OB-GYN Issues and Sjögren's**



Kristene E. Whitmore, MD, is founder and medical director of the Pelvic and Sexual Health Institute in Philadelphia. She is chair of urology and female pelvic medicine and reconstructive surgery as well as professor of urology and OB-GYN at Drexel University College of Medicine. Dr. Whitmore has been published extensively in peer-reviewed journals and is a frequent guest on national television and has been featured on the "Good Morning America" and "This Morning" programs. Dr. Whitmore will share her wealth of knowledge of OB-GYN issues as well as sexual dysfunction concerns.

3:45pm

**Conference Recap and Closing Remarks**