

# The Sjögren's Syndrome Foundation Moisture Seekers



www.sjogrens.org

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SjogrensSyndromeFoundation

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## Top Tips to Reduce Stress with Sjögren's

*Sjögren's Syndrome Foundation Patient Education Sheet*

**S**tress has been linked as one potential factor in contributing to the development of disease, including Sjögren's and, once someone has Sjögren's stress can exacerbate symptoms. Some tips to becoming more mindful and reducing and coping with stress follows.

- Identify and learn to recognize stressors in your life.
- Know your limits and pace yourself. Set realistic expectations and plan ahead.
- Listen to your body and take time out as needed to get through your day.

*continued page 2 ▼*



## Ask the Staff

Why do clinical trials often restrict recruiting to primary Sjögren's patients?



**Kathy Hammitt, MA**  
*SSF Vice President of Medical and Scientific Affairs*

**T**his is an excellent question and one with which we are grappling in the Sjögren's Syndrome Foundation's (SSF) Clinical Trials Consortium. The SSF Consortium includes company members who are looking at potential therapies in Sjögren's as well as Principal Investigators for clinical trials.

Companies often argue that they need a pure patient population – one that is definitely diagnosed with Sjögren's and with Sjögren's alone, because 1) other diagnoses could confuse the trial results and which patients respond to a therapy and potentially result in an unsuccessful trial, lead to unsuccessful trial; and 2) it's been easier to get a therapy through the Food and Drug Administration with a clearly defined patient population. Study investigators understand the argument for a pure population in a clinical trial: You can't always judge if a therapy works unless you have enough patients who are alike (i.e. similar in their diagnoses) to test that therapy.

However, we recognize that clinical trials for rheumatoid arthritis and lupus often don't distinguish between patients with these diseases and those who also have Sjögren's, so

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### “Stress” *continued from page 1* ▼

- Don't be afraid to ask for help.
- Build a support system. To the greatest extent possible, avoid those who are not supportive.
- Educate your friends and family about your disease and what you are going through.
- Join an SSF Support Group and attend an SSF National Patient Conference to meet others with Sjögren's and learn from Sjögren's experts. Engage with others online by joining Smart Patients, the online SSF support group, and join the SSF Facebook group.
- Practice relaxation techniques such as meditation and consider mindful exercises such as yoga and tai chi.
- Get sufficient rest and sleep every night.
- Eat well! Avoid junk food and too much caffeine and alcohol.
- Eat nutritiously.
- Get moving every day! If you have not been exercising, start slowly and build up. If you have any major health problems such as cardiovascular or lung issues, consult with your doctor before starting an exercise routine.
- If you are employed, request accommodations as needed because of your medical condition. If you can work from home, you can gain more flexibility with your time and work routine.
- Develop a close working relationship with your doctor(s). Report major changes in your psychological well-being such as depression and anxiety.
- Seek help in lowering your stress level. Consider consulting with a mental health professional to talk about your stress, the effect on your quality of life and your disease, and methods for coping.
- Avoid triggers for your stress as often as you can. When you can't avoid stress, practice techniques that reduce stress and lean on your support system.
- Add laughter to your life! Make time for friends or to make new friends, and engage in stimulating social and mental activities. ■

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**“Clinical Studies”** *continued from page 1* ▼

why should trials for Sjögren’s do so? I agree that if they didn’t distinguish, then more patients would be available for clinical trials. I also believe that investigators might learn a lot by casting a wide net – see if those with Lupus and Sjögren’s respond better than those with Lupus alone, for example. As a result, we are encouraging companies to cast a wide net in early trials. Sometimes we win the argument and other times we don’t.

Once we discover biomarkers in Sjögren’s, then this will make it much easier to define patient populations, risk factors for specific patients, and then exactly which therapies will work for which patients. And, even better,

if those biomarkers can change with a therapy, we can show with much greater certainty that a specific therapy works for specific patients.

Some companies with which we work closely now are willing to engage in clinical trials for Sjögren’s and not worry whether the patients have another major autoimmune rheumatic disease, but others are insistent on only enrolling those with Sjögren’s alone.

We will continue to keep this question at the forefront, discuss trial results with companies and key opinion leaders, and look at the patient enrollment and where we ultimately can find the greatest success for patients. ■



The SSF now has a section on its website devoted to clinical trials in Sjögren’s. Visit <http://www.sjogrens.org/home/about-sjogrens/clinical-trials-whatsinvolved>.

**Links on this page take you to:**

- An article by Theresa Lawrence Ford, MD, the SSF Medical and Scientific Advisory Board Chair and Chair of the SSF Clinical Trials Consortium
- A list of clinical trials in Sjögren’s that are currently recruiting Sjögren’s patients





## The Efficacy of Desktop Humidifiers to Treat Dry Eye Symptoms in Computer Users

The purpose of this study was to evaluate the potential for a desktop humidifier as a means to improve tear-film parameters, ocular surface characteristics, and subjective comfort in computer users, a group that frequently reports dry eye as a problem. In all, 44 participants were chosen for this prospective, masked, randomized crossover study, which included one hour of continuous computer use both with and without exposure to the desktop humidifier. Both before and after use, researchers measured lipid-layer grade, noninvasive tear-film breakup time, tear meniscus height, and qualitative feedback from participants on ocular comfort. No significant differences in lipid-layer grade and tear meniscus height were found between the humidified and non-humidified environments, which had a relative difference in humidity of  $+5.4 \pm 5.0\%$  ( $P < 0.001$ ). An increase in the median noninvasive tear-film breakup time of +4.0 seconds was found in the humidified environment ( $P < 0.001$ ), which was associated with participants reporting an increase in comfort compared to baseline measures (36% vs. 5%,  $p < 0.001$ ). These results support the use of desktop humidifiers as a way to potentially improve tear-film stability and subjective comfort in computer users. ■

### Citation

Wang MTM, Chan E, Kam C, Lu Y, Misra SL, Craig JP. Randomized trial of desktop humidifier for dry eye relief in computer users. *Optom Vis Sci*. 2017 Nov. 94(11): 1052-1057.



**SSF Tip:** For a Sjögren's patient, an optimal range of humidity is between 55-60% regardless of the ambient temperature.



# Meet the SSF Staff

Michele Champigny  
Director of Professional Awareness

I see my work with the Sjögren's Syndrome Foundation (SSF) as ambitious, exciting and important! When I became a team member 5 short years ago, we were early in our breakthrough goal journey of reducing the time of diagnosis by 50% in 5 years. I am so excited to be part of the dedicated team of board members, staff and volunteers who not only reached, but exceeded this goal! Working toward this goal has not only driven diagnosis time down to 2.8 years, it has driven the interest in Sjögren's up. Now is an exciting time to be working in the field of Sjögren's!

Using my degrees in health education and educational psychology, I have spent my entire professional career in the non-profit health sector. I have worked in two areas- Non-profit disease based organizations, like the SSF, and healthcare/hospital based work. I spent the first several years of my career in fundraising and community awareness for a large national non-profit. In those years I was able to learn about developing community programs and how to garner the funds to support those initiatives. From there, I spent 11 years as the Director of Education for a health system. In this role, my team and I oriented all new staff members within our health system which included a hospital and 27 offsite facilities. We also kept them up to date with regulatory requirements, skills based training and service initiatives. The hospital was a fun and exciting place to be, but disease based work was always where my heart was. My work as the Director of Professional Awareness at the SSF allows a perfect combination of the things I really enjoy in my work, the opportunity to directly impact the understanding and awareness of a disease among healthcare providers, to work with a team of people dedicated to making

Sjögren's a household name and patients & volunteers that are like no other!

In my work over the years I have had the opportunity to attend many professional conferences and distribute materials and talk with providers. This is one of my favorite things to do as the Director of Professional Awareness, engage with the doctors face to face, sharing what is new and exciting in Sjögren's and how they can stay up to date in the field. Connecting them with brochures, medical newsletters, clinical practice guidelines and a peer network to help enhance their Sjögren's skills and knowledge is so rewarding.

Coordinating campaigns for the awareness ambassadors and working with them to distribute information on Sjögren's all across the country has been such a great experience and a powerful program. I love working with this group of dedicated and supportive volunteers! With over 250 ambassadors across the country reaching out to their local doctors, you can imagine the tremendous impact this group has had. Each ambassador reaching a handful of providers in their communities, a few times each year, we have put Sjögren's materials in the hands of thousands of healthcare providers with this program... together, we are making a difference!

In addition to reaching healthcare providers, I also am extremely proud to work with those in our patient support volunteer program! These individuals selflessly give of their time to help newly diagnosed patients as they embark on their journey with Sjögren's. They receive calls, listen to their peers and offer support and suggestions for the daily challenges of living with Sjögren's. This connection can be invaluable to a newly diagnosed patient and some of our patient support ambassadors, like our support group leaders, become their friends and confidants.



# SSF in Action!

*Celebrating the SSF Breakthrough Goal!*

Steven Taylor, SSF CEO, and Dr. Stephen Cohen, SSF Board of Directors Chair, attended the National Health Council's annual conference with 50+ other CEOs from national non-profit Health organizations. The SSF joined with organizations including the Arthritis Foundation, Psoriasis Foundation and the ALS Association in presenting at this year's conference. The SSF presented on the success of our *5-Year Breakthrough Goal*.

Announced in January 2012, the SSF embarked on our *5-Year Breakthrough Goal*: "To shorten the time to diagnose Sjögren's by 50% in five years." When the SSF first launched our Goal, the average time it took for a patient to be accurately diagnosed with Sjögren's, from the time they started seeking a diagnosis, was nearly six years. This January, the Foundation was honored and excited to announce that we had not only reached our Goal but had surpassed it, by reporting that the average diagnosis time is currently 2.8 years. ■



*Steven Taylor, SSF CEO, addressing NHC.*



*Steven Taylor, SSF CEO, and Dr. Stephen Cohen, SSF Board of Directors Chair*



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\*Survey of 1168 dentists, March 2016 *Clinicians Report*®, an independent, non-profit, dental education and product testing foundation. Citation available at [oracoat.com](http://oracoat.com)  
 †These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.  
 ‡In people with dry mouth who use 2 discs while sleeping and 4 more during the day.

**“Michele Champigny”** *continued from page 6* ▼

Looking toward the future, I see great opportunities! Now more than ever there are new clinical discoveries on the horizon that will need to be shared, there will be new guidelines in treating and managing the many different aspects of Sjögren’s and there is interest like never before among providers to learn more about this disease and be better prepared to help manage their Sjögren’s patients. I plan to continue:

- Reaching out to our healthcare provider friends throughout the country to keep them up to date in the world of Sjögren’s
- Collaborating with professional organizations to connect new providers with the SSF
- Using our dedicated and vast network of volunteers to spread the word about Sjögren’s

*Together, we can make a difference.* ■

# Smart Patients

Sjögren’s Community  
in partnership with the  
Sjögren’s Syndrome  
Foundation

We’re having honest conversations about Sjögren’s and our health. Join SSF members in our online community:

**[smartpatients.com/ssf](http://smartpatients.com/ssf)**





# You Stood Up!

## Major Anna Schelper

For nearly three decades, Major Anna Schelper was a member and benefactor of the Sjögren’s Syndrome Foundation (SSF). Diagnosed more than 50 years ago, Major Schelper was one of the earliest members of the Foundation after it was founded in 1983. From that point on, she became a staunch supporter of Sjögren’s research. According to her niece Melinda, “due to the SSF’s research efforts, my aunt was able to successfully manage her condition without excessive medication.” Major Schelper recently passed away at 100 years of age.

As a dedicated supporter of the SSF, Major Schelper included the Foundation in her charitable estate plans as a way to further support the SSF’s research initiatives and efforts while also hoping to help patients benefit like she did. Her generosity and support was not a surprise as she lived a life in service to others. Major Schelper joined the Army Nurse Corps the day after Pearl Harbor and served her country as a nurse until she retired. During her service years she was awarded numerous awards and commendations including the Bronze Star for her tireless work in the

Philippines. As her niece shared, “I believe my Aunt Anna was a true Texas hero.”

The SSF is incredibly grateful for Major Schelper including the SSF in her Will. It is an honor for us to continue our efforts in her memory and her gift will help the SSF meet the ever increasing needs of those we serve now and in the future.

If you would like to include the Sjögren’s Syndrome Foundation in your estate plans or planned giving arrangements or you would like more information about including a gift to the Foundation as part of your will or estate, please do not hesitate to contact Ben Basloe, Vice President of Philanthropy at (301) 530-4420, ext. 207 or [bbasloe@sjogrens.org](mailto:bbasloe@sjogrens.org). ■



*Army Nurse Corps emblem during World War II*

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# Walk for Sjögren's: Celebrating Our Strength!



The Walk for Sjögren's is a national fundraising program designed to raise awareness and crucial funds to support Sjögren's research and education. This non-competitive family fun event provides an opportunity for participants to learn more about Sjögren's, connect with area healthcare providers and others living with Sjögren's.

This year, we are proud to celebrate and recognize the personal strength of Sjögren's patients and those that support them every day! That is why, the SSF will be hosting "Circle of Strength" ceremonies and activities at each Walk, to recognize those people who give Sjögren's patients their strength and determination to continue to fight each day!

If there is already an event in your area and you would like to get involved or you would like to learn about starting one, please contact Kisha James [kjames@sjogrens.org](mailto:kjames@sjogrens.org) or (301) 530-4420, ext. 218. ■



## SSF 2018 Calendar of Upcoming Events

This year, we are proud to celebrate and recognize the personal strength of Sjögren's patients and those that support them every day.

If you have questions or interested in volunteering, please contact Kisha James [kjames@sjogrens.org](mailto:kjames@sjogrens.org) or (301) 530-4420, ext. 218.

### 2018 SSF National Patient Conference

April 13-14, 2018

Hyatt Regency Aurora-Denver Conference Center

### Denver Walk for Sjögren's

Saturday, April 14, 2018

Hyatt Regency Aurora-Denver Conference Center

**Tastefully Georgia**  
April 29, 2018  
Nelson Mullins at Atlantic Station, Atlanta



### Philadelphia Tri-State Area Walk for Sjögren's

Saturday, May 5, 2018

Philadelphia Zoo, Philadelphia, Pennsylvania

### Greater Washington Walk for Sjögren's

Saturday, May 19, 2018

Lake Fairfax, Reston, Virginia

### Dallas Walk for Sjögren's

June 9, 2018

The Parks Mall at Arlington, Arlington, Texas





# KICK OFF SUMMER BY JOINING TEAM SJÖGREN'S IN SUNNY SAN DIEGO!

**W**e're looking for runners or walkers to join our Team Sjögren's Training Program for the Rock 'n' Roll series San Diego Half Marathon and Half Marathon Relay. Follow our program and we will prepare you to WALK or RUN either the Half Marathon or 2-person Half Marathon relay event on Sunday, June 3, 2018 in San Diego!

The SSF has a limited number of spots for this epic summer event and we hope you'll be one of them! By taking part, you will get to enjoy the Rock 'n' Roll Marathon Series oldest event as we participate alongside 20,000 other walkers/runners from all over the world! These events start at Balboa Park and take you on a city tour through San Diego to a downhill finish in Waterfront Park. Those individuals completing the Half Marathon will run 13.1 miles. Those who choose to grab a friend and sign up as a 2 person relay team will split the mileage - runner 1 completes the first 6.3 miles and runner 2 completes the second 6.8 miles. Whichever you choose, you will be cheered on by bands, cheerleaders and supportive spectators throughout the route!

As a Team Sjögren's member, you will not only receive world-class training from our Team Trainer, but also leadership and mentorship from past runners and staff. The staff of the SSF will help guide you through the entire process and ensure you are ready to participate in June! Our team is always full of walkers and runners – so don't fret if you aren't a runner – Team Sjögren's was designed for you! Our plan takes people from the couch to the course!

In addition, you will be increasing awareness for Sjögren's, as well as, helping raise crucial funds for Sjögren's research and education. Mark your calendars and plan to kick off your summer with us on June 3<sup>rd</sup>! If you don't feel you can walk or run in this event, do what so many other patients have done and recruit someone else – your husband, wife, sister, cousin, daughter, son or friend – and have them walk or run in your honor.

Make this your best summer yet and join us in sunny San Diego!

To learn more about Team Sjögren's,  
contact Steven Taylor at (800) 475-6473  
or [staylor@sjogrens.org](mailto:staylor@sjogrens.org)




**in memoriam**
**In Memory of Barbara Bretherton**

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Southern District ITE  
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R. Slaton and Pauline Tuggle  
Martin Bretherton

**In Memory of Betty Erickson**

Marleen McDaniel and Cliff Perkall  
Sheryl Burr Pepas  
Marsha and Ron Zimbelman and Family  
Patti Pomponio

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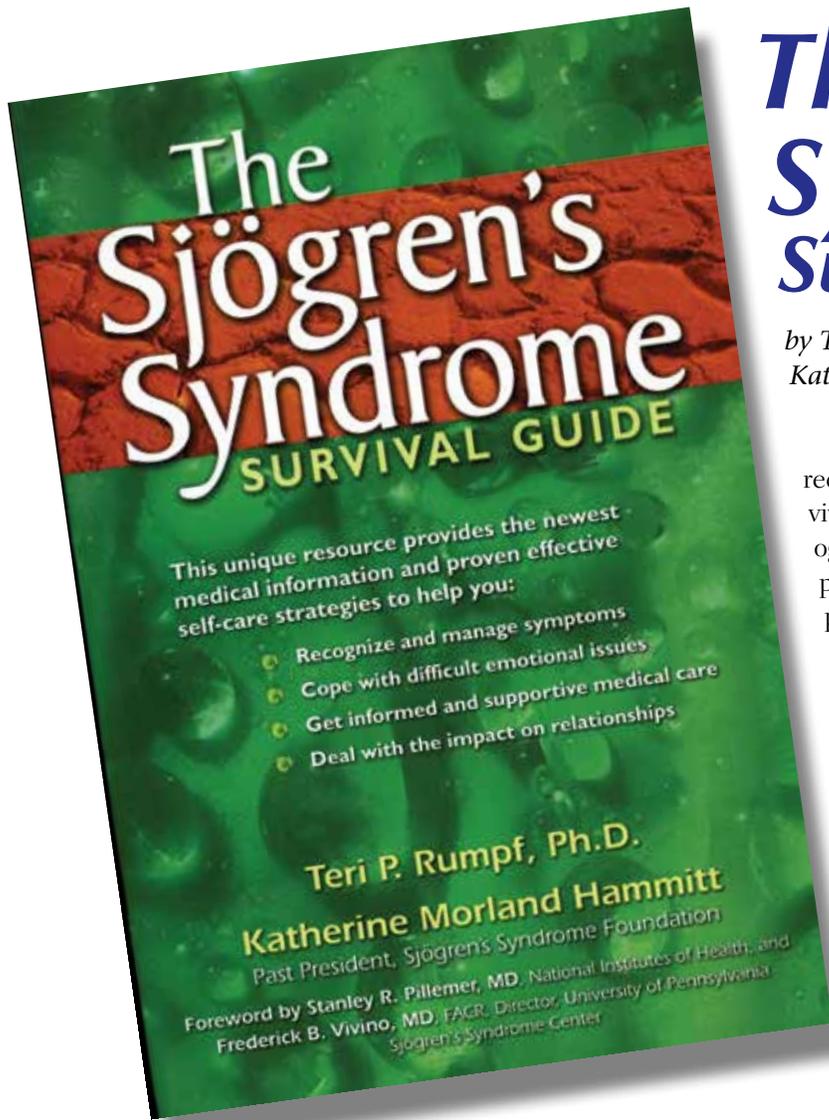


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# The Sjögren's Syndrome Survival Guide

by Teri P. Rumpf, PhD and Katherine Morland Hammitt

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- Obtain informed and supportive medical care
- Deal with the impact on relationships

The Survival Guide is a wonderful resource in a highly readable format addressing all aspects of Sjögren's. It includes clear and practical advice to allow people to take control of this disease and enjoy enormous improvements in their quality of life.

This book can be purchased using the order form below, online at [www.sjogrens.org/ssfstore](http://www.sjogrens.org/ssfstore) or by contacting the Sjögren's Syndrome Foundation office at 800-475-6473.

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# Speakers and Topics of Discussion - NPC 2018

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## Sjögren's Overview

Chadwick R. Johr, MD, is an Assistant Professor of Clinical Medicine in the Division of Rheumatology at the University of Pennsylvania. He is also the Co-Director of the Penn Sjögren's Center and has a special interest in caring for patients with Sjögren's. Dr. Johr will present a comprehensive explanation of the range of symptoms that Sjögren's patients experience, explain their causes, and offer treatment options and practical tips for managing them.

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## Sjögren's and Dry Eyes: What's new?

Stephen Cohen, OD, a private practice optometrist in Scottsdale, Arizona, since 1985, will describe the latest dry eye therapeutic treatments, covering the extensive range of options – from artificial tears to silicone plugs to systemic drugs that are available for managing the ocular complications of Sjögren's. Dr. Cohen is a past-president of the Arizona Optometric Association and is the current Chairman of the SSF Board of Directors.

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## The State of Sjögren's: Transforming the Future

Steven Taylor, SSF Chief Executive Officer

The Sjögren's Syndrome Foundation (SSF) has been embarking on new initiatives that are realizing huge advancements for Sjögren's patients. From clinical trials for new therapies, to research to unlock the mystery of Sjögren's, Steven Taylor, CEO of the SSF, will share with us what is on the horizon for Sjögren's patients.

Following his talk, Mr. Taylor will lead a panel discussion with:

**Janet Church**, SSF Chairman-Elect

**Stephen Cohen, OD**, SSF Chairman of the Board

**Ken Economou**, SSF Immediate Past Chairman

The panelists will discuss the leadership of the SSF, talking about where we have been, where we are now, and where we plan to go in the future!

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## Product Showcase

Sjögren's patients use a number of over-the-counter products to treat their various complications. During this session, we will highlight the vast array of products that are available for Sjögren's patients. You won't want to miss this informative and helpful talk!

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## Banquet Awards Dinner and Keynote Speaker

Darlene F. Cross, MS, LMFT, is a Licensed Marriage and Family Therapist in Henderson, Nevada, with 20 years in private practice. Darlene is also the author of the Amazon Best Seller, *A New Normal: Learning to Live with Grief and Loss*. Additionally, she is the author of *Reinventing Normal: How Choice and Change Shape Our Lives*.

We are delighted to have Darlene Cross as our 2018 Keynote Speaker – who will speak as a clinician who works with people coping with an array of losses, including loss through chronic illness, a subject she knows well being a Sjögren's patient herself.

In addition, join us for this inspirational evening as we present our National Awards to volunteers, groups and organizations that have helped to further the mission of the Sjögren's Syndrome Foundation.

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## How Sjögren's Can Impact the Central Nervous System

Edward Maitz, PhD, is a Diplomate in Clinical Neuropsychology and is also Board Certified in cognitive rehabilitation and biofeedback training. Dr. Maitz is in full time private practice in Pennsylvania and New Jersey, and has faculty appointments at Drexel University College and Widener University. He has a special interest in Sjögren's and has published articles in the field, and is a member of the SSF Clinical Practice Guidelines Committee. Dr. Maitz will share his vast knowledge about the physical, cognitive ("brain fog"), and psychological manifestations of Sjögren's.

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## Lymphoma: Risk, Treatment and Prognosis

Richard F. Ambinder, MD, PhD, currently serves as the James B. Murphy Professor of Oncology and the Director of the Division of Hematologic Malignancies at the Johns Hopkins Kimmel Cancer Center. Dr. Ambinder is active in the treatment of lymphoma and is the Co-Leader of the SSF's Lymphoma Clinical Practice Guidelines group. Dr. Ambinder will clear away the confusion surrounding lymphoma and Sjögren's, defining the risks to Sjögren's patients and outlining the symptoms, treatment, and prognosis.

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## Tips for Comfortable Living

Do you have a tip for living with Sjögren's? Have you found a great way to cope with your Sjögren's? Bring your ideas to our conference and be ready to share them! We will be asking a few patients to join us on stage to share some practical tips for coping with the day-to-day symptoms of this chronic illness.

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## Joint Pain and Sjögren's

Donald E. Thomas, Jr., MD, has a special interest in systemic autoimmune diseases, especially Sjögren's and lupus. He is in private practice in Maryland, but he also enjoys teaching health care providers about Sjögren's. He is passionate about empowering patients, and he is the author of the patient education book, "The Lupus Encyclopedia: A Comprehensive Guide for Patients and Families." Dr. Thomas will add to your understanding of the many causes of joint pain and will offer tips to help you cope as well as treatment regimens.

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## Oral Manifestations of Sjögren's

Ava J. Wu, DDS, is Clinical Professor, Department of Orofacial Sciences, School of Dentistry, University of California, San Francisco, where she is Director of the Sjögren's Syndrome Clinic. Dr. Wu's presentation will provide insights into how Sjögren's impacts your oral health as well as information to help manage and minimize the effects of dry mouth issues. After seeing thousands of patients in her career, Dr. Wu will deliver the answers that you have been waiting to hear.

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## Clinical Trials Update

Every day research is being conducted to unveil new medications, therapies and diagnostic tools for Sjögren's. Join us for this informative presentation about how clinical trials add to our medical knowledge and, most importantly, the result of these trials can make a difference in the care and treatment of Sjögren's patients.

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## Dermatological Issues and Sjögren's

Natalie Wright, MD, is a board certified dermatologist practicing in Dallas, Texas, who specializes in the diagnosis and management of autoimmune conditions of the skin. She manages the skin manifestations of lupus, Sjögren's, dermatomyositis, systemic sclerosis, sarcoidosis, and psoriasis, in addition to skin cancer and general dermatologic conditions. She completed specialized training in these disorders at Harvard Medical School and Brigham and Women's Hospital in Boston. Sjögren's patients can present with a variety of skin disorders that Dr. Wright takes special interest in diagnosing and managing.

Space is limited. Please register early!

# Registration Form

Registration fees include: Friday evening dinner, Saturday's lunch, hand-out material from speakers and entrance to exhibit area on Friday and Saturday.



## 2018 NATIONAL PATIENT CONFERENCE

Hyatt Regency Aurora-Denver Conference Center, Colorado

April 13 – 14, 2018

### 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 21, 2018)

#### SSF Members & Guests

Non-Members

March 21<sup>st</sup> and before

\$170 per person

\$190 per person

March 22<sup>nd</sup> and after

\$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  Discover  AmEx Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_ CC Security Code \_\_\_\_\_

- Refund requests must be made in writing. Registrants whose written requests are received by March 26<sup>th</sup> 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.
  - I would like a vegetarian meal
  - I would like a gluten-free meal
- A limited number of rooms are available, on a first-come basis, at the Hyatt Regency Aurora-Denver Conference Center (13200 East 14th Place, Aurora, Colorado 80011) at the SSF rate of \$132 per night plus tax if reservations are made by March 22, 2018. Call the toll-free hotel Central Reservations number at 1-888-591-1234 or call the Hyatt Regency Aurora-Denver Conference Center directly at 1-303-365-1234 and refer to the group name "Sjögren's Syndrome Foundation" for the discounted rate.
- The Hyatt Regency Aurora-Denver Conference Center is approximately 16 miles from the Denver International Airport.

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



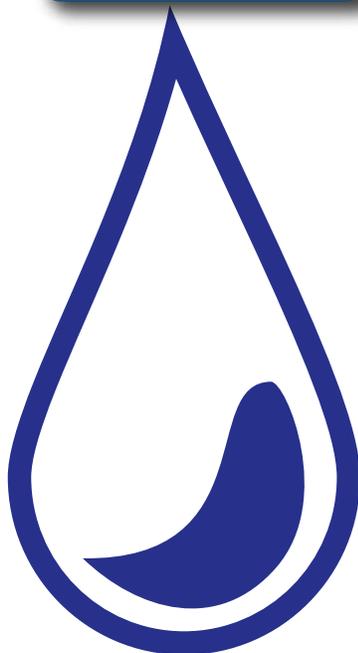
*The Moisture Seekers*  
Sjögren's Syndrome Foundation Inc.  
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Reston, VA 20191  
Phone: 301-530-4420  
Fax: 301-530-4415

*If you would like to receive this newsletter but are not currently an SSF Member, please contact us! 800-475-6473*

# Get Ready for Sjögren's Awareness Month!



# APRIL



**A**ril is Sjögren's Awareness Month and we hope you will join us in educating the public about this complex disease and how it affects those who are living with it!

Sjögren's Awareness Month was first established in 1998 when Congresswoman Louise Slaughter, from New York, read it into the Congressional Record and the Foundation works to keep the spirit of national awareness alive this April on its 20<sup>th</sup> anniversary.

With an estimated 4 million Americans living with Sjögren's, it is one of the most prevalent but lesser known autoimmune diseases. This can lead to a misunderstanding about the seriousness of the disease and be extremely isolating for those living with it.

Using our *This is Sjögren's!* April Awareness Campaign, the SSF aims to help educate others about this complex disease and visualize what it is like for patients who suffer from Sjögren's.

Stay on the lookout for more information in next month's issue of *The Moisture Seekers* and follow us on social media to learn more about the #ThisIsSjögrens campaign and how you can get involved!

Remember that by talking about the disease and educating others, we will transform the future Sjögren's! ■