



**2021 Virtual One-Day  
Sjögren's Patient Conference  
Saturday, November 13, 2021  
12:00pm – 4:30pm (Eastern Time)**

Join the Sjögren's Foundation for a one-day virtual Sjögren's patient conference primarily focused on the nervous system and Sjögren's. Sjögren's is not the same for every patient which is why educating yourself is so important. This one-day educational experience will help you learn how to manage and understand your symptoms and complications from leading Sjögren's experts.

**Patient Conference Schedule** *(all times are EST)*

**12:00pm**

**Welcome & Opening Remarks**

Janet Church, Sjögren's Foundation President & CEO

**12:10pm**

**Sjögren's: An Overview &  
Secrets to Getting the Most Out of Your Doctor Visit  
Donald Thomas, Jr. MD**



We'll start our conference with a brief overview of Sjögren's. This overview will be a great refresher for seasoned patients and a wonderful primer for those who are newly diagnosed. Understanding your disease is a great foundation for empowering yourself to be your own best advocate! Dr. Thomas will then provide practical advice on how you can get the most out of your doctors' visits. Learn about tips and tricks that many patients are unaware of. Whether your doctors are Sjögren's experts, or new to Sjögren's, you will learn how you and your providers can become productive partners in your Sjögren's care.

**1:10pm**

**An Overview of the Nervous System & Sjögren's  
Arun Varadhachary, MD, PhD**



CNS, PNS and ANS, Oh My!! The Nervous System - What does it control? Which functions fall under which system? How do these relate to your Sjögren's symptoms? Dr. Arun Varadhachary will be taking us through these aspects of the nervous system, helping to untangle the confusion surrounding our central, peripheral and autonomic nervous systems. This session will help us gain a better overall understanding of the nervous system before diving deeper into specific symptoms with the next conference topics.

**1:55pm**

**Cognitive Dysfunction & Fatigue in Sjögren's  
Fai Ng, MD, PhD**



Brain fog and fatigue are not simply trivial moments of forgetfulness and tiredness. These symptoms can be debilitating to a patient's quality of life and daily living. Dr. Fai Ng is an international leader on Sjögren's and fatigue research. He will help us understand the biological basis for patient fatigue and cognitive dysfunction related to Sjögren's.

**2:40pm**

**Sjögren's Foundation Update  
Janet Church, President & CEO, Sjögren's Foundation**



Janet will share an update on the interesting projects happening at the Sjögren's Foundation that you need to know about. She will also highlight major successes for patients like the ICD-10 code change, advances in research, and programs educating medical providers about Sjögren's.

**3:00pm**

**Peripheral Neuropathy & Raynaud's in Sjögren's  
Ghaith Noaiseh, MD**



Peripheral Neuropathy, more than tingling toes! What is happening when you can't feel your hands and feet? What about the pain and burning sensation? 38% of patients taking the 2016 Living with Sjögren's survey told us they were also diagnosed with Peripheral Neuropathy and another 38% said they suffered with Raynaud's. Dr. Ghaith Noaiseh will lead us through an educational and informative program on one of our most sought-after topics.

**3:45pm**

**Lessons from COVID-19 Dysautonomia  
Kathy Hammitt, VP of Scientific & Medical Affairs**



Dysautonomia is the term used when there is dysfunction of our autonomic nervous system. Sjögren's patients can have many symptoms that fall under the term Dysautonomia, yet it has been an area that still needs further research to understand. With COVID-19 and long-haul cases, there has been discussion about Dysautonomia and autoimmune-like symptoms. Kathy Hammitt will highlight what we might learn from COVID-19 Dysautonomia that can help us understand it in Sjögren's, based on the conversation at our Clinical Trials Consortium meeting of scientists and medical providers at this year's ACR conference.

**4:15pm**

**Conference Recap & Closing Remarks**

# Registration Form



## 2021 Virtual One-Day Sjögren's Patient Conference Saturday, November 13, 2021

# 1

### ATTENDEE

Attendee Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

# 2

### FEES - please circle appropriate fee

**Sjögren's  
Foundation  
Members**

**\$40**

**NON-Members**

**\$60**

# 3

### PAYMENT - Mail to Sjögren's Foundation, 10701 Parkridge Blvd., Suite 170, Reston, VA 20191

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 Sjögren's Foundation.

MasterCard  VISA  Discover  AmEx

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_ CC Security Code \_\_\_\_\_

Signature \_\_\_\_\_

**MAIL FORM TO: Sjögren's Foundation  
10701 Parkridge Blvd, Suite 170, Reston, VA 20191**

**E-MAIL FORM TO: [mchampion@sjogrens.org](mailto:mchampion@sjogrens.org) or FAX FORM TO: (301) 530-4415**

**OR REGISTER ONLINE at [www.sjogrens.org/one-day-registration](http://www.sjogrens.org/one-day-registration) or CALL (301) 530-4420**

**\*Refund requests must be in writing. Those received by **October 27<sup>th</sup>** will receive a **75% refund**.**

### PLEASE NOTE:

- *Registrants must have a device with internet access to join the conference*
- *Each presentation will be recorded and available for registrants to re-watch via Crowdcast for 30 days after the conference*