

Is the Mediterranean Diet right for you?

by Jodi Tamburrino, RD, CDN

From Algeria to Syria, and all in between, a Mediterranean Diet includes eating a variety of fresh food items custom to the 15 countries surrounding the Mediterranean Sea. Ancient civilizations turned wheat to bread, olives into oil, and grapes into wine. Increased trade among countries surrounding the Mediterranean Sea led to crossbreeding of crops, exotic spices, and recipes alike. The roots of Mediterranean cuisine dates back to centuries B.C and but its influence still stretches worldwide.

Today, this historical eating pattern has become considered a modern practice to promote optimal health. Research indicates that following a Mediterranean-type diet may help reduce risk among those living with chronic inflammatory diseases such as cardiovascular disease and rheumatoid arthritis (RA). Studies indicate following a Mediterranean-type diet may promote improved lipid profiles and reduced progression of disease. A recent pilot study found significant improvements of troublesome symptoms such as pain, early morning stiffness, and functional status among female rheumatoid arthritis patients when treated with Mediterranean dietary interventions. Other studies have found that consuming food sources of omega-3 fatty acids as in fish oils,



found among Mediterranean food staples, may promote anti-inflammatory effects among RA patients.

Garden fresh ingredients coupled with simple cooking techniques are basic themes of the Mediterranean-style cuisine. Emphasis is placed on balance and variety of different foods consumed as well as regular physical activity. Since many of us are not spending energy growing and harvesting our own food items, it is also especially important to plan ahead for adequate daily exercise to promote a healthy body weight.

Tips for following a Mediterranean diet include eating fish and/or shellfish twice weekly. Plan meals and/or mini-meals by choosing more plant based foods such as fruits and vegetables, as well as nuts and whole grains. Red meat is consumed only in small portions. Choose liquid fat like olive oil instead of butter or other animal

continued page 2 ▼



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"Mediterranean Diet" continued from page 1 ▼

based fat when cooking. Foods are seasoned with herbs and spices instead of salt. Staples to the Mediterranean diet include, but is not limited to:

- Artichokes, tomatoes, garlic and onions
- Fennel
- Mushrooms
- Spinach and radicchio greens
- Grapes, dates, figs, lemons, orange, and nectarines
- Tuna, crab, mussels, prawns, red mullet, and squid
- Almonds, pine nuts, pistachio nuts, and walnuts
- Bugler wheat, couscous, rice, and polenta
- Chick peas and lentils
- Basil, dill, coriander, mint, marjoram, thyme, sage, parsley, oregano, chilies, and cinnamon
- Olive oil

And remember, making any significant diet and lifestyle changes for improved health should be done with consideration to the overall health status of the individual and under supervision of your healthcare provider. This is recommended to avoid unplanned complications as well as promote success in meeting nutrition goals. Working with a Registered Dietitian can help you better meet your individual nutrition goals based on evidenced based dietary recommendations. ■

***Walking to raise awareness
and understanding. Let's all take
a step toward a better tomorrow.***

***Contact the Sjögren's Syndrome Foundation
at 800-475-6473 and request information on
hosting your own Walkabout.***

Sjögren's Walkabout

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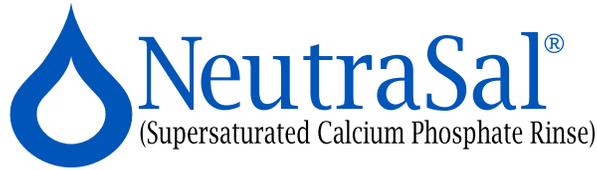
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**Based on Q1-Q4, 2013 IMS Data and Published SEC-10k Data.

Coordinate a **Bold Blue Day** for Sjögren's!

What is Bold Blue Day?

Imagine your colleagues or classmates trading in their tailored slacks or dresses for a day in **blue jeans** or **bold blue** to raise vital funds for Sjögren's research and awareness.

Ask your company or your school (even your kid's school) to consider doing a dress down day for the SSF.

How does it work?

Each person choosing to dress down would donate a suggested amount to the SSF as their fee for participating. Some companies suggest \$5 while others companies/schools let each person decide how much they want to donate.

What if your company doesn't ever allow jeans?

Then just have a BOLD BLUE DAY – where on a certain day everyone chooses to wear their favorite BOLD BLUE outfit! Then collect donations for the SSF that day as well.

To receive more information or have a "Bold Blue Day" kit sent to you, contact Steph Hilton at (800) 475-6473 ext. 227 or shilton@sjogrens.org to receive your "Bold Blue Day" kit.

Sjögren's
Syndrome
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I Stood Up...

Dr. Sarah Schafer



Dr. Sarah Schafer first connected with the SSF early on in her journey with Sjögren's, a little more than a decade ago, and has been an advocate ever since! With a background in pediatrics and public health, Sarah had learned very little about Sjögren's during medical school and in her residency, other than being told that patients could simply manage their dryness symptoms and that it was not a serious disease.

Once diagnosed, Sarah was sure that her treating physicians would be well versed on the disease, however she quickly learned, like many patients, that was not going to be the case. "I soon found out that the little research I had done put me ahead of most of my providers, other than my rheumatologist, in understanding the illness. It seems backwards to me that patients should need to teach their doctors about a common disease!"

This frustration motivated Sarah to start educating her medical peers about how to recognize and diagnose Sjögren's. Following the SSF's belief that if clinicians have a significant population of Sjögren's to treat, they will start to demand answers from researchers and pharmaceutical companies about how to effectively manage and treat the disease.

That is why this past fall, Sarah presented "Sjögren's Case Studies" to over 20 attendees comprised of medical students, residents and faculty. At the beginning of the presentation everyone admitted to knowing very little about the disease and that they had seen very few cases throughout their many years of practice. As the case study continued attendees were stunned to learn the high prevalence of the Sjögren's, and the likelihood that they actually had seen a number of patients who remain undiagnosed or as Sarah likes to say "under the radar."

Her goal in educating practitioners is to have them realize that they can make a huge difference by considering the possibility of Sjögren's as a potential diagnosis, particularly in patients with fatigue, dryness and/or widespread musculoskeletal pain.

Sarah strongly believes that by educating the medical community, we will change the tide in the care given to Sjögren's patients, which is why she partners with the SSF. "The SSF Medical and Scientific Advisory Board, does a wonderful job choosing priorities that will have the most impact. I am honored to work with the Foundation, and have great admiration for the many individual staff members with whom I have worked with directly," said Sarah.

Thank you Sarah for standing up for Sjögren's! ■



Faces of Sjögren's



Donna's Journey

When I was diagnosed with Sjögren's, my first thought was...

"What? That's all I need on top of Fibromyalgia." The Fibromyalgia can be traced to childhood, but a year ago, daily pain, chronic insomnia, brain fog and the newer problem--dry eyes--had become so severe that I had to leave full-time employment.

I have always been a researcher and self-diagnostician, but this new wrinkle was puzzling. "To which disease does this symptom relate, and does it matter?" One of my concerns is always how my health impacts my marriage, though my husband is unfailingly supportive, and whether others will view my illness as psychosomatic because chronic illness is often misunderstood.

The dry eyes had become debilitating. The first ophthalmologist stated, "There's nothing we can do," and suggested eye drops. I persevered through the doctors and treatments and finally found a combination that works for me and has allowed me to function again and resume work.

I have discovered gluten and sugar interfere with my body's sleep, and lack of sleep exacerbates pain; thus a gluten- and sugar-free diet helps me. I will continue to be proactive in learning in order to tame the twin beasts of Fibromyalgia and Sjögren's. Toward that end, I attended the valuable SSF Patient Conference last year.

I have only one life to live and plan to live it to the fullest, and there is full life after being diagnosed with Sjögren's!

- Donna

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quality of life
to Sjögren's



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Laurie Conrad, diagnosed with Sjögren's Syndrome



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Get Ready for Sjögren's Awareness Month!



April is Sjögren's awareness month and every year the Sjögren's Syndrome Foundation strives to make the biggest awareness impact possible!

This year the SSF created Sjögren's Awareness Kits, a collection of the SSF's best awareness materials, as a way to educate the people in your life about Sjögren's.

While sharing can be scary at first, you'll never know what support you'll receive or who you might inspire until you start.

Step up for Sjögren's this April because if you don't, who will?

Our 2014 Awareness Kit includes, a Sjögren's Syndrome Foundation journal, talking points & tips for increasing awareness as well as:

- 5 – Sjögren's Awareness Wristbands
- 5 – What is Sjögren's Syndrome brochures
- 5 – Dry Eye and Sjögren's brochures
- 5 – Dry Mouth and Sjögren's brochures
- 3 – Symptoms of Sjögren's posters
- 5 – "Connect with the SSF" physician forms for your doctors

This kit can be purchased using the order form below, online at www.sjogrens.org or by contacting the Sjögren's Syndrome Foundation office at 800-475-6473.

	Price	Qty	Amount
2014 Awareness Kit	\$20.00		
<i>Maryland Residents add 6% sales tax</i>			
Shipping and Handling:			
US Mail: \$5 for first item + \$3 for each additional item			
Canada: \$14 for first item + \$3 for each additional item			
Overseas: \$22 for first item + \$3 for each additional item			
Total Amount			

Mail to SSF, BB&T Bank · PO Box 890612 · Charlotte, NC 28289-0612 or Fax to: 301-530-4415

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Address _____

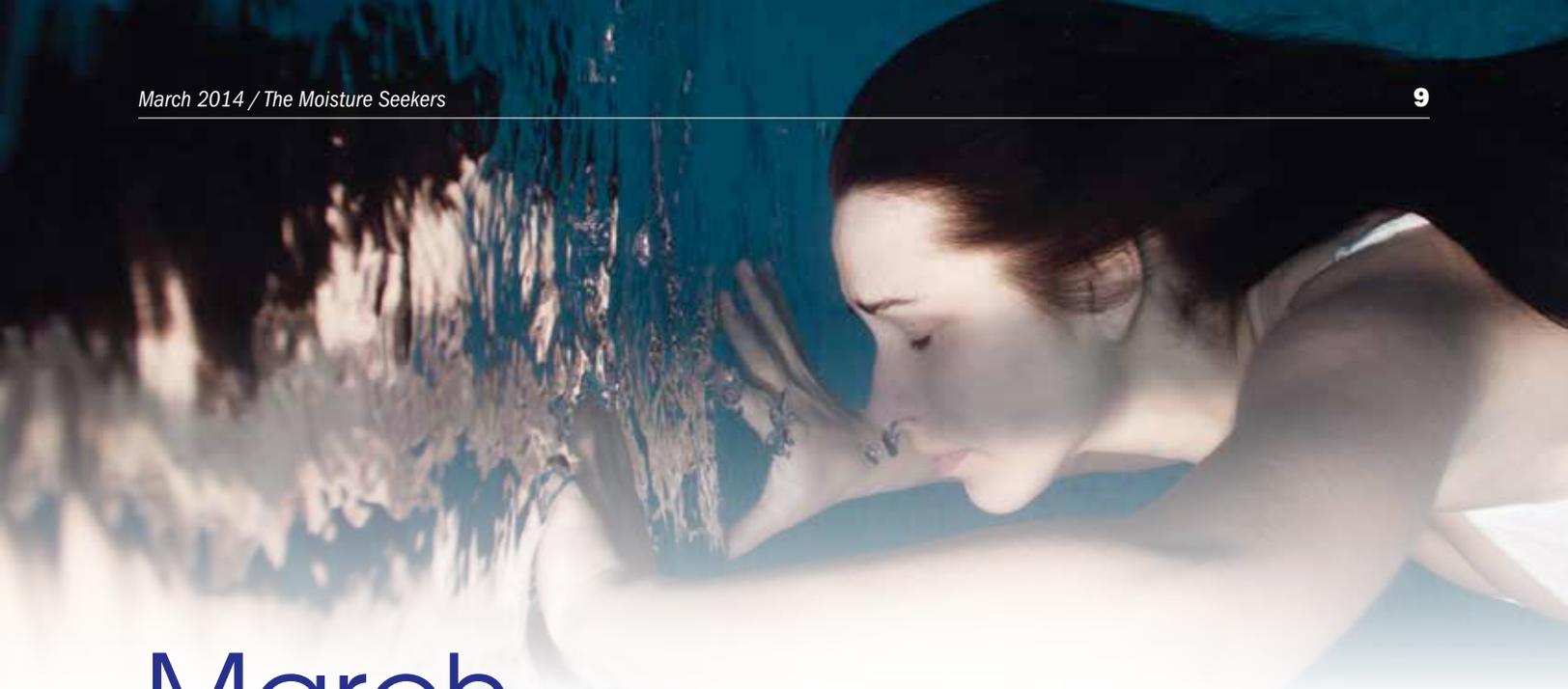
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March

Breakthrough Bullet:

The Sjögren's Syndrome Foundation believes that we will forever change the treatment and care given to patients...

50%
in 5 years
Sjögren's
syndrome
FOUNDATION

The Sjögren's Syndrome Foundation believes that we will forever change the treatment and care given to patients, with the accomplishment of our *5-Year Breakthrough Goal*: To shorten the time to diagnose Sjögren's by 50% in five years!" As Steven Taylor, CEO of the Sjögren's Syndrome Foundation was quoted as saying, "the more patients diagnosed, the more the medical community will take Sjögren's seriously and begin to learn more about how to treat the disease and how to monitor patients for the serious complications."

As you may recall in the January issue's lead article "5-Year Breakthrough Goal: 2-Year Update," the SSF plans to achieve our Goal by focusing on three specific action items:

- Increasing public awareness
- Increasing involvement from our friends and partners
- Increasing education and awareness among health-care professionals

Increasing involvement from our friends and partners

Behind the scenes, the SSF is busy building partnerships with corporations, private foundations, pharmaceutical companies and non-profit organizations to help fulfill our mission and reach our Goal. These partnerships are a less visible but a critical aspect for our success as we strive to increase Sjögren's throughout the healthcare community.

Through various partnerships, we are able to take a grass roots approach to educating medical professionals. We are able to do this, not only through the SSF's

 **in memoriam**

In Memory of Adelle Rubin
Deirdre Perl-Strock

In Memory of Betty Tilton
Kate, Brij & May Bryant
The Messineo Family

In Memory of Elaine Alexander
Carol Watson

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Maria Elena Todora

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Victoria & Terrel Hart

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Karen Bender

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Pete Costello

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Diane Lawlor

In Honor of Dr. Daniel Small
Roberta Neff

In Honor of Elaine Levin
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In Honor of Dr. Gunnel Nordmark
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Mother's Day Form

Mail to: Sjögren's Syndrome Foundation, 6707 Democracy Blvd., Suite 325, Bethesda, MD 20817 or Fax to: 301-530-4415

Please choose a donation amount: \$25 \$50 \$100 other _____

Name of person this donation is in honor of _____

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Remembering Your Mother or Another Fabulous Lady on Mother's Day

Make a donation in honor or in memory of your mother or a mother that you know! Your honoree or family member will receive a personalized Mother's Day acknowledgement before May 11th from the Sjögren's Syndrome Foundation. The Foundation will also acknowledge your gift in an upcoming issue of *The Moisture Seekers* newsletter.

Please complete form on page 10.

"Breakthrough Bullet" continued from page 9 ▼

Awareness Ambassadors, but also by utilizing pharmaceutical representatives, who regularly visit physician offices. These representatives regularly share our educational brochures with the physicians they visit, in the hope that the physicians will display our information for their patients. In addition to handing out our educational materials, one company recently purchased 100 of the "Sjögren's Syndrome Handbook" to give to physicians treating the disease and are currently looking into purchasing more copies to help increase the knowledge about the seriousness of Sjögren's!

Another way these partnerships help to further the SSF's mission is by helping with the large financial cost of producing Sjögren's materials. The SSF proudly offers free brochures to physician's offices, materials for local health fair across the country, information packets to newly diagnosed patients who call our headquarters, along with training for our volunteer Support Group Leaders and Awareness Ambassadors. These free educational and awareness programs are only possible because of private foundations, such as the Carroll Petrie Foundation who supports all of our awareness efforts and helps to underwrite the cost of production.

The SSF is proud of our partnerships but success would not be possible without everyone's help. Your membership alone strengthens our organization by showing these partners that we have patients counting on them to support our efforts and help us to find new treatment options for this debilitating disease. Together we will conquer Sjögren's! ■

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Patient Education Sheet

Interstitial Cystitis or Bladder Pain Syndrome

The SSF thanks the Interstitial Cystitis Association (ICA) for authoring this Patient Education Sheet.

Interstitial cystitis (also known as IC) is a chronic bladder condition that usually consists of recurring pelvic pain, pressure, or discomfort in the bladder and pelvic region, urinary frequency (needing to go often) and urgency (feeling a strong need to go). IC also may be referred to as painful bladder syndrome (PBS), bladder pain syndrome (BPS), and chronic pelvic pain (CPP). The exact cause is unknown, but researchers have identified different factors that may contribute to the development of the condition. About 25% of IC patients have a definite or probable diagnosis of Sjögren's, and as many as 14% of Sjögren's patients are estimated to have IC.

Some things you can do to control your IC include:

- Avoid or limit foods and beverages that may irritate the bladder, including coffee, tea, soda, alcohol, citrus juices, and cranberry juice. For some, spicy foods may be a problem as well as foods and beverages containing artificial sweeteners.
- Apply heat or cold over the bladder or between the legs to alleviate some pain.
- Modify or stop Kegel exercises which may make pelvic floor muscles even tighter.
- Avoid tight clothing to prevent further irritation and restricted blood flow to the pelvic region.
- Treat constipation. It can add pressure to the pelvic area and increase pain and discomfort.
- Develop healthy sleep habits as sleep is crucial for pain control.
- Adjust fluid intake. Increase or decrease depending on your situation.
- Retrain your bladder by learning to urinate on a set schedule and not when your bladder tells you.
- Find healthy ways to manage your stress since it may make IC symptoms worse.
- Find, in advance, the location of restrooms along your route when traveling.
- Get active! The health of your bladder depends on good blood flow to the area and on having flexible and strong muscles around your bladder and other pelvic organs to protect and support them.
- Quit smoking. Cigarettes may irritate the bladder and worsen pelvic and bladder pain.
- Take a trial and error approach to treatment as no one treatment works for everyone. A combination of treatments is often necessary to get your IC under control.
- Track how your symptoms change with treatment and speak with your healthcare provider if you think a therapy is not working.

Visit the Interstitial Cystitis Association website, www.ichelp.org, for the most up-to-date and accurate information about IC and to find knowledgeable healthcare providers.

SAVE THE DATE!

2014 SSF National Patient Conference

“Solving the Sjögren’s Puzzle”

April 25-26, 2014

Hyatt Regency O’Hare
Chicago (Rosemont, Illinois)

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 opportunity to work on “Solving the Sjögren’s Puzzle,” taking 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 2014 SSF National Patient Conference in Chicago (Rosemont, Illinois).

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.

So this April 25-26, we invite you to join with us and experience a weekend where you will heighten your understanding and work toward “Solving the Sjögren’s Puzzle” at the 2014 National Patient Conference in Chicago (Rosemont, Illinois).

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

Presentation topics will include:

- Overview of Sjögren’s Syndrome
- Pulmonary Issues and Sjögren’s
- Dry Eye / Dry Mouth and Sjögren’s
- What is in the Clinical Trial Pipeline?
- Gastrointestinal Issues and Sjögren’s
- Clinical Practice Guidelines Update
- Nutrition, Wellness and Autoimmune Disease
- Overlapping Major Connective Tissue Diseases

2014 SSF National Patient Conference Topics and Speakers

Overview of Sjögren's Syndrome

Daniel Small, MD, is a practicing rheumatologist with a career-long interest in Sjögren's. He practiced rheumatology in California and Texas before settling in Florida and joining the Sarasota Arthritis Center 21 years ago. During his career, Dr. Small has reported clinical research findings related to Sjögren's at regional, national, and international rheumatology meetings. He authored a chapter in *The Sjögren's Book* about treatment of major organ involvement, and he is a member of the SSF Medical and Scientific Advisory Board. Dr. Small 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.

Pulmonary Issues and Sjögren's

Augustine S. Lee, MD, is Assistant Professor of Medicine at Mayo Clinic College of Medicine; Director, Chronic Cough Clinic, Division of Pulmonary Medicine, Mayo Clinic; and Program Director, Pulmonary and Critical Care Medicine Fellowship, Mayo Graduate School of Medicine, Mayo Clinic College of Medicine, Jacksonville, Florida. Dr. Lee also is Consultant at both the Division of Pulmonary Medicine, Department of Internal Medicine and at the Department of Critical Care at the Mayo Clinic in Jacksonville. Lung complications are sometimes the most misunderstood and life-threatening manifestations of Sjögren's. Dr. Lee will add to your understanding of the various pulmonary complications and leave you with knowledge to share with your own physician.

What is in the Clinical Trial Pipeline?

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. Dr. Lawrence Ford closes out the weekend by looking ahead to what the future holds for Sjögren's clinical trials.

Clinical Practice Guidelines Update: A Panel Discussion

Michael T. Brennan, DDS, MHS, is Professor and Oral Medicine Residency Director at the Department of Oral Medicine at the Carolinas Medical Center in Charlotte, North Carolina. He is also Director of the Sjögren's Syndrome and Salivary Disorders Center at the Carolinas Medical Center. Additionally, Dr. Brennan is Co-Chair of the Oral Medicine Sub-Committee of the SSF Clinical Practice Guidelines Committee.

Gary N. Foulks, MD, is Emeritus Professor of Ophthalmology in the Department of Ophthalmology and Visual Sciences of the University of Louisville School of Medicine. Former Director of the Cornea and External Disease Service, he was also Assistant Dean for Clinical Trial Research at the University of Louisville School of Medicine. Dr. Foulks presently is Editor-in-Chief of *The Ocular Surface* and is on the editorial boards of *Cornea* and the *Eye and Contact Lenses*. Dr. Foulks is also Co-Chair of the Ocular Medicine Sub-Committee of the SSF Clinical Practice Guidelines Committee.

Ann Parke, MD, is Professor of Medicine, University of Connecticut Health Center at St. Francis Hospital and Medical Center in Hartford, Connecticut. She is an expert in Sjögren's, rheumatoid arthritis, and systemic lupus erythematosus as well as pregnancy in patients with connective tissue diseases. Dr. Parke is also Co-Chair of the Rheumatology/ Systemic Disease Sub-Committee of the SSF Clinical Practice Guidelines Committee.

This panel of esteemed Sjögren's experts will discuss the Clinical Practice Guidelines for the management of Sjögren's, a major initiative launched by the SSF several years ago. These guidelines will be the first of their kind for Sjögren's and will establish a baseline for healthcare professionals to follow when treating Sjögren's patients. The panel will review the guidelines process and status, covering the management and treatment of ocular, oral, and systemic manifestations of Sjögren's.

Overlapping Major Connective Tissue Diseases

Lee S. Shapiro, MD, is a rheumatologist and a partner at The Center for Rheumatology in Albany, New York. Dr. Shapiro also is Director of the Steffens Scleroderma Center in Saratoga Springs, New York, and Clinical Professor at Albany Medical College, and is a 20-year member of the medical advisory board of the Tri-State Chapter of the Scleroderma Foundation. 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.

Nutrition, Wellness and Autoimmune Disease

Lauri Lang, RD, LDN, CWPC, is a registered dietitian, licensed dietitian nutritionist, and certified wellness program coordinator based in Pittsburgh, Pennsylvania. She specializes in holistic nutrition, chronic disease prevention and improvement, and health promotion. She currently works for Cigna, Inc, as a Case Manager Specialist on the Integrated Personal Health Team. In her private practice, Ms. Lang has counseled individuals of all ages and medical conditions who seek wellness through nutrition and lifestyle modifications. Ms. Lang will explain how different aspects of nutrition can impact an autoimmune disease like Sjögren's and share insights into making the best nutritional choices to maximize functioning and well-being.

Gastrointestinal Issues and Sjögren's

Matthew Nichols, MD, is a gastroenterologist and currently practices in Colorado with South Denver Gastroenterology, P.C. His areas of special interest include the management of chronic liver and inflammatory bowel diseases. Dr. Nichols is an active participant in the Rocky Mountain Chapter of the Crohn's and Colitis Foundation (CCFA). The manifestations of Sjögren's are multiple, and gastrointestinal involvement is common. Dr. Nichols will enhance your understanding of how the esophagus, stomach, liver, and intestines are affected by Sjögren's.

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.



2014 NATIONAL PATIENT CONFERENCE CHICAGO (ROSEMONT, ILLINOIS) — APRIL 25–26, 2014

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 31, 2014)

SSF Members & Guests
Non-Members

March 31st and before
\$170 per person
\$190 per person

April 1st 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 April 3rd 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 Caroline Mullin at the SSF office (301-530-4420, ext. 214) by April 3rd.
- A limited number of rooms are available at the Hyatt Regency O'Hare (9300 Bryn Mawr Avenue, Rosemont, IL 60018) at the SSF rate of \$125 per night plus tax if reservations are made by April 1, 2014. Call the toll-free hotel Central Reservations number at 888-421-1442 or call the Hyatt Regency O'Hare directly at 847-696-1234 and refer to the group name "Sjögren's Syndrome Foundation" for the discounted rate.
- The Hyatt Regency O'Hare is approximately one (1) mile from the O'Hare International Airport. The hotel offers a 24-hour complimentary shuttle service to and from the airport that runs every 15 minutes. Alternate transportation suggestion: Taxi Fare/\$10 (one way).

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

The Moisture Seekers

Sjögren's Syndrome Foundation Inc.
6707 Democracy Blvd., Ste 325
Bethesda, MD 20817

Phone: 800-475-6473

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

Be Part of the SSF Breakthrough Goal Team 2014 SSF Special Event Calendar

Join in the fun and help increase Sjögren's awareness. The SSF is very excited for all of our events coming this year. Look at our special event calendar below to see if there is a *Walkabout* or *Sip for Sjögren's* coming to your area.

Visit www.sjogrens.org or contact the SSF office to learn more about our events!

March

- 17** **New York City Sip**
NYU Rosenthal Pavilion, New York, New York
- 30** **Long Island Walkabout & Health Fair**
Roosevelt Field Mall, Garden City, New York

April

- 25-26** **National Patient Conference**
Chicago - Rosemont, Illinois
- 26** **National Patient Conference Walkabout**
Chicago - Rosemont, Illinois

May

- 3** **Philadelphia 10th Walkabout & Health Fair**
Philadelphia, Pennsylvania
- 10** **Dallas Fort Worth Walkabout & Health Fair**
Dallas, Texas
- 31** **NE Ohio Walkabout**
Ohio

June

- 1** **Columbus Walkabout**
Columbus, Ohio
- 1** **Atlanta Sips**
Atlanta, Georgia
- 14** **Denver Walkabout**
Denver, Colorado
- 21** **GWR Walkabout / Family Day**
Washington D.C. Area
- 22** **Kansas City Run / Walkabout**
Parkville, Missouri
- 22** **Harrisburg Walkabout**
Harrisburg, Pennsylvania

