



# 2020 VIRTUAL

National  
Patient  
Conference

*“Coming Together to  
Conquer Sjögren’s”*



**Putting the health and safety of everyone first,  
our National Patient Conference is now a virtual event.**

**Join us for this two-day event on  
Friday, June 26<sup>th</sup> – 1:00 pm - 5:15 pm (EDT)  
Saturday, June 27<sup>th</sup> – 1:00 pm - 5:15 pm (EDT)**

This two-day online educational experience will help you take control of your health while you learn how to manage and understand your Sjögren’s symptoms and complications from leading Sjögren’s experts.

## **PLEASE NOTE**

*Registrants must have device with internet access to join conference.*

*Recorded videos of each lecture will be available to  
registrants for 30 days after the conference.*

**QUESTIONS?** Call 301-530-4420 or visit [www.sjogrens.org](http://www.sjogrens.org)

# “Coming Together to Conquer Sjögren’s”

**Friday, June 26, 2020**

(all times are Eastern Time)

**1:00pm Welcome and Opening Remarks**

**Janet Church**

*Sjögren’s Foundation Board Chair*

**Steven Taylor**

*Sjögren’s Foundation President & CEO*

**1:10pm Sjögren’s: An Overview**



**Nancy Carteron, MD**

Nancy Carteron, MD, is a San Francisco area rheumatologist with a long-standing interest in Sjögren’s, beginning with co-authoring a book, *A Body Out of Balance*, with a Sjögren’s patient. Recently, Dr. Carteron has joined the University of California, Berkeley, School of Optometry, to collaborate with dry eye and oral medicine specialists to advise Sjögren’s patients. Additionally, she is the medical and scientific editor for *Sjögren’s Quarterly* and Rheumatology Chair for the Sjögren’s Foundation Clinical Practice Guidelines initiative. Dr. Carteron 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.

**2:00pm Exploring Sjögren’s Spotlight**

**2:10pm Pediatric Sjögren’s**



**Scott M. Lieberman, MD, PhD**

Scott M. Lieberman, MD, PhD, is a pediatric rheumatologist with the University of Iowa Stead Family Children’s Hospital and Associate Professor of Pediatrics (with tenure), Carver College of Medicine, University of Iowa. Dr. Lieberman’s research lab studies the role of T lymphocytes in the initiation of lacrimal and salivary gland autoimmunity in the context of Sjögren’s. He is also heavily involved in an international effort to better define childhood Sjögren’s. Dr. Lieberman will discuss aspects of childhood Sjögren’s to highlight clinical manifestations, diagnosis, and the need for greater awareness that children get Sjögren’s, too.

**2:50pm Exploring Sjögren’s Spotlight**

**3:00pm Conquering Sjögren’s: What’s Next?**



**Steven Taylor**

*Sjögren’s Foundation President & CEO*

The Sjögren’s Foundation continues to launch new patient, healthcare and research focused initiatives that are changing the direction of Sjögren’s! Join Steve as he shares updated information about clinical trials, clinical practice guidelines, international collaborations and much more.

**3:40pm Exploring Sjögren’s Spotlight**

**3:50pm Oral Manifestations of Sjögren’s**



**Ava J. Wu, DDS**

Ava J. Wu, DDS, is a Clinical Professor at the 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 issues related to dry mouth. After seeing thousands of patients in her career, Dr. Wu will deliver the answers that you have been waiting to hear.

**4:30pm Product Showcase**



**Susan Barajas**

*Sjögren’s Foundation Board Member & Support Group Leader*

Sjögren’s patients use a number of over-the-counter and prescription products to treat their various complications. Susan Barajas, a Foundation Board Member, Support Group Leader for the Foothills Communities/Inland Empire, California area, and a Sjögren’s patient, will highlight the vast array of products that are available for Sjögren’s patients.

**5:15pm Conference Day Wrap-Up**

## “Exploring Sjögren’s Spotlight” explained...

This year’s Conference will include breaks – entitled “Exploring Sjögren’s Spotlight” – to hear brief interviews with product company representatives, Sjögren’s patients, and medical experts.

# “Coming Together to Conquer Sjögren’s”

**Saturday, June 27, 2020**

(all times are Eastern Time)

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## 1:00pm Opening Remarks

**Janet Church**

*Sjögren’s Foundation Board Chair*

**Steven Taylor**

*Sjögren’s Foundation President & CEO*

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## 1:10pm Sjögren’s and Dry Eyes: What’s New?



**Stephen Cohen, OD**

Stephen Cohen, OD, a private practice optometrist in Scottsdale, Arizona, will describe the latest dry eye therapeutic treatments, covering the extensive range of options for managing your ocular complications of Sjögren’s. Dr. Cohen is the Immediate Past Chair of the Sjögren’s Foundation

Board of Directors and Past-President of the Arizona Optometric Association. Additionally, he has been a principal investigator on a number of FDA clinical studies and is one of 100 doctors worldwide to work on the “DEWS II” program to update the diagnosis and treatment of ocular surface disease.

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## 1:50pm Exploring Sjögren’s Spotlight

## 2:00pm Integrative Medicine: A Role for Treatment in Sjögren’s



**William Mitchell, ND**

William Mitchell, ND, is a naturopathic physician specializing in rheumatology and works with patients with various autoimmune diseases. Dr. Mitchell is a proponent of “integrative medicine” and works alongside rheumatology specialists in Gilbert and Scottsdale, Arizona. His special interests include systemic

lupus erythematosus, rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis and fibromyalgia. We know you won’t want to miss this presentation as you will learn about alternative treatment approaches coupled with information on traditional therapies.

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## 2:40pm Exploring Sjögren’s Spotlight

## 2:50pm Sjögren’s Research Update



**Kathy Sivils, PhD**

Kathy L. Sivils, PhD, is the former Director of the Oklahoma Sjögren’s Center of Research Translation in Oklahoma City. She has served on the Sjögren’s Foundation Board of Directors, currently serves on the Foundation’s Clinical Trials Consortium and is Co-Chair of the Foundation’s Biomarkers Consor-

tium. Dr. Sivils is engaged in basic and clinical research aimed at understanding the causes of Sjögren’s. She is the founder of the Sjögren’s Genetics Network, where investigators from over 20 research sites around the world have come together to perform large-scale genetics projects that are shedding new light on the complex causes of Sjögren’s. Dr. Sivils also holds leadership positions in other major international research projects and will provide an update into the exciting progress of Sjögren’s research.

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## 3:20pm Exploring Sjögren’s Spotlight

## 3:30pm How Coaching Can Help You Live Your Best Life



**Janet Church**

*Sjögren’s Foundation Board Chair*

Janet Church, Chair of the Sjögren’s Foundation Board of Directors is also a Certified Professional Coach and Certified Yoga Instructor. As a Sjögren’s patient, Janet has been on a 10-year journey to discover how chronically ill patients can live their best life and achieve

their goals while managing their disease. Coaching is a solution-focused practice that helps you break through what holds you back from getting all you want in life — and a Sjögren’s diagnosis can certainly derail your life plans! In this session, Janet will present what coaching is (and isn’t) to help you learn if a professional life coach can support you to thrive in your “new normal.”

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## 4:10pm Exploring Sjögren’s Spotlight

## 4:20pm Autonomic Nervous System Involvement and POTS



**Brent P. Goodman, MD**

Brent P. Goodman, MD, is a neurologist at the Mayo Clinic in Arizona where he is the Founding Director of the Autonomic Laboratories and Clinic. His clinical and research interests include neurophysiology, clinical phenotypes of autonomic dysfunction, dysautonomia in Sjögren’s, and autonomic neuropathies. Dr. Goodman will discuss the autonomic nervous system (ANS) which controls and regulates vital bodily functions that we don’t have to think about – such as blood pressure, heart and breathing rates, and digestion. Additionally, he will explain how postural orthostatic tachycardia syndrome (POTS) impacts the autonomic nervous system.

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## 5:00pm Conference Recap and Closing Remarks

**Janet Church**

*Sjögren’s Foundation Board Chair*

**Steven Taylor**

*Sjögren’s Foundation President & CEO*

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## 5:15pm Conference Adjourns

“Coming Together to Conquer Sjögren’s”

# 2020 VIRTUAL National Patient Conference

# Registration Form

## 1 Registrant

Name \_\_\_\_\_

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

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

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

## 2 FEES – please check appropriate fee

**Member**

**\$60.00**

**Non-Member**

**\$80.00**

## 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 \_\_\_\_\_

Refunds must be made in writing. Registrants whose written requests are received by June 8<sup>th</sup> will receive a 75% refund. After that time, we are sorry that no refunds can be made.



**QUESTIONS?** Call 301-530-4420 or visit [www.sjogrens.org](http://www.sjogrens.org)