



Sjögren's Foundation 2022 Fall Focus Conference

October 15, 2022
12pm – 4:30pm ET

Join us on October 15th for the Sjögren's Foundation Fall Focus Conference: Wellness Strategies to Help Manage Sjögren's Symptoms

At the Sjögren's Foundation, we know that living with Sjögren's is challenging and complex. You may have heard that our choices regarding diet, inactivity, and stress levels, may be linked to inflammation throughout our bodies. However, with the pressures of daily life it can be difficult to make our lifestyle choices a priority. Even with the best intentions, researching and understanding these natural wellness strategies is time consuming and confusing. This virtual one-day conference is designed to bring you the science behind everyday lifestyle choices and the impact they may have on our mind and body.

Presentations will be delivered by experienced professionals who have devoted their professional lives to understanding their areas of expertise. These experts will dive into the science of how stress, food, sleep, and exercise impact your body and wellbeing. They will also share practical tips to help you incorporate these natural wellness strategies into your daily life and at very little expense. Join us this fall and learn more about complimenting your current Sjögren's management plan with daily lifestyle choices targeted at decreasing inflammation and increasing wellbeing!

** Though studies show that these wellness strategies may help support a reduction in inflammation and improve overall wellness, these solutions are meant to complement your Sjögren's management plan and should be discussed with your physician.*

Conference registration is available on the Foundation's website – www.sjogrens.org or by scanning the QR code.



Patient Conference Schedule *(all times are EST)*

12:00pm **Welcome & Opening Remarks**
Janet Church, Sjögren's Foundation President & CEO

12:10pm **Physical Impact of Stress & Relationship to Sjögren's Symptoms**
Donald Thomas, Jr. MD



Dr. Donald Thomas is a sought-after rheumatologist from Greenbelt, Maryland and chair of the Sjögren's Foundation Board of Directors. Although he cares for people with any autoimmune disease, he specializes in treating Sjögren's and Lupus patients. He is also the author of the popular *The Lupus Encyclopedia*. Dr.

Thomas will share how stress impacts our bodies from a scientific perspective, and how it can exacerbate symptoms. He'll also share some tools to help us reduce our stress and how that can lead to better disease management.

1:00pm **The Effect of Sleep Disturbance on Pain and Mental Health**
Martin Cheatle, PhD



Dr. Martin Cheatle is the Director of Behavioral Medicine at Penn Pain Medicine Center in Philadelphia. UPenn rheumatologists often call upon Dr. Cheatle to support their Sjögren's patients who deal with pain and sleep issues. He understands the complex balance of sleep, pain and mental health and the impact it has on disease management. Dr. Cheatle will share the science and connection of these areas and will give practical tips on how to create a healthy sleep pattern to support your pain management and mental health.

1:50pm **Sjögren's Foundation Update**
Janet Church, President & CEO, Sjögren's Foundation



Janet will share an update on the interesting work happening at the Sjögren's Foundation including new projects and research. She will also highlight topics covered in the recent International Sjögren's Symposium that took place in Rome, Italy in September.

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

2:20pm

Nutrition Planning for Autoimmune Health

Risa Groux, CN



Risa Groux, CN is a functional nutritionist and certified autoimmune coach in Newport Beach, California. Her private practice is focused on helping clients locate the root cause of their systemic inflammation and gut health through blood and stool tests. She has been featured in many publications and television programs, including *Good Morning America*. Risa will help us understand how our nutrition can affect inflammation and share a comparison of diets including Mediterranean, Paleo, Low Lectin and Autoimmune Protocol.

3:10pm

How Exercise Can Reduce Fatigue and Ease Inflammation

Zoe Morris, PhD



Dr. Zoe Morris is an experienced exercise physiologist with a PhD in rehabilitation science. She is also an accomplished researcher and has focused on the connection between fatigue and exercise with the NIH. Dr. Morris' work has shown that even small amounts of exercise can have big benefits for our overall wellness! She is uniquely positioned to share with us the science behind the benefits exercise can have on fatigue and inflammation and give practical tips on getting started with integrating exercise into your life without overdoing and causing flares.

4:00pm

Conference Recap & Closing Remarks



Registration Form

2022 Sjögren's Foundation Fall Focus Conference Saturday, October 15, 2022

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: mchampigny@sjogrens.org or FAX FORM TO: (301) 530-4415

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

***Refund requests must be in writing. Those received by **October 5th** 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 60 days after the conference