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Alternative Options for Sjögren's

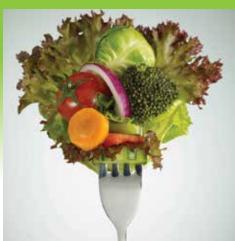


Mind Body Connection Through Yoga

by Kelly Haltom

top. Breathe. Do you feel your inhale? Now how about your exhale? This is yoga at its most basic level: feeling and connecting with breath. Yoga is a life enhancement tool. A simple definition, "Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with their environment."1

How does Yoga work? It's no secret that yoga increases flexibility and strengthens the muscles, as we see photographic evidence of this in yoga articles with pictures of fancy, pretzel poses in magazines and on the Internet,

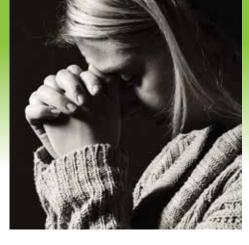


Is a Vegan or Raw Diet beneficial for people with Sjögren's?

by Tara A. Mardigan, MS, MPH, RD

Vegan diet excludes any animal products. A raw diet limits cooking foods over 116 degrees. You may be wondering if this is the diet prescription to help you. Should you eliminate animal products? Do you have to avoid cooking your food to reap the optimal nutrition value?

Not necessarily. Each person suffering from Sjögren's (or any medical condition) should learn to individualize their treatment plan, including diet modifications. Learning to incorporate foods that are well tolerated and minimize foods that exacerbate symptoms of Sjögren's is the overall nutrition goal.



Power of Prayer

by Cathy Ingels, SSF Support Group Leader in Dallas/ Fort Worth, TX and SSF Board of **Directors Member**

n April 8, 2008, in an instant, my world was forever changed - and not for the best. A diagnosis of Sjögren's is not a death sentence, but a life sentence without parole... one that we all have to learn how to cope with for the remainder of our lives. My first inclination was to rail at God, whom I had trusted my entire life to see me through my struggles and challenges, most of which when looking back, were just temporary bumps in the road of life. This was so much more and not something I could easily control.

A breakthrough moment came for me while I was crying in my chair -

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"Sjögren's and Yoga" continued from page 1 ▼

but yoga is so much more. According to *Yoga Journal*, yoga protects the spine, perfects posture, improves bone health, increases blood flow, lowers blood pressure, boosts immunity, regulates your adrenal glands, improves your balance, deepens your sleep and relieves tension.² The list of benefits goes on and on. What is the secret? Yoga is a practice that teaches us to embrace our entirety. It trains the mind, body and breath to become one in the movement and in the stillness. Yoga does this by being "breath powered" meaning we use the breath to power the movement. You begin the breath and then the movement.

Give it a try: Take a moment to stand up and begin to inhale. While inhaling, raise both arms up overhead completing the movement just before you finish your inhale. Now start your exhale while you bring the arms slowly back down to your side. Once again, you complete the movement before you finish your exhale. Repeat this while keeping the breath long and smooth, wrapping it around the movement. Notice how you feel.

Focusing on the breath harnesses the mind by taking it away from all other distractions. It pulls us away from the daily grind, out of the stress or struggles we may find ourselves in and grounds us on a mat where there is nothing else besides you and your breath. Someone once said, "Where the mind goes the body follows." In the case of yoga, placing the mind on the breath allows it to let go and expand which allows the body to open up, relax and release tension. Yoga is a practice. Like learning to play a guitar, flute, violin or other musical instrument; the more you practice the more fluent you become. As with learning an instrument, you start by simply getting yourself familiar with the equipment. Then you progress on to more lengthy, deeper, difficult pieces of music and it begins to flow into a beautiful melody. As in yoga, you start simple learning the poses and effectiveness of moving on the breath. With continued practice, adding to your pose repertoire, learning various breathing techniques, challenging yourself, you'll find your breath, mind and body moving together as one bringing your unique harmony to your mat and your life. This harmony enhances our life by encouraging awareness of the mind-body and allowing us to heal more fully in times of illness as well as to weather through difficult times rather than react and get stuck in a state of stress.

Our mind has immense power; one thought can trigger a response in the body that lasts for weeks and stays for years. For example, when we are afraid our body reacts by quickening and shortening the breath, increasing the heart rate, tensing muscles, dilating the eyes, releasing various chemicals in to the body, enhancing your senses preparing for fight or flight to whatever harm we are anticipating. This reaction can arise simply from a thought that may not even be life threatening, but

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"Sjögren's and Yoga" continued from page 2 ▼

our body doesn't know the difference because it is responding to the mind's instructions. If your thinking creates worry, anxiety, and fear or anger, your body reacts creating a stress response. This could be at a low level or full-blown high alert. In either case, the mind gives the body instructions and in most cases tells the Sympathetic Nervous System to unleash the stress response, flooding the body with some 1,400 different reactions.³ These reactions contain higher potency and lasting effect than the usual instructions to process and maintain. If we have a tendency to worry or entertain anxiety on a regular basis, we can be habitually locking the mind and body in to the stress response where the 'on' switch is stuck and we cannot turn it off. Over time, according General Adaptation Syndrome (GAS), this constant state of high alert uses all the reserves leaving the body weak, immune challenged and eventually lead to full out exhaustion.³

If we don't find a way to resolve the stress and bring the body back to some sort of balanced state on a regular basis, we run the risk of being stuck in this state of stress eventually resulting in chronic dysfunction and ultimately to disease. Thankfully, when we practice yoga regularly, we are more aware of our thoughts, feelings, emotional triggers and tendencies. We get to know ourselves and can recognize imbalance more quickly. We all live with daily stress. Stress can be healthy on a minimum level to motivate, energize and help us to perform. However, high levels of continued stress, like back to back events of divorce, moving, losing a job or death of a loved one can leave us stuck in the stress response: fight or flight mode, as I mentioned earlier.

Further, if you work in an occupation that uses more of the left side of the brain, like analysis, legal, banking, accounting, which encourages the analytical, logical, decision making side of the brain, you may be more likely to trigger the stress response that is also located on the left side of the brain. If you are in an occupation where you stimulate more of the right or creative side of the brain, like a musician, artist, massage therapist, then you may not be as prone to activating the stress response. Through breathing techniques, called pranayama, yoga can cool, heat, soothe and balance the body. For illustration, nadi shodhana or alternate nostril breathing balances both sides of the brain. This is helpful when you have an occupation that keeps you on the left side of the brain all day long especially if you want to help your children with a creative art project when

you get home. Further, specific yoga poses or series of poses can stimulate circulation, digestion, defecation, relaxation, motivation and creativity. Legs up the wall pose, where you lie on your back with both legs up in a pike position against the wall, helps you get off your tired feet bringing blood from your feet to the upper part of the body gently stretching the lower back, legs and hamstrings. This is great if you have been on your feet all day as well as to calm before you get into bed. Yoga taps into the nervous system helping the sympathetic nervous system operate more efficiently and engages the parasympathetic nervous system to soothe us encouraging balance to the mind and body.

Yoga brings balance to the mind and body as it shows us our weaknesses as well as our strengths. When we do a pose on one side, it may feel easier than when we do it on the opposite side. Why is that? Our bodies compensate regularly because its job is to survive, not to stay healthy. It will do whatever it needs to do to survive. For illustration, my father had a blockage in one of his arteries and the body built multiple pathways around the blockage to continue to pump blood from and to the heart around the blockage. This went on for years before he started showing symptoms and later required a stint. The body compensates when we have an injury, a weakness or trauma in order to protect and heal. It adapts and compensates to continue moving forward. However, through this compensation, the shift or adaptation may be so severe that our mind and body do not know how to go back to how it was before the injury or trauma. This can be true for the mind and the body.

For example, if a woman severely injures her right hip when she was younger. Years later she may still walk favoring the right hip even though she had completed physical therapy and no longer has pain. The mind and body hold on to the trauma. It's as if it was still embedded in to the tissues and cells. We can talk it out all we want with a therapist, but it must also be released from the cells that may still echo with the fingerprint left by the stress response. Yoga helps to identify injury or trauma the mind and body hold on to even if it's one from years ago. Yoga helps to stretch and strengthen those weak areas as well as to release tension. It further helps our mind to make peace with those things that may be still lingering from our past. Ultimately, yoga intends to bring balance in the mind and the body.

Now, there are many different styles of yoga. There

are many for you to try and choose what works best for you. In India, Ayurveda practitioners prescribe a specific yoga practice as part of their patient's treatment, so yoga is customized to meet exactly what the patient needs at that time. Here in the United States, yoga tends to be geared to the masses, but there are many yoga teachers who also offer private sessions to more directly teach to the exact needs of the client. Some yoga practices are better for soothing stress while others could aggravate it. For example, Restorative Yoga is wonderful for soothing, healing the body. Bikram or Hot Yoga practiced in a 103 to 106 degree heated room is good for detox, but not ideal if you're body is already stressed. Chair yoga is great for older people or those that may have back, hip or other challenges that would become aggravated in down dog or standing poses. Vinyasa is a flowing yoga practice while Yin yoga is deep stretch and holding practice. Iyengar yoga uses lots of props or support aids and encourages alignment in each pose. Ashtanga yoga, also known as the 'chainsaw' of yoga because it is a physically demanding, more aggressive practice.⁵ Each style is unique in its approach.

The key is finding what works for you whether it's one or a combination of styles and stick with it. Yoga is a practice. Try it and if you need a change, try another one. There are many styles and many instructors. One must commit to the practice to see its beautiful flower bloom. Let your flower bloom!

About the author:

Kelly Haltom is 500 hour Registered Yoga Teacher, Ayurveda



mouth* day and night, even while sleeping when dry mouth

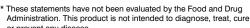
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Yoga Specialist, and Meditation Instructor. She lives just outside of Dallas, TX with her husband, two rescued dogs and four rescued rabbits. She enjoys landscape photography, dance and creating various types of art.

"Being diagnosed with Sjögren's almost four years ago, I had to wrestle with the new reality and uncertainty the illness brings. This was a huge strain mentally and physically just to acknowledge this new reality let alone all the effort to learn how to manage and live with it because it certainly has changed my life. I had comfort in that I finally had answer for my misery, but then the disappointment of having to grieve those things I may never be able to do again. Acceptance brought new opportunity and I found my heart opening in ways I never knew possible. This disease has made me dig deep, search for myself and find an amazing life I may have missed. Yoga and meditation have been the keys to embracing this new reality and fully loving myself."

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"Sjögren's and Vegan or Raw Diet" continued from page 1 ▼

What works for others may be very different from what works for you. For example, raw foods are often more difficult to chew and digest. A person with dry mouth and digestive issues may have difficultly tolerating a plan that is vegan and raw. In that case, the raw/ vegan diet is not the best approach for nourishment.

Another example of how nutrition should be individualized is that not every person with Sjögren's needs to avoid gluten. Only those with celiac disease (or a clear-cut worsening of symptoms) should eliminate gluten in the diet.

Nutrition strategies for the management of Sjögren's are consistent with an anti-inflammatory food pattern. This includes foods rich in phytonutrients such as fruits, vegetables, whole grains, beans, nuts, seeds, spices and tea. Phytonutrients are powerful nutrients found in plant-based foods that are thought to offer our cells protection from many diseases and conditions such as heart disease, cancer and autoimmune conditions. The balanced vegan diet (raw or not) has a heavy emphasis on phytonutrient rich foods and is therefore

a good example of an anti-inflammatory pattern. That said, it is not the only type of diet that fits on the spectrum of an anti-inflammatory eating pattern.

We are in the preliminary stages of learning if animal proteins are harmful to those with autoimmune conditions. It appears that large portions of animal protein such as red meat and dairy and little intake of plant-based foods is the real problem and can influence your condition in a negative way. The typical American diet is rich in animal protein and lacks fruits, vegetables and other plant-based powerhouses.

A simple shift towards a more plant-based diet with less reliance on meat and dairy is likely sound advice for those with Sjögren's. The diet does not need to be exclusively vegan or raw to be healthful.

Another new diet may be popular tomorrow. Your goal should be to discuss your symptoms and eating pattern with your physician. A registered dietitian (RD) can help you individualize and balance your eating pattern based on your specific needs.

"Sjögren's and Prayer" continued from page 1 ▼

(something I did for at least 6 months after my diagnosis) – Jim, my husband, dropped the book of *Job* by Chuck Swindoll on my lap and told me to read it from cover to cover, which I begrudgingly did. I had read the book of *Job* many times, but had not really read it with the perspective of my Sjögren's in mind. The book changed my life, and from that day forward, I relied on prayer to see me through each and every ache, pain, new diagnosis, new doctor, and new and frightening symptom.

I realize now that God gives you these trials to make you a stronger, more empathetic person. I pray with all of my support group members, if they indicate a desire for me to do so. I do manage to get a few "Amens" and "Praise God's" in there as often as I can at my luncheons and meetings. My members know where I stand and whom they can go to for prayers for themselves and their loved ones.

Prayer and other things such as attending Church services, Bible study and fellowship with other Christians has led me to ask God how to deal with my situation rather than asking God to heal me. He's blessed me much since I starting accepting my limitations and praising him in all my trials. I would never have dreamed that I could be strong enough to lead a

support group, and give my point of view as a patient member at SSF Board meetings and throughout the year, if not for relying on God for every aspect of my daily life to give me comfort through my pain. This kind of peace comes only from a faith that God will be with me through it all.

I believe that our health is more than just a bodily manifestation. The body, mind and spirit are intricately linked and when one part is out of whack, it affects all the others. While Sjögren's may not have a cure now, there can be wholeness of spirit in Christian surrender to circumstances saying, "It is well with my soul." People who have faith, have greater well being because they have hope, are more optimistic, experience less depression and less anxiety. Believe it or not, faith in God leads to stronger immune systems, lower blood pressure and better cardiovascular health.

Along with prayer, I manage my illness with exercise every day, at least 30 minutes (when my health permits), strength training for stamina, stretching and yoga (whenever I can sneak it in) for the pain. These things and a good diet of fresh foods, lots of green vegetables and fruits, lean meat, dairy-free, gluten-free, and processed-free foods, has made me stronger and better able to cope with whatever is thrown my way!



Noah Syndergaard

oah Syndergaard is one of Major League Baseball's rising stars. A 23-year old starting pitcher for the New York Mets, Syndergaard excelled last year in his rookie season, immediately becoming a fan-favorite for his "Thor" nickname, 100mph pitches and his role in helping the Mets reach the World Series. Though, if you were to ask the Sjögren's Syndrome Foundation (SSF) and his mother Heidi, a Sjögren's patient and SSF volunteer, he is just as big a star off the field as he is on it.

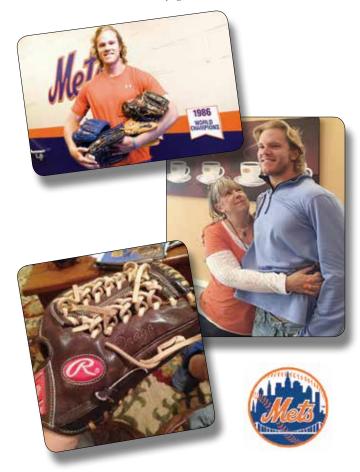
Noah and his mother have a very good relationship, and this is evident in the way he has stepped up to honor his mother and her daily fight against Sjögren's. Noah has not only been there to support his mom in her own personal efforts, but he has also helped to increase public awareness for the disease as well as raise funds to benefit the efforts of the SSF.

Noah's efforts have been wide and varied, both big and small. Noah wears the SSF's blue and white Sjögren's awareness bracelet on his wrist every day. In 2014, Heidi participated in the Walt Disney World 10K in Orlando, FL with *Team Sjögren's* and Noah attended to cheer her on. In 2015, Heidi planned to run in the Disneyland 10K with *Team Sjögren's* but had to pull out late due to an injury. Nonetheless, she continued to fundraise and Noah regularly tweeted to his nearly 100,000 followers encouraging them to donate and support her efforts.

Noah has also generously donated autographed items for the silent auction at the New York City *Sip for Sjögren's* and donated funds to the SSF raised from the sale of autographed baseball cards at a local community event. Late last year, Noah went one step further by auctioning one of his gloves to raise money to battle Sjögren's and plans to auction others.

As if all of that was not enough, Noah has never been shy to speak publically about Sjögren's which has greatly helped increase awareness. Sjögren's has been mentioned in interviews, blogs and newspaper articles such as the article which appeared in the *New York Post* on August 13, 2015 titled, "How Noah Syndergaard is helping as his brave mom battles disease."

With spring training in full swing, Noah is currently focused on building on his rookie season, continuing to grow as a pitcher and helping get the New York Mets back to the World Series. But he is also always thinking about how he can help support his mother and different ways he can help stand up to Sjögren's. For that, we are extremely grateful.



DAVID PERLMUTTER, MD

WITH KRISTIN LOBERG

Roasted Seasonal Vegetables Recipe

(from the Grain Brain)

This recipe is good any time of the year. Just go with what's in season and be sure to use the best olive oil you can find alongside the freshest herbs and freshly ground black pepper. A drizzle of aged balsamic vinegar at the very end of this cooking process adds an extra treat.

Serves 4-6

2 pounds seasonal vegetables (e.g., asparagus, Brussels sprouts, peppers, zucchini, eggplant, onion)

1/3 cup olive oil

Salt and pepper to taste

1/3 cup fresh herbs, minced (e.g., rosemary, oregano, parsley, thyme; optional)

Aged balsamic vinegar (optional)

Preheat the oven to 425 degrees.

Cut up any large vegetables into pieces. Spread the vegetables in a roasting pan with tinfoil on the bottom. Drizzle the olive oil liberally over the vegetables, then use clean hands to mix them so they are well coated with oil. Sprinkle with salt, pepper, and herbs,

if desired. Stirring every 10 minutes, roast the vegetables for 35 to 40 minutes, or until they are cooked through and browned. Just prior to serving, drizzle lightly with aged balsamic vinegar, if desired.



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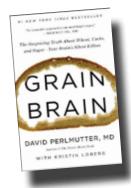
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NEW

Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar — Your Brain's Silent Killers

by David Perlmutter, MD (author) and Kristin Loberg (contributor)

Renowned neurologist David Perlmutter, MD, blows the lid off a topic that's been buried in medical literature for far too long: carbs are destroying your brain. And not just unhealthy carbs, but even healthy ones like whole grains can cause dementia, ADHD, anxiety, chronic headaches, depression, and much more. Dr. Perlmutter explains what happens when the brain encounters common ingredients in your daily bread and fruit bowls, why your brain thrives on fat and cholesterol, and how you can spur the growth of new brain cells at any age. He offers an in-depth look at how we can take control of our "smart genes" through specific dietary choices and lifestyle habits, demonstrating how to remedy our most feared maladies without drugs. With a revolutionary 4-week plan, GRAIN BRAIN teaches us how we can reprogram our genetic destiny for the better.

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honor

In Honor of Teri Rumpf Noah Rumph

In Honor of Sarah Schafer Jessica Eyler

In Honor of Cathy Taylor Marc & Ralph Synder

2016 SSF Special Event Calendar

April

- 8-9 **National Patient Conference** Hilton Seattle Airport, Seattle, Washington
 - Seattle Walkabout (NPC Event) Hilton Seattle Airport, Seattle, Washington

Mav

- 1 Atlanta Sip for Sjögren's Nelson Mullins, Atlanta, Georgia
- 7 Philadelphia Walkabout and Health Fair Philadelphia Zoo, Philadelphia, Pennsylvania
- Triangle Sip for Sjögren's UCB Biosiences, Raleigh, North Carolina
- 21 Northeast Ohio Walkabout Oak Grove Picnic Area, Brecksville, Ohio
- New York City Sip for Sjögren's Rosenthal Pavilion at NYU, New York, New York

June

- Denver Walkabout and Health Fair Hudson Gardens, Littleton, Colorado
- Dallas Walkabout and Health Fair Parks at Arlington, Arlington, Texas
- **Greater Washington Region Walkabout** and Health Fair

Two Democracy Plaza, Bethesda, Maryland





Become a Sjögren's Awareness Ambassador!

ver four million Americans are estimated to have Sjögren's, yet 2.5 million American's are not yet diagnosed but suffering from the symptoms. If only there were more people out there to tell the undiagnosed about this disease!

Do you remember when you first heard the symptoms of Sjögren's and realized that there is an explanation for what your body is going through?

Maybe you first heard about Sjögren's from your doctor or a friend or you read about it online, but the more people we have out there spreading the word, the greater chance the undiagnosed will find an answer sooner.

That is why, in 2011, the SSF launched our Awareness Ambassador program and we are looking for volunteers

across the country to step up and raise awareness about this debilitating disease. Using campaigns designed by the SSF, each Awareness Ambassador will be encouraged to talk with medical providers, local media and others in their community about Sjögren's.

Volunteers will receive an initial training and specific instructions will come with each campaign. You will only be asked to do what you are able, remember every little bit helps. Together we are making a difference!

If you are interested in becoming an Awareness Ambassador contact, Michele Champigny at the Foundation office at 800-475-6473 or by e-mail at mchampigny@sjogrens.org or sign up at www.sjogrens.org under the "Get Connected" tab.

Coordinate a Bold Blue Day for Sjögren's!

Help raise awareness by coordinating a Bold Blue Day and be entered to win a LIFETIME MEMBERSHIP to the SSF!

By helping to recruit a company, school or small business to host a Bold Blue Day in your honor – you will be entered to win a SSF Lifetime Membership.

> It is very simple. Contact the SSF to receive a Bold Blue Day Recruitment Kit. In this kit you will find information about how to recruit a coordinator to host a Bold Blue Day in your honor. Or you can host one yourself at your place of business!

Once you recruit a coordinator or commit to coordinating one yourself, you will send in a commitment form and then the SSF will send off a kit with all the materials they will need to host their Bold Blue Day. And if they host it by June 30th, you will be entered in a drawing to win a lifetime membership.

So, what is Bold Blue Day?

Imagine your colleagues or classmates trading in their tailored slacks or dresses for a day in blue jeans or blue to raise vital funds for Sjögren's research and awareness. Ask your company or a local company or school to consider hosting a dress down day for the SSF.

How does it work?

People who choose 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 the company doesn't ever allow jeans?

Then just have a Bold Blue Day – where on a certain day everyone chooses to wear his or her 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 Bess Atkinson at (800) 475-6473 ext. 218, or batkinson@sjogrens.org to receive your Bold Blue Day kit!

Win a Lifetime Membership

jögren's Cyndrome Loundation



This April we invite you to join with fellow Sjögren's patients, their families, medical experts, the SSF staff and industry/ product exhibitors for our 2016 National Patient Conference, "The Sjögren's Journey," at the Hilton Seattle Airport & Conference Center (Seattle, Washington).

Sjögren's is not the same for every person diagnosed, which is why educating yourself on the most up-to-date information and treatment options is so important. Attending the SSF National Patient Conference is one way you can gain information from many different sources while also meeting fellow patients.

This year's Conference will include opportunities to:

- Hear from national Sjögren's experts, researchers and SSF staff
- Find new products and receive free samples at our exhibitor hall
- Learn from your fellow patients
- Browse Sjögren's resources at the SSF Book Table
- Become inspired during the Conference's Awards Banquet Dinner

We encourage you to take this opportunity and travel "The Sjögren's Journey" with us. This two-day educational experience will give you the tools to take control of your health and learn how to manage and understand your Sjögren's symptoms and complications.

Watch for your conference brochure coming in March or visit www.sjogrens.org to see updated Conference information.

Presentation topics will include:

- Sjögren's Overview
- Dry Skin and Dermatological Issues
- Oral & Ocular Manifestations of Sjögren's
- Examining Sjögren's Case by Case
- Tips for Your Sjögren's Journey
- Gynecological Issues with Sjögren's
- An Inside Look at Sjögren's and Gluten-Free Diets
- Sjögren's Where Are We in Drug Development?

Speakers and Topics of Discussion - NPC 2016

Sjögren's Overview

Timothy B. Niewold, MD, is Associate Professor of Medicine, Division of Rheumatology and Department of Immunology, Mayo Clinic, in Rochester, Minnesota. Dr. Niewold studies the pathogenesis of human autoimmune diseases, such as lupus, rheumatoid arthritis and Sjögren's. His laboratory is mapping the genetic factors that cause autoimmune diseases, and exploring the ways in which genetic variations alter the human immune response to result in disease. Dr. Niewold 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.

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.

Dry Skin and Dermatological Issues

John R. Fenyk, Jr., MD, is a Retired Professor and now an Adjunct Professor at the Department of Dermatology at the University of Minnesota Medical School in Minneapolis. Dr. Fenyk is active in the teaching and clinical efforts of the Dermatology Department of Hennepin County Medical Center in Minneapolis. He also is the founding dermatologist member of one of the nation's first combined rheumatology/dermatology clinics at Hennepin County Medical Center in Minneapolis. Dry skin is often overlooked as a major feature and frequent issue for Sjögren's patients. Dr. Fenyk will enhance your understanding of the wide variety of dermatological issues associated with Sjögren's.

Examining Sjögren's – Case by Case

Nancy Carteron, MD, will review a few unique Sjögren's cases and discuss how she is helping them reach their optimum level of wellness. Dr. Carteron specializes in autoimmunity and immune dysregulation and is in private practice in the San Francisco area. She is also a member of the clinical faculty at the University of California, San Francisco (UCSF). Additionally, Dr. Carteron has served as a principal investigator in studies of biologic agents and has performed extensive studies in the areas of immunology, molecular virology, and cellular immunology. Dr. Carteron co-authored a Sjögren's book, "A Body Out of Balance," and is a current SSF national board member where she serves as Chair of the Medical and Scientific Advisory Board and Editor of the Sjögren's Quarterly.

Ocular Manifestations of Sjögren's

Majid Moshirfar, MD, is an ophthalmologist and has practiced at the University of California, San Francisco and the University of Utah, Moran Eye Center. Dr. Moshirfar specializes in refractive surgery, medical and surgical management of corneal disorders, cataract removal and inflammatory eye diseases. He has written numerous publications and has contributed to the research as well as the treatment of corneal diseases. Dr. Moshirfar 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.

Tips for Your Sjögren's Journey

Dona Frosio is the co-support group leader of the San Diego and Imperial Counties Chapter of the SSF, a fellow Sjögren's patient, and a frequent guest speaker at patient support groups and national conferences. Ms. Frosio understands first-hand the challenges of living with Sjögren's and will provide us with some practical tips for coping with the day-to-day symptoms of this chronic illness.

Sjögren's – Where Are We in Drug Development?

Daniel J. Wallace, MD, is Clinical Professor of Medicine at the David Geffen School of Medicine at UCLA. His clinical practice is based at Cedars-Sinai Medical Center, where he is involved in the care of 2,000 lupus patients, the largest practice of its kind in the United States. Dr. Wallace is the author of eight (8) medical textbooks and edited the 2011 edition of the Sjögren's handbook, "The Sjögren's Book." The Wallace Rheumatic Disease Research Center currently runs over 30 clinical trials for patients with various autoimmune

diseases. Dr. Wallace will give an update on clinical trials and therapies that are in the pipeline for Sjögren's.

Gynecological Issues with Sjögren's

Rita Melkonian, MD, is a gynecologist, with a sub-specialty of urogynecology, with a private practice in San Francisco, California. She also is Education Chair, Marin General Hospital in Greenbrae, California. Additionally, Dr. Melkonian is Past Chair, Northern California American Congress of Obstetricians and Gynecologists, Past President of the San Francisco Medical Society and a former Stanford University Faculty Member. Her clinical areas of interest are minimally invasive surgery, laparascopic and hysteroscopic surgeries, HPV management, and urological surgeries for incontinence and prolapse. Dr. Melkonian will share her wealth of knowledge of Sjögren's gynecological issues including, vaginal dryness, pregnancy, and intimacy problems.

An Inside Look at Sjögren's and Gluten-Free Diets

Keith Wilkinson, NMD, is a Naturopathic Physician in a group private practice, Arthritis Health, in Scottsdale, Arizona. Dr. Wilkinson works in an integrated setting with a rheumatologist, nurse practitioner, and physician's assistant, as well as with onsite yoga therapists, to provide comprehensive care. Dr. Wilkinson will explain how different aspects of nutrition can impact Sjögren's and will discuss what gluten is, how some people react to it, and if a person with Sjögren's would benefit from living gluten-free.

Fatique 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 in his capacity as an Assistant Professor of Medicine at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. 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." Fatigue is one of the most prevalent and disabling symptoms of Sjögren's. Dr. Thomas will add to your understanding of the variety of causes and will offer tips to help you cope, manage and treat the problem.

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.



2016 NATIONAL PATIENT CONFERENCE SEATTLE, WASHINGTON — APRIL 8-9, 2016

ATTENDEE – complete for each				
Attendee Name(s)				
Street Address				
City	State	Zip		
Telephone	E-mail			
FEES places circle appropriate	e fee(s) (Note: Early Bird Deadline is March	15 2016\		
PEES — please circle appropriate	March 15 th and before	March 16 th and after		
SSF Members & Guests	\$170 per person	\$190 per person		
Non-Members	\$190 per person	\$210 per person		
TOTAL:				
PAYMENT - Mail to SSF, c/o E	BB&T Bank · PO Box 890612 · Charlotte, NC	28289-0612 or Fax to: 301-530-4415		
Enclosed is a check or money orde	er (in U.S. funds only, drawn on a U.S. bank, net	of all bank charges) payable to SSF .		
MasterCard VISA Discov	Exp. Date			
Signature		CC Security Code		
Refund requests must be made in writing. R time, we are sorry that no refunds can be ma	·	d by March 20 th will receive a 75% refund. After th		
Dietary Requests: Unfortunately, we cannot a	☐ I would like a vegetarian meal			
We can accommodate vegetarian or gluten-fi				

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

Boulevard, Seattle, WA 98188) at the SSF rate of \$129 per night plus tax if reservations are made by March 15, 2016. Call the toll-free hotel Central Reservations number at (800)-Hiltons or call the Hilton Seattle Airport & Conference Center directly at (206) 244-4800 and

• The Hilton Seattle Airport & Conference Center is approximately 1/4 mile from the Seattle-Tacoma International Airport. The hotel offers a 24-hour complimentary shuttle service to and from the airport. Alternate transportation suggestion: Taxi Fare/\$12 (one way).

refer to the group name "Sjögren's Syndrome Foundation" for the discounted rate.



*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

Sjögren's Awareness Month is Almost Here!

A pril 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 live 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 today, the Foundation works to keep the spirit of national awareness alive during April.

Sjögren's is often referred to as an invisible disease, one that, while patients may experience extreme discomfort, people don't physically see, which leads to the great misunderstanding about the seriousness of the disease. Being diagnosed with an invisible illness can also be extremely isolating for many patients.

This April, the SSF would like to help close the gap with our 2016 April Awareness Campaign: *This is Sjögren's!* This year's campaign is aimed to help others visualize and better understand what it is like to suffer from Sjögren's.

Stay on the lookout for more information in next month's issue of *The Moisture Seekers*, follow us on Facebook or visit www.sjogrens.org to learn more about the *This is Sjögren's!* campaign and how you can get involved!

