

The Sjögren's Syndrome Foundation Moisture Seekers



www.sjogrens.org

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f SjogrensSyndromeFoundation

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Sjögren's Patient Survey: Thank You For Letting Your Voice Be Heard!

In the spring of 2016, the Sjögren's Syndrome Foundation (SSF) commissioned a comprehensive survey created to examine the variety and severity of experiences that Sjögren's patients have and the impact it has on their quality of life. The independent nationwide survey, designed by Harris Poll along with the SSF and a volunteer committee of patients and healthcare providers, was mailed to Foundation members. Nearly 3,000 adults (96% women) shared their experiences with the disease and its physical, financial and emotional effects on their lives.

With the support of our members, this survey was developed to help the SSF:

- Educate regulatory agencies and pharmaceutical companies about a need for a therapeutic drug for Sjögren's
- Support the need for additional clinical practice guidelines (CPGs) for how to treat and manage Sjögren's
- Provide researchers with information about the variety and severity of experiences patients have with Sjögren's

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You Asked, We Listened!

You are the voice of the Sjögren's Syndrome Foundation (SSF) and as a Sjögren's patient, you help shape the future of the SSF and Sjögren's!

By connecting with us and sharing your story, you guide the topics covered in the Foundation's newsletters, advocacy, research, website and annual National Patient Conference.

We have been listening to your questions and the topics you want covered! Three recent reoccurring areas you have requested information about are:

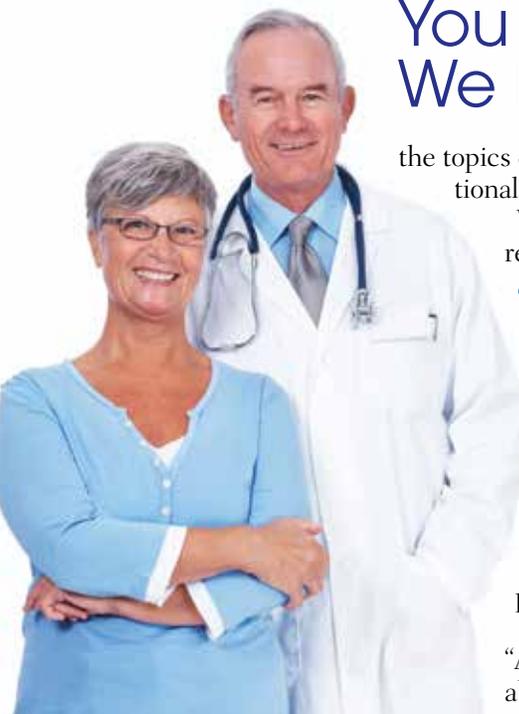
- Sex and Sjögren's
- Dry Nose and Sinuses
- How to Swallow Pills with Dry Mouth

The following SSF patient education sheets cover these three topics that you have requested. Patient education sheets are one-page sheets written by healthcare providers on various symptoms of Sjögren's to help provide a better understanding and coping techniques.

New education sheets are created from topics you request and are added to the Foundation's website every quarter. We encourage you to show these sheets to your physicians and tell them about available SSF resources that can help them provide better treatment for both you and their other Sjögren's patients.

SSF patient education sheets are on the Foundation's website under the tab "About Sjögren's" and "Brochure & Resource Sheets" (<http://www.sjogrens.org/home/about-sjogrens/brochures-and-fact-sheets>).

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- Create greater awareness of this disease among consumers and healthcare professionals

Survey Results

The SSF “Living with Sjögren’s” patient experience survey findings demonstrate the major impact that Sjögren’s has on a person’s ability to function at home and at work. These results are currently being used to show the severity of Sjögren’s, what symptoms patients are suffering from and what type of treatment is needed.

“Autoimmune diseases such as Sjögren’s remain among the most poorly understood and poorly recognized of any category of illness,” says Steven Taylor, SSF CEO. “The Foundation is committed to accelerating the development of better diagnostic, management and therapeutics that will have the greatest potential impact on improving the quality of life for Sjögren’s patients.”

One major survey finding revealed that the vast majority (96%) of Sjögren’s patients wish there were additional therapies available to help treat their symptoms. As the SSF Clinical Trials Consortium works alongside companies that have compounds/molecules currently under review for Sjögren’s clinical trials, we will use this information to ensure that your medical needs are met and convince these companies that a therapy for Sjögren’s is needed NOW!

Information you provided is also helping to aid our advocacy efforts as we show the need for proper patient medical care coverage and standardized medical care among various healthcare specialties. The survey found that patients, on average, see almost five different health care professionals at least once a year to help manage their disease. As stated on the SSF website, while rheumatologists have primary responsibility for managing Sjögren’s, patients are also seen and treated by ophthalmologists, optometrists, dentists and other specialists depending on their complications.

It was not until 2016, and the publication of the first set of SSF Sjögren’s clinical practice guidelines, that a standard of care existed for the management of Sjögren’s. The SSF, with the assistance of hundreds of physicians and dentists, developed and published clinical practice guidelines to standardize patient care by giving doctors a roadmap of how to treat and manage their patients living with the disease. As work continues on next sets of SSF Sjögren’s clinical practice guidelines, please visit our website www.sjogrens.org to learn more about the published guidelines.

This April, the complete survey findings will be released on the SSF website and you can also look for data highlights from the survey as a part of the 2017 Sjögren’s April Awareness Campaign *This Is Sjögren’s!* Thank you again to everyone who took the time to complete this survey. ■

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Patient Education Sheet

Simple Solutions for Dry Nose and Sinuses

The SSF thanks Robert Lebovics, MD, FACS, for authoring this Patient Education Sheet. Dr. Lebovics is with the Head and Neck Surgical Group, which is affiliated with the St. Lukes-Roosevelt Hospital Center, New York, New York. He is former Chief of the Clinical Otolaryngology Service at the National Institutes of Health (NIH), Bethesda, Maryland, and continues as a surgical consultant to NIH.

Patients with Sjögren's frequently suffer from decreased mucus/nasal secretions and dryness of the nose and sinuses.

Please note that to ensure easier understanding on the part of the patient, we use common lay terms for the following tips instead of more precise medical and surgical terminology.

- Monitor the humidity in your home with a simple humidistat. For Sjögren's patients, an optimal range of humidity is between 55% and 60% regardless of the ambient temperature.
- Use a humidification system built into a furnace that pushes forced hot air through one's home.
- Try a bedroom humidifier, which generally comes in two types. While more expensive, a self-sterilizing unit is ideal in that it continuously sterilizes and cleans the steam prior to admitting it into the air.
A more modestly-priced humidifier is adequate but must be cleaned at least twice a week to limit the possibility of circulating fungus in the air.
- Avoid dry environments, such as automobiles with closed heating systems and airplanes. Baseboard heating in the winter can contribute significantly to decreased humidity. Obvious places to avoid are the sauna at your health club and the hot desert.
- Enjoy high humidity environments, such as a steam bath, although remember that hot and long baths can dry out the skin.
- Avoid medications that increase dryness when possible. Many medications used to treat the upper respiratory tract such as decongestants and antihistamines are drying. Many other medication classes also may contribute to nasal/sinus drying. When in doubt, check with your physician.
- Note that immunosuppressant drugs particularly may exacerbate drying of the nasal cavity and lead to attendant crusting, bleeding, foul smell and discharge. Discuss all potential side effects of your medications with your physician.
- Practice good oral and nasal hygiene and avoid toxic agents. Remember that alcohol and smoke have a drying effect. Even secondhand smoke has now been shown to contribute to nasal irritation.
- Consider using an over-the-counter emollient such as Ponaris® to cleanse the nose, particularly if large crusts and debris are present.
- Use over-the-counter nasal drops and buffered saline sprays regularly (as often as every hour) to lubricate the nasal passages and nasopharynx. Additionally, over-the-counter gels such as Rhinaris® and AYR® work like sprays but last longer and are recommended particularly at night prior to going to sleep.
- Discuss the prescription medications Salagen® and Evoxac® with your physician. These have been shown to help Sjögren's patients with dry mouth, and potential added benefits for dry nose, sinuses and nasopharynx should be considered.

For more information on Sjögren's, contact the Sjögren's Syndrome Foundation at:
6707 Democracy Blvd, Suite 325, Bethesda, MD 20817 • 800-475-6473 • www.sjogrens.org • ssf@sjogrens.org.

Clinicians: Please make multiple copies of this Patient Education Sheet and distribute to your patients.



Patient Education Sheet

Sex and Sjögren's

The SSF thanks Anne E. Burke, MD, MPH for authoring this Patient Education Sheet. Dr. Burke is an Assistant Professor of Gynecology and Obstetrics, Johns Hopkins University School of Medicine, Bayview Medical Center, Baltimore, Maryland

Sjögren's can affect women's sexuality, but even with the presence of Sjögren's, women and their partners can enjoy sexual activity and maintain a state of sexual well-being.

Vaginal dryness. Women with Sjögren's often experience vaginal dryness.

What you can do about it:

- Some over-the-counter vaginal moisturizers may help relieve vaginal dryness. For example, Replens® contains a compound called polycarbophil, Luvena® contains prebiotics and Feminease® contains Yerba Santa.
- Lubricants, such as K-Y jelly® or Astroglide®, may help increase lubrication for intercourse.
- Vaginal estrogen (hormones) may be right for some women. This can come in cream, ring or pill form.
- Try different techniques to make sex more comfortable, such as more foreplay or masturbation.

Pelvic pain/pain with intercourse. Pelvic pain can have many causes, including Sjögren's, pudendal neuropathy, and interstitial cystitis.

What you can do about it:

- See your health care provider (Gyn/Urologist) for an evaluation of why you have pelvic pain. There may not be an "easy" answer, but in many cases a possible cause can be identified and treated.
- Treating vaginal dryness may improve some pelvic pain.
- Some women will benefit from pelvic physical therapy. Your health care provider may be able to refer you to a physical therapist with pelvic floor expertise.

Fatigue and mood symptoms. Fatigue, chronic pain and depression can contribute to the daily challenge of living with a chronic illness and affect sexual desire and function.

What you can do about it:

- Tell your health care provider if you are feeling depressed. Treating depression may help to improve problems with sexual function.
- Recognize that some antidepressant medications may contribute to sexual symptoms and dryness. Discuss this with your provider.
- Take care of your Sjögren's and make time for yourself and things you enjoy.
- Remember that fatigue and chronic pain can affect a woman's sex life. Be open with your partner about your experience and needs and work together for satisfying intimacy.

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Patient Education Sheet

Swallowing Medications with Dry Mouth

If swallowing medications is difficult for you, talk to your doctor or pharmacist to see if your medications are available in a different form. Pills also might be available in one of the following forms:

- Liquid – particularly useful for people with dysphagia who rely on a feeding tube
- Dispersible – tablet that disintegrates in water
- Buccal – tablet that dissolves when held between cheek and gum
- Patch
- Suppository – inserted into the rectum or vagina
- Cream
- Inhaled version

Crushing tablets or opening capsules

Ask your general practitioner or pharmacist if your tablets can be crushed or your capsules opened and dispersed in water before taking them. Only certain tablets or capsules can be given this way.

Swallowing tips

- Before swallowing a pill, moisten your mouth with saliva or water.
- Try cutting tablets in half or quarters and swallow each fraction individually.
- Place the pill in the center of your tongue (and lengthwise along your tongue if the pill is oval-shaped).
- Immediately take a sip of water and wash the pill into your throat throwing your head back.
- Hold water in your mouth before inserting the pill – suspending the pill in water might help to flush it down.
- Taking a deep breath might help suppress your gag reflex.
- Try chewing some food before placing the pill in your mouth. Swallow the food and pill together.
- Place your pills in applesauce or pudding. Coating the pills can lubricate them making them easier to swallow.
- After swallowing the pill, follow it up with food to help it go down.

Special swallow techniques

- Put your chin to your chest when swallowing – This will open up your windpipe and may be better for you than throwing your head back.
- Try the pop-bottle method: Put the tablet on your tongue and close your lips around the opening of a bottle of water. While pursing your lips around the neck of the bottle, use a sucking motion to drink the water.
- Use a straw to drink the water to swallow a pill – The suction can help.

For more information on Sjögren's, contact the Sjögren's Syndrome Foundation at:
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Clinicians: Please make multiple copies of this Patient Education Sheet and distribute to your patients.



Are you looking for a meaningful volunteer experience?

Interested in making a difference in the lives of other Sjögren's patients?

Join us as a Patient Support Volunteer!

Patient Support Volunteers are seasoned Sjögren's patients who are willing to receive calls from newly diagnosed Sjögren's patients. You will provide them with support and Sjögren's information, especially about day-to-day living, coping strategies and available resources. The SSF is looking for qualified volunteers throughout the country to be part of our growing network of support!

If you are someone who:

- Has been diagnosed with Sjögren's for 1 year or more
- Has been a member of the SSF for at least 6 months
- Is knowledgeable about Sjögren's and the resources available to newly diagnosed patients
- Is known for being a great listener and having a positive outlook



This could be the perfect volunteer opportunity for you!

If you are interested in learning more about how to become part of our team of volunteers, contact Michele Champigny at mchampigny@sjogrens.org for more information.



SSF in Action!

Advocacy Day on Capitol Hill for Oral Health Programs and Research

On February 28, 2017, the Sjögren's Syndrome Foundation (SSF) represented all Sjögren's patients at the American Association for Dental Research (AADR) and Friends of National Institute of Dental and Craniofacial Research (FNIDCR) Advocacy Day on Capitol Hill.

The Foundation's Vice President of Medical and Scientific Affairs, Kathy Hammitt, serves on the Board of Directors for the AADR and chairs the FNIDCR Patient Advocacy Council (PAC), which is comprised of non-profit organizations collaborating to support oral health research and advance oral health research.

The AADR and Friends of NIDCR Advocacy Day included a morning key issues briefing and training session, and an afternoon of individual and/or small group meetings with participants' members of Congress. Hammitt was representing the Foundation in D.C., to advocate for all Sjögren's and autoimmune patients with oral health issues. In addition to speaking at the event, Hammitt spent the day meeting with Congressional members and pushing for Sjögren's and all research!

With a new Congress and administration, the SSF understands that we must work to ensure the future of these vital programs now more than ever and will not stop advocating for you! ■



New Sjögren's Smart Patient Online Community

The SSF is proud to announce that we've partnered with Smart Patients, an online community for patients and caregivers, to create a new Sjögren's community. Patients and their caregivers can join the community for free to share, interact, and learn from each other in a safe, supportive environment.

Smart Patients believes that patients and caregivers are the most underutilized resource in medicine and that the patient perspective is often overlooked. By partnering with Smart Patients, the SSF is helping create a community of patients and caregivers who can improve care for themselves and others.

When you are ready, we invite you to join the Smart Patients Sjögren's community by visiting: www.smartpatients.com/ssf

Smart Patients
An online community where patients and caregivers learn from each other.

Linda, smart patient

Sjögren's Syndrome Foundation

Smart Patients is for patients and caregivers affected by Sjögren's. Get information and support from patients who have expertise to share with you.

Learn more:
www.smartpatients.com/ssf

Smart Patients
one story at a time.

Speech bubbles:
 - I have just been diagnosed.
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 - Support for caregivers like me?
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 Learn more:
www.smartpatients.com/ssf

Smart Patients

Sjögren's Community in partnership with the Sjögren's Syndrome Foundation

We're having honest conversations about Sjögren's and our health. Join SSF members and supporters in our online community:
smartpatients.com/ssf



Sjögren’s Awareness Month is Almost Here!

April 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 are living 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 the Foundation works to keep the spirit of national awareness alive this April on the 19th anniversary.

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 a misunderstanding about the seriousness of the disease. Being diagnosed with an invisible illness can also be extremely isolating because people do not understand the disease from a patient’s perspective.

Using our 2017 April Awareness Campaign, *This is Sjögren’s!* the SSF aims to help educate others about this complex disease and visualize what it is like for patients who suffer from Sjögren’s.

Stay on the lookout for more information in next month’s issue of *The Moisture Seekers* and follow us on Facebook or visit www.sjogrens.org to learn more about the #ThisIsSjögrens campaign on social media and how you can get involved!

Remember that by talking about the disease and educating others, we will transform the future Sjögren’s! ■

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* Survey of 1168 dentists, March 2016 *Clinicians Report®*, an independent, non-profit, dental education and product testing foundation. Full report available at oracoat.com

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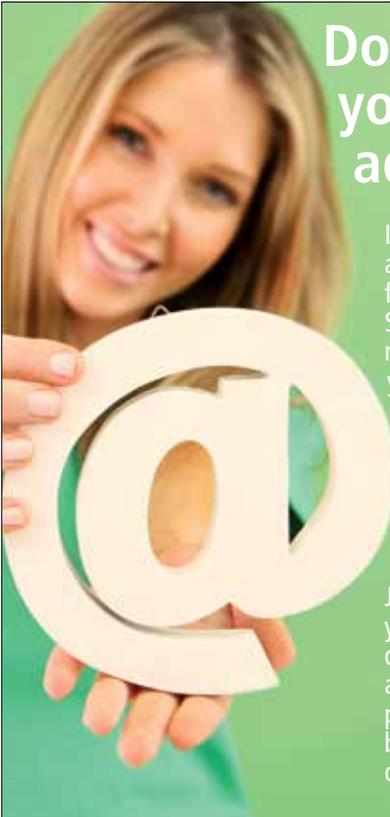
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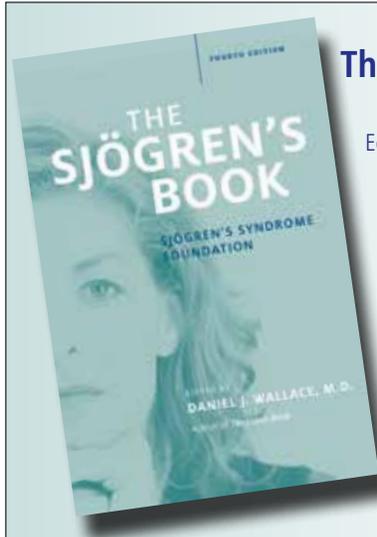
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The Sjögren’s Book
 – Fourth Edition
 Edited by Daniel J. Wallace, MD

This book can be purchased online at
www.sjogrens.org/ssfstore
 or by contacting the Sjögren’s Syndrome Foundation office at

800-475-6473.


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Barbara Kitchell

In Memory of Cula M. Burch

Clifton and Ann Webb
Gale and Wanda Gaynor

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In Honor of Doreen Mondlak

C.D. Spangler Foundation

In Honor of Aurelius Brantley

Beth, Jim, James, Sarah and Katherine

Remember your
loved ones and
special occasions
with a donation
to the SSF in
their name.



"Patient Survey" *continued from page 2* ▼

About the Survey:

Living with Sjögren's was conducted in the United States using a paper instrument by Harris Poll on behalf of the Sjögren's Syndrome Foundation between May 11 and July 11, 2016. The research, conducted among 2,962 adults aged 18+ who reported having been diagnosed with Sjögren's Syndrome, the data were not weighted and therefore represents only the individuals surveyed.



Join us for...

This is Sjögren's...

An educational journey

2017

National Patient Conference

Another exciting Sjögren's patient conference is on the horizon. Plan to join fellow Sjögren's patients at our National Patient Conference this spring in Cherry Hill, New Jersey – just outside of Philadelphia! This exciting and informative two-day program will feature an array of presentations from leading Sjögren's experts who will help you understand how to manage all key aspects of this educational journey.

March 31 – April 1, 2017

Crowne Plaza
Philadelphia/Cherry Hill

Speakers and Topics of Discussion - NPC 2017

The State of Sjögren's

Steven Taylor, SSF Chief Executive Officer

The Sjögren's Syndrome Foundation (SSF) has been embarking on new initiatives that are realizing huge advancements for Sjögren's patients. From clinical trials for new therapies, to research to unlock the mystery of Sjögren's, Steven Taylor, CEO of the SSF, will share with us what is on the horizon for Sjögren's patients.

Sjögren's Overview Presentations

Join us for this kickoff session where Dr. Frederick Vivino, Dr. Nancy Carteron, and Dr. Scott Lieberman will share with us an overview of Sjögren's, including presentations about Men with Sjögren's and Pediatric Sjögren's.

Sjögren's Overview

Frederick B. Vivino, MD, MS, Chief, Division of Rheumatology, Penn Presbyterian Medical Center, and Director of the Penn Sjögren's Center, Perelman School of Medicine, University of Pennsylvania, Philadelphia, Pennsylvania, 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. In his role as Past Chairman of the SSF's Medical & Scientific Advisory Board, Dr. Vivino implemented and developed the idea to create clinical practice guidelines for how to treat, manage and monitor Sjögren's. This initiative has now become one of the largest initiatives ever undertaken by the SSF and will change the face of Sjögren's in the clinical setting.

Men with Sjögren's

Nancy Carteron, MD, will discuss the various issues and complications that men experience as Sjögren's patients. Dr. Carteron is a scientific clinician and senior consultant in rheumatology immunology in San Francisco, California, and Clinical Associate Professor of Medicine at the University of California, San Francisco (UCSF). Additionally, she has performed studies in immunology, molecular virology, and cellular immunology at Johns Hopkins University and UCSF medical centers. 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 Medical & Scientific Editor of the *Sjögren's Quarterly*.

Pediatric Sjögren's

Scott M. Lieberman, MD, PhD, is a pediatric rheumatologist with the University of Iowa

Stead Family Children's Hospital and Assistant Professor of Pediatrics, 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 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.

Pulmonary Issues and Sjögren's

Augustine S. Lee, MD, is a pulmonologist from Jacksonville, Florida. He is Associate Professor of Medicine at Mayo Clinic College of Medicine; Director, Chronic Cough Clinic, Division of Pulmonary Medicine, Mayo Clinic. Additionally, he is Co-Director, LAM Clinic, Mayo Clinic in Jacksonville and Hawaii. 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.

Ocular Manifestations of Sjögren's

Stephen Cohen, OD, a private practice optometrist in Scottsdale, Arizona, since 1985, 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. Dr. Cohen is a past-president of the Arizona Optometric Association and a recipient of the "Arizona Optometrist of the Year Award." Dr. Cohen is the current Chairman of the SSF Board of Directors and has also been a principal investigator on a number of FDA clinical studies involving ocular surface disease and dry eye.

Social Security Disability for Sjögren's

Thomas D. Sutton has been with the Philadelphia Social Security Disability law firm of Leventhal Sutton & Gornstein since 1994. He is a member of the SSF Board of Directors, and a former president and current board member of the National Organization of Social Security Claimants' Representatives. Having represented hundreds of claimants before the federal courts and thousands before the Social Security Administration, Mr. Sutton will help attendees understand the often complex workings of the Social Security Disability system.

Oral Manifestations of Sjögren's and their Management

Domenick T. Zero, DDS, MS, is Director of the Oral Health Research Institute at Indiana University School of Dentistry. His current research interests include the evaluation of the clinical efficacy of topical fluorides in the prevention of dental caries and erosion, non-fluoride remineralization agents, and salivary diagnostics. Additionally, he recently served on the SSF's Clinical Practice Guidelines, Oral Working Group. Dr. Zero will provide insights into how Sjögren's impacts your oral health including tooth decay as well as share with us information to help manage and minimize the effects of dry mouth.

Clinical Trials Panel Discussion

Every day research is being conducted to unveil new medications, therapies and diagnostic tools for Sjögren's. Join us for this informative patient/physician panel discussion about the importance of participating in clinical trials!

Neurological Complications and Sjögren's

Julius Birnbaum, MD, MHS, Assistant Professor, Division of Rheumatology, and Assistant Professor, Department of Neurology, Johns Hopkins University School of Medicine, Baltimore, Maryland, will share his insights and vast knowledge of the challenges that may afflict patients with neurological manifestations of Sjögren's. Dr. Birnbaum, who also serves as Associate Director of the Johns Hopkins Jerome L. Greene Sjögren's Syndrome Center, is committed to improving the diagnosis and treatment of neurological complications due to Sjögren's.

Are You Collecting Autoimmune Diseases?

Chadwick R. Johr, MD, is an Assistant Professor of Clinical Medicine in the Division of Rheumatology at the University of Pennsylvania Perelman School of Medicine. He is also the Co-Director of the Penn Sjögren's Center and has a special interest in caring for patients with Sjögren's. A variety of connective tissue diseases and other disorders can coexist with Sjögren's and add to the patient's burden of illness. Dr. Johr will provide a wide-ranging synopsis of autoimmune diseases, explain how they are associated with Sjögren's, and provide key facts on diagnosis and treatment methods.

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.



2017 NATIONAL PATIENT CONFERENCE

Crowne Plaza Philadelphia/Cherry Hill, New Jersey

March 31 – April 1, 2017

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 8, 2017)

SSF Members & Guests

Non-Members

March 8th and before
 \$170 per person
 \$190 per person

March 9th 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 March 13th 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.

I would like a vegetarian meal
 I would like a gluten-free meal
- A limited number of rooms are available, on a first-come basis, at the Crowne Plaza Philadelphia/Cherry Hill hotel (2349 West Marlton Pike, Cherry Hill, New Jersey 08002) at the SSF rate of \$119 per night plus tax if reservations are made by March 7, 2017. Call the toll-free hotel Central Reservations number at 1-888-233-9527 or call the Crowne Plaza Philadelphia/Cherry Hill hotel directly at 1-856-665-6666 and refer to the group name "Sjögren's Syndrome Foundation" for the discounted rate.
- The Crowne Plaza Philadelphia/Cherry Hill hotel is approximately 14 miles from the Philadelphia International Airport.

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

2017 SSF Event Calendar

MARCH

Friday, March 31 - April 1, 2017

SSF National Patient Conference, Cherry Hill, NJ

APRIL

Saturday, April 29, 2017

Team Sjögren's Nashville

Sunday, April 30, 2017

Tastefully Georgia – An afternoon of Food, Wine and Friends, Atlanta, GA



MAY

Saturday, May 6, 2017

Philadelphia Walkabout, Philadelphia, PA

Saturday, May 20, 2017

Northeast Ohio Walkabout, Parma, OH

JUNE

Saturday, June 3, 2017

Dallas Walkabout

Saturday, June 3, 2017

Denver Walkabout

Saturday, June 10, 2017

Greater Washington Walkabout

If there is already an event in your area and you would like to get involved, or if there is not an event in your area and you would like to learn about starting one, please visit www.sjogrens.org or contact us at (301) 530-4420 x207



Watch for the April Issue of *The Moisture Seekers* to view more SSF events in 2017!