National Conference on
SJÖGREN’S SYNDROME

Saturday, May 2, 2015
Delta London Armouries Hotel
Armouries Ballroom
325 Dundas Street, London, ON N6B 1T9

THIS CONFERENCE IS INTENDED FOR INTERNISTS, RHEUMATOLOGISTS, DENTISTS,
OPHTHALMOLOGISTS, OTOLARYNGOLOGISTS, OPTOMETRISTS, HYGIENISTS AND PATIENTS

ACCREDITATION:

This event is an Accredited Group Learning Activity (Section 1) as defined by the
Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada.
This activity was approved by the Canadian Rheumatology Association.

PLANNING COMMITTEE

Arthur A. M. Bookman, MD FRCPC, Associate Professor, Division of Rheumatology, University of Toronto, Co-ordinator Multidiscipline Toronto Sjogren’s Clinic; Co-Chair SjSC, MAB
Leslie Laing, B.SC., B.Ed., M.Sc., Ph.D. (Microbiology and Immunology), DDS, M.Sc. (Prosthodontics), FRCD(C), FAP Assistant Professor, Discipline of Prosthodontics, Faculty of Dentistry, University of Toronto

Rookaya Mather, MD,FRCD(C), Associate Professor of Ophthalmology, Ivey Eye Institute at Western University.

C. Lisa Prokopich, OD, M.Sc. Clinical Professor & Head, Ocular Health Clinic, University of Waterloo; SJSC, Vice-President

Lee Durdon Sjogren’s Society of Canada, President and Founder
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7:45–8:30 am  Registration, Exhibits and Breakfast
8:30–8:45 am  Welcome and Introductory Remarks: Dr. Arthur Bookman &
Lee Durdon, President and Founder

8:45–9:25 am  Overview of Sjögren’s Syndrome, Arthur A. M. Bookman, MD FRCP, Rheumatologist
Sjögren’s Syndrome is a systemic illness. It arises from a loss of tolerance by the immune system, such that it cannot distinguish
many of the body proteins from those of a foreign invader. Although the salivary and lacrimal glands are the most consistent
targets of the disease, it can also attack tissues of the lungs, kidneys and nerves.
Objectives: At the end of this session attendees will be able to:
   a) Name the major manifestations of Sjögren's Syndrome
   b) Describe how Sjögren's Syndrome is diagnosed
   c) Describe the impact of Sjögren's Syndrome on quality of life.

9:25–10:05 am  Dry Eye Management – Rookaya Mather, MD, FRCSC, Ophthalmologist, Cornea and External Eye
Disease. Dr. Mather’s presentation will discuss an overview of pathophysiology, symptoms and management of dry eye will
be examined.
Objectives: At the end of this session, the audience will be able to:
   a) Define Dry Eye Disease;
   b) Identify the factors of underlying Dry Eye Disease;
   c) Identify basic management principles.

10:05–11:05 am  The Management of the Oral Component of Sjögren’s Syndrome – Ava J. Wu, DDS, Oral
Medicine Specialist. This lecture will address the current management of the oral component of Sjögren's syndrome
Objectives: At the end of this session, attendees will:
   a) Describe the current tests used to evaluate the oral component of Sjögren's Syndrome;
   b) Describe the current management of dry mouth;
   c) Identify current management and prevention of dental caries.

11:05-11:20 am  Break

11:20-12:00 pm  Fatigue & Sjogren's Syndrome, Arthur A. M. Bookman, MD FRCP, Rheumatologist
Fatigue is one of the most disabling manifestations of Sjögren’s Syndrome. Patients with PSS demonstrated inferior
performance relative to controls in psychomotor processing and verbal reasoning. Depression and verbal reasoning were
independent predictors of defective cognition in Sjögren’s Syndrome. Disordered sleep and night-time dryness are major
contributors to daytime fatigue. There are immunological signatures and disordered metabolic findings that may account for
fatigue and disordered cognition in PSS.
Objectives: At the end of this session, the audience will be able to:
   a) Name the treatable causes of fatigue in PSS;
   b) Cite a strategy for minimizing the impact of fatigue in Sjögren’s Syndrome;
   c) Name some promising medications for minimizing fatigue in PSS.

12:00 -12:40 pm  Intimacy, Sexuality & Sjögren’s Syndrome, Iris Zink, BSN, MSN, NP, Rheumatology Nurse Practitioner,
Beals Institute, Lansing Michigan; President Elect Rheumatology Nurses Society. Intimacy and Sexuality are the elephants in the
room in chronic illness and dryness in Sjögren’s often exasperates these issues. Embarrassment on the part of the patient and
healthcare provider results in no discussion. This presentation will explore this important subject and provide treatment
options and tools to help facilitate communication between healthcare providers and patients, and patients and their partners.
Objectives: At the end of this session, the audience will be able to:
   a) Identify at least 2 myths about sexual intimacy;
   b) Identify at least 3 most common patient concerns related to intimacy and their health;
   c) Identify 2 of the 3 factors which are imperative to maintenance of a healthy intimate relationship.

12:40-12:50 pm  Announcements
12:50-1:40 pm  Lunch, Exhibits
1:40–2:20 pm  What’s New in Dry Eye Products?, C. Lisa Prokopich, OD, MSc, Optometrist, Clinical Professor and Head of the Ocular Health Clinic at the University of Waterloo, School of Optometry & Vision Science. This presentation will discuss some of the recent advances in pharmaceuticals and products related to the treatment of dry eye.  
Objectives: As a result of this session, attendees will be able to:
a) List new therapeutic and non-therapeutic (supportive) interventions in dry eye disease;
b) Recognize the purpose of new products;
c) Ascertain if benefit may be derived and in which clinical scenarios.

2:20-2:25 pm  Setup Round Tables

2:25-3:25 pm  Round Table Discussions: Attendees rotate at timed intervals to sit and speak with the experts. Attendees will have an opportunity to ask the specialists their direct questions in the three – twenty minute sessions.  
Objectives: At the end of this session, the audience will be able to:
a) Discuss and clarify questions about Sjogren’s Syndrome that are personally relevant;
b) Recognize Sjogren’s lay people’s perspectives and needs.

3:25--3:40 pm  Break

3:40–4:10 pm  Corneal Neuralgia in Sjögren’s Syndrome, A Brief Overview, Rami Abo-Shasha, MD, Ophthalmology Resident, Department of Ophthalmology, University of Western Ontario. Corneal neuralgia is often misdiagnosed as a different ocular disease and it can have a profound impact on quality of life. Dr. Abo-Shasha’s case presentation will highlight the concept of neuropathic corneal pain and provide the audience member with an understanding of what factors and triggers are associated with eye pain.  
Objectives: At the end of this session, the audience will be able to:
a) Describe the signs and symptoms of corneal neuralgia;
b) Identify reasons why corneal neuralgia is often misdiagnosed as a different ocular disease;
c) Recognize that corneal neuralgia can have a profound impact on quality of life.

4:10-4:50 pm  Saying “Treats” and Other Mouth-Watering Suggestions, Leslie Laing, Prosthodontist, BSc, B.Ed, MSc, PhD (Microbiology and Immunology), DDS, MSc (Prosthodontics), FRCD(C), FAP Assistant Professor, Discipline of Prosthodontics, Faculty of Dentistry, University of Toronto. Dr. Laing will discuss some of the research on the oral aspects of Sjögren’s Syndrome including their findings pertaining to orofacial altered sensation; the effects of the disorder on quality of life; patient interviews; the outcome of the usage of various oral moisturizers and non-traditional products to stimulate saliva and their effects on the oral microbiome including green tea, licorice root, xylitol, and virgin coconut oil; and the prognosis of dental implant therapy in this patient group. The financial cost to the individual patient will also be introduced. Audience members without Sjögren’s Syndrome will be involved in a participatory activity.  
Objectives: At the end of this session, the audience will be able to:
a) Define the oral manifestations of Sjögren’s Syndrome (SS);
b) Describe the oral neurophysiologic characteristics associated with SS;
c) Recognize the extent of debilitation with respect to quality of life (QoL);
d) List possible palliative (mouth-watering) measures rendering the condition more tolerable.

4:50–4:55 pm  Closing Remarks
NATIONAL CONFERENCE ON SJOGREN’S SYNDROME

Saturday, May 2, 2015

Delta London Armouries Hotel

Professional Registration – Physician, Optometrist, Pharmacist

Attendee Name __________________________________________
E-mail Address __________________________________________
Street Address __________________________________________ City ______________________________
Province ____________ Postal Code ______________ Telephone ______________________________
Profession _____________________

1. FEES - Please indicate appropriate fee(s). EARLY BIRD DEADLINE is April 1, 2015

______ March 31/15 & before: $250 per registrant

______ April 1/15 & after: $350 per registrant

TOTAL FEES $_________________________ Gluten Meal Requested ______ Vegetarian Meal Requested

2. PAYMENT METHOD
   a) Fax credit card payments to 1-519-752-3830
   b) On-line registration, go to: http://sjogrenscanada.org/seminars-events/annual-patient-conference/

______ VISA _____ MASTERCARD Credit Card # __________________________/_________________/___________ Expiry Date ______/____
(Month/Year)

Exact Name on Credit Card ________________________________________________________________

Date ______________ Signature __________________________________________

Written confirmation will be sent prior to the meeting. Refund requests must be written. Written requests received prior to
April 25, 2015 will receive a 50% refund. After that time, no refunds can be made.

*Questions about the Conference:
Contact the Sjögren’s Society of Canada at 1-888-558-0950
or email: info@sjogrenscanada.org

Your Conference registration fee does not include your hotel room. An excellent reduced rate of $125. (plus
taxes & parking) per night has been negotiated at the Delta London Armouries Hotel. Rooms are limited. To receive this discounted rate, you must book your room by March 31, 2015. To book your room, contact the Delta Reservation’s Centre at 1-888-890-3222 or 519-640-5004 (daily 9 am-5pm); quote the group, “Sjogren’s Society of Canada”.