SJOGREN’S SYNDROME
An Immune System Gone Wild

Saturday, May 11, 2013
8:30 a.m. – 4:45 p.m.

Sheraton Centre Toronto Hotel
Willow Room
123 Queen Street West, Toronto, ON M5H 2M9

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.

OBJECTIVES
At the end of the conference overall participants will be able to list the goals of treatment for ophthalmology (optometry), dentistry, otolaryngology and rheumatology when managing Sjogren’s Syndrome.

THIS CONFERENCE IS INTENDED FOR INTERNISTS, RHEUMATOLOGISTS, DENTISTS, OPTHALMOLOGISTS, OTOLARYNGOLOGISTS and PATIENTS.

PLANNING COMMITTEE

Arthur A. M. Bookman, MD FRCPC, Program Director,
Division of Rheumatology, University of Toronto, Co-ordinator
Multidiscipline Toronto Sjogren’s Clinic; Co-Chair SJSC, MAC

Ann L. Parke, MD
Professor of Medicine, Division of Rheumatic Diseases,
University of Connecticut School of Medicine;
Co-Chair SJSC, MAC

Allan R. Slomovic MA, MD, FRCSC
Associate Professor of Ophthalmology, University of Toronto;
Research Director, Cornea Service, University Health Network;
SJSC, MAC

Izchak Barzilay, DDS, Cert. Prostho., MS, FRCD(C)
Head, Division of Prosthodontics and Restorative Dentistry,
Mount Sinai Hospital; Asst Professor, University of Toronto,
Faculty of Dentistry

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

*Questions about the Conference: contact the Sjogren’s Society of Canada at 1-888-558-0950 or email: info@sjogrenscanada.org
8:00 a.m. – 8:30 a.m.
Registration and Exhibitors, Breakfast Buffet

8:30 a.m. – 8:45 a.m.
Welcome and Introductory Remarks: Dr. Arthur Bookman, Chair CME Planning Committee & Lee Durdon, President and Founder

8:45 a.m. – 9:25 a.m.
Overview of Sjögren’s Syndrome, Arthur Bookman, M.D. FRCPC, Rheumatologist. Sjogren’s Syndrome is an immunological storm that leads to inflammation of salivary and lacrimal glands, but also spills over to affect many internal organs. The diagnosis is difficult and the treatment is even harder, but with good comprehensive care, patients can control many manifestations of this condition.
Objectives: As a result of this session, attendees will be able to:
1. Name the major manifestations of Sjogren’s Syndrome
2. Describe how Sjogren’s Syndrome is diagnosed
3. Describe the impact of Sjogren’s Syndrome on quality of life

9:25 a.m. - 10:15 a.m.
The Oral Management of The Sjögren’s Patient, Athena Papas, D.M.D., Ph.D., Oral Medicine Specialist. This discussion will describe how the dentist and oral pathologist can diagnose Sjogren’s early, recognize erosion early and treat the oral manifestations. We will discuss how to prevent mucosal lesions and cavities.
Objectives: As a result of attending this session, registrants will be able to:
1. Describe the early changes in the mouth indicative of possible Sjogren’s Syndrome as a diagnosis
2. Describe how to recognize erosions early
3. Describe how to prevent mucosal lesions and caries.

10:15 a.m. – 10:55 a.m.
Dry Eye – Tear Dysfunction: Are we making any Progress in Diagnosis and Treatment? Bruce Jackson, M.D. FRCSC, Ophthalmologist. Research continues to better define the inflammatory mechanisms involved in dry eye disease and the involvement of the corneal nerves. As a result new tests are emerging to measure inflammatory markers which may help predict response to certain treatment strategies.
The Objectives of this session are:
1. Describe the role inflammation plays as the underlying mechanism responsible for the symptoms and signs of tear and lid dysfunction syndromes
2. List the new tests that are used in the diagnosis of ocular surface disease
3. Describe the role and treatment algorithm in the staged approached to the management of ocular surface disease

10:55 a.m. – 11:10 a.m. Break

11:10 a.m. – 11.50 a.m.
Pregnancy in patients with Sjogren’s Syndrome and other Autoimmune Diseases, Ann Parke, MD, Rheumatologist. The effect of Sjogren’s Syndrome and other Autoimmune diseases on pregnancy, and Management of Sjogren's Syndrome and other autoimmune diseases during pregnancy.
Objectives: As a result of attending this session, registrants will be able to:
1. Describe the effect of Sjogren's Syndrome and other Autoimmune diseases on pregnancy
2. Describe the effect of pregnancy on Sjogren's Syndrome and other Autoimmune diseases.
3. Outline a management plan for Sjogren's Syndrome and other autoimmune diseases during pregnancy.
11:50 a.m. – 12:30 p.m.  
**An Update on Dental Implants and Sjogren’s Syndrome**, Izchak Barzilay, DDS, Cert. Prosthodontist, Prosthodontist.  
The dry oral environment causes accelerated dental decay for a variety of reasons. Dental implants have a significant role to play in patients with Sjogren’s Syndrome.  
**Objectives:** As a result of this lecture, attendees will be able to:  
1. Cite the reason for tooth destruction in the dry oral environment  
2. Appreciate the role of dental implant treatment as a viable long-lasting treatment that is less subject to deterioration  
3. Discuss advances in new dental implant technology as they relate to simplified procedures and shortened healing times  
4. Discuss where and when implant can be used  

12:30 p.m. – 12:35 p.m.  
**Announcements**  

12:35 p.m. – 1:20 p.m.  
**Measuring the Impact of Sjogren’s Syndrome on Quality of Life**, Susan Abbey MD, FRCP, Psychiatrist.  
Psychiatrists and psychologists use standardized and validated tools to measure the impact of disease on quality of life, self-perception, mood and attitudes toward the medical profession. There are several factors that account for the intrusiveness of disease into daily life and ability to function.  
**Objectives:** As a result of this lecture, attendees will be able to:  
1. Name the tools for measuring impact of Sjogren’s Syndrome on physical and emotional quality of life  
2. Describe the factors that contribute to disease intrusiveness  
3. Describe the issues in Sjogren’s Syndrome that affect patient satisfaction with the medical profession  

1:20 p.m. – 2:00 p.m.  
**Set-up for round tables.**  

2:00 p.m. – 3:10 p.m.  
**Round Table Discussions.**  
**Objectives:**  
1. Attendees will be able to clarify the questions about Sjogren’s Syndrome that are personally relevant  
2. Medical caregivers and lay people with Sjogren’s will appreciate perspectives of one another  

3:10 p.m. – 3:25 p.m.  
**Break**  

3:25 p.m. – 3:55 p.m.  
This discussion is to allow a better understanding of the normal biology of taste and smell and to appreciate the impact of Sjogren’s on chemosensation. Participants will gain a broader understanding of the modalities currently available to treat taste and smell changes.  
**Objectives:**  
1. Describe the normal biology of taste and smell  
2. Describe the modalities that are currently available to treat taste and smell changes  

3:55 p.m. – 4:35  
**Artificial Tear Products – How to Choose?**, C. Lisa Prokopich, OD, M.Sc., Optometrist.  
We will review the different classes of artificial tear products and describe the benefits and absence of benefit. We will review the physiological consequences of regular use of artificial tear products in Sjogren’s Syndrome.  
**Objectives:** As a result of this session, attendees will be able to:  
1. Describe the various classes of artificial tear products  
2. List the benefits and lack of benefit from artificial tear products  
3. List the physiological consequences of regular artificial tear use in Sjogren’s Syndrome  

4:35 p.m. – 4:45 p.m.  
**Wrap-up and Closing Remarks**
# SJOGREN’S SYNDROME: AN IMMUNE SYSTEM GONE WILD

**MAY 11, 2013 Sheraton Centre Toronto Hotel**

## Professional Registration

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## 1. FEES

- **$300 per registrant**

**TOTAL FEES** $___________

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**2. PAYMENT METHOD**

- **a) Fax credit card payments** to 1-519-752-3830

- **b) On-line registration**, go to: [http://sjogrens canada.org/npc/pro](http://sjogrens canada.org/npc/pro)

- **VISA**

**Exact Name on Credit Card**

**Date**

**Signature**

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* Written confirmation will be sent prior to the meeting via email or fax.

*Questions about the Conference?: contact the Sjogren’s Society of Canada at 1-888-558-0950 or email: info@sjogrens canada.org

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## Sheraton Centre Toronto Hotel - Directions

Conveniently located two blocks away from both Queen & Osgoode subway stations. Valet parking is available on property and public parking can be found directly across Queen St. at City Hall.

**DIRECTIONS:**

**RAILWAY** – Union Station – Driving distance approx. 0.3 km  
**AIRPORT INFORMATION:** Toronto International Pearson Airport (YYZ) is located 22 km/15 Miles West of downtown Toronto. Transfer services by limousine or taxi is approx. 30-45 minutes. Airport Express Bus runs every 30 minutes dropping off at the hotel.

**DRIVING**

- **From the West (London, Sarnia, Toronto International Airport)**
  
  Follow Hwy. 401 East to Hwy. 427 South. Take Hwy. 427 South and follow signs for Hwy. QEW (Queen Elizabeth Way). The QEW turns into the Gardiner Expressway. Once on the Gardiner Expressway watch for York St. exit. Take York St. exit ramp (stay on the left hand side of the ramp) and follow York St. until it ends at Queen St. Turn right on to Queen and you will see our Motor Court entrance immediately on the right hand side.

- **From the North (North Bay, Barrie)**
  
  Follow Hwy 400 South to Hwy. 401 West. Follow Hwy. 401 West to Hwy. 427 South. Take Hwy. 427 South and follow signs for Hwy. QEW (Queen Elizabeth Way). The QEW turns into the Gardiner Expressway. Once on the Gardiner Expressway watch for York St. exit. Take York St. exit ramp and follow York St. until it ends at Queen St. Turn right on to Queen and you will see our Motor Court entrance immediately on the right hand side.

- **From the Niagara Region**
  
  Follow Hwy. QEW (Queen Elizabeth Way) into Metro. The QEW turns into the Gardiner Expressway. Once on the Gardiner Expressway watch for York St. exit. Take York St. exit ramp (stay on left hand side of the ramp) and follow York St. until it ends at Queen St. Turn right on to Queen and you will see our Motor Court entrance immediately on the right hand side.

- **From the East (Montreal, Ottawa)**
  
  Follow Hwy. 401 West to the Don Valley Parkway (DVP). Take the Don Valley Parkway South all the way to Richmond St. exit. Take Richmond St. (along past Sherbourne, Jarvis, Church, Yonge & Bay streets). Get into the right lane after Bay St. the Hotel is at the next intersection (corner of Richmond St. & York St.), however the Motor Court entrance is on your right-hand side just before this intersection.