

More than 60 attendees experience the 9th Annual Cheri Woo Scleroderma Education Seminar in Hillsboro

Catherine Markin MD, Anna Bar MD & Justin Elson DMD speak at Tuality Health Ed. Center

More than 60 people attended the 9th Annual Cheri Woo Education Seminar on March 13 at the Tuality Health Education Center in Hillsboro.

The assembled people living with scleroderma, their friends, family and more experienced in-depth presentations by keynote speaker Catherine J. Markin MD on *Lung Disease in Systemic Sclerosis: New Insights and Treatment Options*; Anna A. Bar MD on *Cutaneous Manifestations of Scleroderma*

swers between the audience and health care experts followed each presentation.

The annual free multi-speaker spring seminar, hosted by the

Good Samaritan Medical Center in Portland, and Director of the



Catherine Markin MD (left) & Justin Elson DMD

Legacy Pulmonary Hypertension Program. Dr. Markin said reports claim that 55 to 90 percent of systemic sclerosis patients had interstitial lung disease, depending of the

definitions used. She believed the true range was “probably 55-75%.”

Improved survival for systemic sclerosis patients is associated with better ascertainment of internal organ disease, Markin said, adding that scleroderma treatments now include immune suppression, biologic therapies, anti-fibrotic agents, and transplanta-



chapter and its support group, serves as the largest continuing scleroderma education and information

event in Oregon.

and Laser Treatment, and Justin Elson DMD on *Scleroderma and Oral Health*.

A lively mix of questions and an-

Dr. Catherine J. Markin is a noted specialist in pulmonary disease and critical care medicine at Legacy

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Annual Cheri Woo Education Seminar draws a crowd for presentations by Catherine Markin MD, Anna Bar MD and Justin Elson DMD



Maria Rivelli (center) & Erion Moore (right) compare conditions with another seminar attendee.

Swiss Expressionist painter Paul Klee developed the disease in 1935.

Dr. Bar uses lasers and performs skin cancer surgeries. She said treatment of localized scleroderma involves both topical and systemic agents. Laser treatment, she added, is “safe for all ages.”

Justin Elson, DMD, of Gen-tech Dentist Hillsboro of-

lem condition including tomatoes, citrus fruit, spicy and fried foods, fatty meats, dairy, chocolate and caffeine.

The annual event is named in honor of the seminar’s founder Cheri Jo Woo, who died in 2007 after a long struggle with scleroderma and cancer.

Cheri served the Oregon Scleroderma chapter with distinction for more than a decade as a board officer, awareness advocate, fund-raising specialist, patient supporter, and education promoter. []

(photos by Janine Wong & Fay Maushard)

tions.

Clinical trials are growing for people living with scleroderma, and Dr. Markin said people can find additional information by visiting www.clinicaltrials.gov, a registry of federally and privately supported clinical trials conducted in the United States and around the world.

She noted that more than 60 trials are currently or planning to enroll people with systemic sclerosis, and approximately 50 percent of those are treatment trials.

Dr. Anna A. Bar is an Assistant Professor of Dermatology and Dermatologic and Cosmetic Surgery at Oregon Health & Science University.

Dr. Bar opened the seminar with a brief history of scleroderma and noted the



Dr. Anna A. Bar of OHSU opened the seminar.

ferred a presentation that represented a well-anticipated return to the seminar from his first appearance three years ago. He noted the importance of a healthy “saliva flow rate” to reboost the mouth’s pH factor after eating.

Dr. Elson commented that a natural means to combat acid reflux is to avoid eating acidic foods and others associated with the prob-



Seminar hosts Denise & Richard Bates (left) with Dr. Markin, John Woo (husband of the event’s late founder) & chapter president Liz Orem-Bedel.

Dr. Greg Borstad shares presentation on musculoskeletal involvement at Central Oregon Support Group in Bend by Ann Havelock

The Central Oregon Scleroderma Support Group meeting on March 11, 2010 in Bend had four new members, some of whom found the group through the Oregon Chapter's monthly newsletter.



Dr. Greg Borstad spoke at the March meeting of the Central Oregon Support Group in Bend. Georgia Marshall is shown at left.

Duane Wyman, Ellen Cirolini, Margie Brinkley, Georgia Marshall, her husband Gary, her son Colby, and Ray Havelock, husband of group leader Ann Havelock, were all welcomed with open arms.

Dr. Greg Borstad, a specialist in rheumatology for adults at the Bend Memorial Clinic, the site of the meeting, filled in for absent guest speaker Tianna Welch, rescheduled for the August meeting. Dr. Borstad talked about musculoskeletal involvement in scleroderma, providing handouts so attendees could follow his explanation of each category and better understand the provided information.

Dr. Borstad also involved Trish Dyer, Cascade Certified hand and physical therapist for her input in the discussions.

Dr. Borstad's presentation handout included the following:

Scleroderma can be accompanied by: 1. Arthralgias 2. Arthritis (a. may resemble rheumatoid arthritis [30-60% are rheumatoid factor positive] and some patients may have "rheumatoid arthritis overlap" if radiographic changes of rheumatoid arthritis are present. Synovial pathology is not entirely the same as RA; there is often some degree of fibrosis present. (b. Other variants, erosive arthritis without rheumatoid ar-

thritic arthritis features, inflammatory or non-inflammatory types [nonspecific reactive bone changes and narrowing can be seen.] 3. Flexion Contractures, related to skin, fascia and tendon involvement mainly. 4. Nerve Entrapment. 5. Myositis and myopathy.

Many of the musculoskeletal symptoms are treated symptomatically with 1. Analgesics 2. Non-steroidal anti-inflammatory drugs (NSAIDS) 3. Physical therapy 4. Heat/ultrasound

An evolving approach is to have a lower threshold to treat more aggressively when inflammatory arthritis findings are present, or when the arthritis is aggressive: 1. Plaquenil (hydroxy-chloroquine) 2. D-penicillamine 3. Methotrexate 4. others

Most treatments are not proven in randomized controlled trials. {Ref: Rheum Dis Clin N Am 29 (2003) 391-408}

Afterwards, everyone had questions for Dr. Borstad and Trish Dyer. We then took turns introducing ourselves, learning from attendees living with scleroderma, and those who were present to better understand and support us. We had a total of 10 members living with scleroderma and four guests.

We look forward to the April 8, 2010 support group meeting with



Ellen Cirolini (left), Pam Halbert, Ellen Reynolds & Trish Dyer at the March Support Group in Bend.

guest speaker Rodney McPheeters, a breathing specialist. []

(photos by Ray Havelock)



Let's All Go to the 13th Annual Plant Sale !

13th Annual Plant Sale Benefit set for May 1 & 2 Weekend at Keith's Auto Service Center in Multnomah Village, Portland

Oregon Chapter's 13th Annual Benefit Plant Sale is set for Saturday, May 1 and Sunday, May 2, 2010 in the parking lot of Keith's Auto Service Center, 3530 SW Multnomah Boulevard (at SW 35th Avenue), Portland.

The Plant Sale — scheduled for 10am to 5pm Saturday and 10am to 3pm Sunday — arrives just before Mother's Day in order to honor the incredible women and their families living with scleroderma.

The benefit sale is the chapter's longest running annual fundraiser, one of the two major scleroderma

benefit events in the state to raise funds and awareness for research and member support.

A big part of the sale's success to date has been its location and site benefactor in Keith's Auto Service Center at SW 35th and Multnomah in the busy heart of Portland's Multnomah Village.

"We've always been at Keith's Auto. He has been extremely generous to the chapter, letting us use his parking lot in a place that's seen by a lot of traffic," plant sale organizer Liz Orem-Bedel explained.

That heavy traffic strategy has paid off. "People look forward to the plant sale. Every year they say, 'We've been waiting for you!' So we're very happy with the response from the neighborhood over the years," Orem-Bedel said.

The Plant Sale is always an amazing array of color and texture, everything from gorgeous hanging baskets for sun and shade to Calla lilies to Petunias. Veggies too!

Bring a container, or select one from the sale, and we can help fill it right there.