

**Close connection to other autoimmune diseases is focus of Bend Central Oregon Support Group guest Rheumatologist Greg Borstad**

By Ann Havelock, *Bend Group Leader*

The Central Oregon Scleroderma Support Group in Bend hosted a presentation by Rheumatologist

Kim Thwait, Trish Dyer and I appreciated the opportunity to learn more about how scleroderma flirts with Lupus and other related autoimmune maladies.

polymyositis-progressive systemic sclerosis (PM-PSS) overlap designated with vertical lines. Add in two other line patterns recognized by the



**Rheumatologist Greg Borstad MD makes a point at the Central Oregon Support Group in Bend.**

Greg Borstad about the overlapping characteristics of scleroderma with other autoimmune diseases.

On Dec. 10, 2009, Pam Halbert,



**Pam Halbert (left), Trish Dyer & Kim Thwait take in the information and insights at the December Support Group.**

We were totally confused by the overlapping symptoms, and Dr. Borstad explained that is why scleroderma is so hard to diagnose. He offered a diagram that represented mixed connective tissue disease (MCTD), three types of

presence of anti-polymyositis-sclerosis, and the presence of other progressive systemic sclerosis-specific antibodies, plus the overlap of progressive (continued on page 3)

**Keynote address announced for 9th Annual Cheri Woo Education Seminar  
Free public event scheduled for Saturday, March 13 at Tuality Health Center in Hillsboro**

Dr. Catherine J. Markin will offer “*Lung Disease in Systemic Sclerosis: New Insights and Treatment Options*” as the keynote address at the 9th Annual Cheri Woo Education Seminar set for Saturday,

March 13, 2010 at Tuality Health Education Center in Hillsboro.

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

Medical Center in Portland, and Director of the Legacy Pulmonary Hypertension Program.

The annual free public event (continued on page 2)

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## Keynote address announced for 9th Annual Cheri Woo Education Seminar on Saturday, March 13 in Hillsboro

is part of the chapter's daylong line-up of expert presentations



**Catherine J. Markin**

and interactive panel discussions intended to increase overall education and raise regional awareness of scleroderma, also known as systemic sclerosis.

In addition to Dr. Markin, the seminar is scheduled to present Dr. Anna A. Bar, an Assistant Professor of Dermatology and Dermatologic and Cosmetic Surgery at Oregon Health & Science University, along with Justin Elson, DMD, of Gentech Dentist Hillsboro.

The annual spring education seminar by the Oregon Scleroderma Chapter is always free and open to the public. Breakfast and lunch are provided with every registration.

"To the general public, scleroderma is only now coming into wider awareness," group President Liz Orem-Bedel remarked. "For the ninth straight year the all-volunteer Oregon Chapter of the Scleroderma Foun-

dation and its Support Group have worked tirelessly to raise that awareness in the Pacific Northwest through the annual free spring education seminar. For the 2010 edition, we're incredibly fortunate to present doctors Markin, Bar and Elson, all leaders in their fields."

Advance registration is encouraged and available several ways: online through the chapter's Web site at [www.scleroderma.org/chapter/oregon](http://www.scleroderma.org/chapter/oregon) ; by phone at 503-245-4588; or via email at [orchapter@scleroderma.org](mailto:orchapter@scleroderma.org) . On-site registration prior to 10am is another easy option.



**Anna A. Bar MD**

The annual seminar is named in honor of the event'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. She began the first chapter education seminar in 2001.

**Catherine J. Markin, MD**

Catherine J. Markin MD, a pulmon-

ologist and critical care physician, has a special interest in pulmonary hypertension, interstitial lung disease and scleroderma-related lung disease. She also sees patients with other pulmonary disorders.

Dr. Markin worked at OHSU for six years and transitioned to Legacy Health System in May 2008. She is the director of the Legacy Pulmonary Hypertension Program and is the principal investigator for several clinical research trials for patients with pulmonary hypertension.

She is an adjunct assistant professor of medicine at OHSU and she is a member of several professional societies, such as the Oregon Thoracic Society, American Thoracic Society, American College of Chest Physicians, and the Pulmonary Hypertension Association.

Dr. Markin received bachelor's degrees in biology and microbiology with highest honors from Oregon



**Justin Elson DMD**

State University in 1987. She

## Attend Oregon Support Groups in Bend and Portland for the latest news, views and the best camaraderie.



### Central Oregon Scleroderma Support Group

Starts 5:30 pm the second Thursday each month at Bend Memorial Clinic (upstairs in the Physicians Lounge), 1501 NE Medical Center Drive, Bend. Ann Havelock @ 541.480.1958, mzann@bendbroadband.com

### Oregon & SW Washington Support Group

Starts 10 a.m. on January 9, May 8, September 11, November 13 at Legacy Good Samaritan Hospital (Wistar Morris Room, 1st floor), 1015 NW 22nd Ave., Portland. Donna Stone @ 360.887.2360, DonnaPeterStone@yahoo.com

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## Close connection to other diseases discussed in Bend

systemic sclerosis-primary biliary cirrhosis (PSS-PBC) and Sjögren's syndrome (SS), as well as the overlap of Sjögren's syndrome with all the systemic rheumatic diseases.

Confused? Join the rest of us!

Because scleroderma is so difficult to diagnose with its overlapping symptoms, Dr. Borstad noted that physicians will perform a ANA anti-nuclear blood test to determine the presence of scleroderma.

And though the material was at times confusing, Dr. Borstad certainly was not.

The interesting thing about scleroderma is how little is really known about the disease itself. However, I am optimistic there

will be a breakthrough with all the research being done.

Dr. Borstad specializes in rheumatology for adults at the Bend Memorial Clinic. According to the Clinic, he comes to BMC from private practice in Palestine, Texas. Dr. Borstad received his Bachelor of Science from the University of Wisconsin and Medical Degree from the University of North Dakota School of Medicine.

Dr. Borstad completed his Internal Medicine internship, his IM residency and his Rheumatology fellowship in San Antonio at Wilford Hall USAF Medical Center.

Regarding community outreach, I recently received an e-mail from a local lady with scleroderma who got my contact information off the national Founda-

tion's website. She asked a lot of questions and will be attending future meetings for answers.

One of my New Year's resolutions is to put even more time and effort toward recruiting Central Oregon residents living with scleroderma in order to make it easier for them to attend our support group meetings. The more knowledge and understanding of how this disease affects each one of us differently helps make the challenge of living with the disease a little easier.

We are not alone. And I need each one of you, and your stories, to help me in managing my scleroderma.

Thanks to all of you and a Happy New Year! My prayer is 2010 will be your best year ever. []



*Register now  
for the March 13,  
2010 Cheri Woo  
Education Seminar  
in Hillsboro!*

[http://www.scleroderma.org/chapter/oregon/2010EdSem\\_Reg.htm](http://www.scleroderma.org/chapter/oregon/2010EdSem_Reg.htm)



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## Keynote address announced for 9th Annual Cheri Woo Education Seminar

OHSU in 1992. From 1997-2000, she completed fellowship training in pulmonary and critical care medicine at OHSU. She is married and the mother of two school-aged boys.

### Anna A. Bar MD

Anna A. Bar MD is an Assistant Professor of Dermatology and Dermatologic and Cosmetic Surgery at OHSU. Dr. Bar specializes in skin cancer surgery, lasers, and cosmetic surgery, including Mohs micrographic surgery. For primary skin cancers, the cure rate of the Mohs technique is about 98%, making it the most effective cure for skin cancer today.

Dr. Bar has lectured and taught courses for physicians at the American Society of Dermatologic Surgery and American College of Mohs Micrographic Surgery and Cutaneous Oncology national meetings. She regularly instructs residents and medical students in dermatologic surgery and cutaneous oncology.

She is board certified in Dermatology and is a member of the American College of Mohs Micrographic Surgery and Cutaneous Oncology, American Academy of Dermatology, the American Society for Dermatologic Surgery, and the Oregon Dermatology Society.

Dr. Bar received her medical degree from New York University medical school in New York City, followed by an internal medicine internship at New York's Lenox Hill Hospital. After completing dermatology training at OHSU, she pursued specialized training in Mohs surgery and cosmetic and laser surgery with Dr. Greg Morganroth in California, a leader in local anesthesia cosmetic rejuvenation.

### Justin Elson, DMD

Justin Elson, Doctor of Dental Medicine (DMD), is a former submarine officer with the SSBN 733 USS Nevada.

He is a member of the Academy of General Dentistry, and the Omicron Kappa Upsilon Dental Honor Society,

along with the Tau Beta Pi Engineering Honor Society.

Dr. Elson graduated from the School of Dentistry at OHSU, after earning a Bachelor of Science Degree in Mechanical Engineering from California State University Sacramento.

He is a hike leader and mountaineering instructor for the Mazamas group, as well as an avid hiker and photographer.

*(Speaker biographies excerpted from respective workplace Web sites.)*

### Tuality Health Education Center

The 9th Annual Cheri Woo Education Seminar will be held at the Tuality Health Education Center in Hillsboro, Oregon, located at 334 Southeast 8th Avenue, Hillsboro, OR 97123-4201, (503) 681-1700.

Free parking is available, and the site is easily accessible by public transportation via the MAX Blue Line to the Tuality Hospital/SE 8th Ave