Scleroderma Foundation
2015 National Patient Education Conference

July 17-19, 2015
Sheraton Music City Hotel
Nashville, TN

Stomping Out Scleroderma
2015 CONFERENCE PROGRAM BOOK
Welcome to Nashville!

Whether you drove in, or flew in, the rolling green hills have already greeted you with warm Southern charm, and the Tennessee Chapter of the Scleroderma Foundation wants to also welcome you to Nashville, also known as Music City, USA. In 1925, the Grand Ole Opry Radio Hour made country music famous, putting our fair city on the map, and Nashville has continued to grow musically. We hope you get to visit one of the many sites where you can hear live music, from the honky tonks on Broadway in downtown, to the great nighttime shows of the Grand Ole Opry, to our beautiful new state-of-the-art Schermerhorn Symphony Center. You will be inspired by the beautiful music this Southern city offers. Not only do we boast of great music venues, we host many art galleries and beautiful museums, and the area is rich in plantation homes and historical sites, including the antebellum home of President Andrew Jackson.

Above all of our tourist sites, the best event of the weekend is this 2015 National Patient Education Conference, of which the Tennessee Chapter is pleased to be your host. The information that will be gathered here by listening to expert physicians, the stories we will share, and the friendships we will make, will all blend to strengthen our battle plan against scleroderma, whether we be patient or caregiver.

The Tennessee Chapter wants to extend a heartfelt thank-you to our super Tennessee volunteers, and the diligent national staff who have worked to make this weekend an enjoyable learning experience that you will never forget! We also want to thank our generous sponsors and donors who have made this event possible!

We are sincerely grateful to each of you for attending this conference, and we wish you well as you continue on in your journey of living with scleroderma. Together we are strong in striving for a cure!

April Simpkins, Tennessee Chapter President
Welcome to the 2015 Scleroderma Foundation National Patient Education Conference

Dear Conference Participants,


Our goal this weekend is to provide you with a conference experience that is educational, uplifting, inspiring and fun. With a grateful nod to the amazingly talented staff of the Foundation’s National Office, and tremendous support from the Tennessee Chapter leadership and volunteers, I am confident that our goal will be reached.

I encourage you to spend time with this program book and get acquainted with the schedule of presentations. With support and guidance from the Foundation’s Medical Advisory Board and other experts, we offer you a program rich in information that touches on every aspect of living with this complicated disease. There are 67 sessions, 48 of which are offered for the first time this year. As you plan your conference weekend, please note which presentations/workshops will be videotaped (indicated on the schedule). Videotaped presentations will be available on the Foundation’s YouTube channel shortly after the conference.

The Scleroderma Foundation’s National Patient Education Conference continues to be the largest patient-focused scleroderma event held in the world. So, there is no better time or place to connect with others whose lives have been impacted by scleroderma. Making new friends or meeting up with acquaintances from across the country and across the globe is one of the most amazing parts of being here. We’ve changed our traditional programming to allow time on Saturday evening for the community to connect with one another, either by relaxing in the hotel with friends, or getting a group together to take one of the free trolleys to explore Nashville’s world-famous music scene.

From educational opportunities and research updates to exploring America’s “Music City,” we are all here to figuratively (or literally) pull on our boots and work towards “Stomping Out Scleroderma.”

I look forward to sharing an amazing weekend with you all.

Sincerely,

Robert J. Riggs
Chief Executive Officer
The leadership of the Scleroderma Foundation wishes to recognize and gratefully thank the following sponsors whose generous underwriting and gifts have made this conference possible:

2015 National Gold Sponsor

2015 Platinum Conference Sponsor

2015 Gold National Sponsor

2015 Silver Conference Sponsor

2015 Corporate Sponsor
A Note About the Schedule...

The Opening Keynote will be held on Friday evening rather than Saturday morning. Please join us in the Hermitage Ballroom for a reception at 6:30 p.m., followed by the keynote at 7:30 p.m.

Please join us for an important and interactive poster session! Poster presenters will be available to discuss their research with you on Friday evening from 5:00 p.m. - 7:15 p.m. near the Plantation Ballroom.

We will be hosting an awards luncheon rather than our traditional Saturday dinner so that attendees will have more time to explore Nashville on Saturday evening. Starting at 6:00 p.m. we will be providing continuous complimentary shuttle service from the hotel to the downtown area!

Also, we will be hosting a Saturday networking buffet dinner to provide greater opportunity for you to meet new friends and gather with old.
“This was my first opportunity to meet other patients. I loved meeting people who are so different, yet have so much in common!”

-2014 Conference Attendee
Conference Registration

The Conference Registration/Information Booth is where you will receive your name badge that must be worn to all events, pick up your conference gift bag and program book, and for any general conference information.

Friday, July 17 hours are 4:00 p.m. - 8:30 p.m., located in the McGavock Ballroom.
Saturday, July 18 hours are 7:45 a.m. - 8:00 p.m. and Sunday, July 19 hours are 7:00 a.m. – 1:30 p.m, located in the Plantation Lobby (map on page 27).

Medical Emergencies

PLEASE COMPLETE THE EMERGENCY CONTACT INFORMATION ON THE BACK OF YOUR NAME TAG AS SOON AS YOU RECEIVE IT! If you are experiencing a life-threatening medical emergency, please pick up the house phone to be automatically connected to the Front Desk, or dial 911. There is no physician or nurse on site who can legally see or care for a patient with a medical emergency. If you need help with medical supply issues, please contact your specialty pharmacy or oxygen carrier company for assistance. If you are in need of wheelchairs and/or oxygen tanks, the hotel has access to a service that has rentals available. Please contact the hotel Front Desk for more information.

Special Meal Requests

If you have requested a vegetarian meal, this will be marked on the front of your name badge. Please show your badge to your server at the start of each meal. The Foundation has made every effort to offer gluten-free and vegetarian options for every meal.

General Hotel or Sightseeing Questions

Please visit the hotel concierge staff or the Front Desk for any specific room needs or hotel questions. Check-out time is 12:00 p.m. on Sunday. The hotel bell staff can provide storage for your belongings at no charge.

Scleroderma Foundation Literature Table and Store

The Scleroderma Foundation literature table is located in the exhibit area next to the registration area (map on page 27).

Conference Surveys

Please be sure to fill out the conference survey located in your gift bag (extra surveys are available at registration) and return to registration on Sunday. The survey also will be available on our website at www.scleroderma.org/conferencesurvey after the conference. Thank you! Your input is vital to making future conferences a success. We will randomly select one person to win free hotel and registration to the 2016 National Conference so be sure to complete your survey and return it to registration on Sunday.

Refreshments

Refreshments will be offered between each session (except for lunchtime). For morning breaks, beverages will be offered and for afternoon breaks, beverages and light snacks will be served. Sunday’s break will have more substantial snacks due to the workshops ending at 1:30 p.m. (Lunch on Sunday is on your own.)

Photography

The Scleroderma Foundation uses electronic and traditional media including, but not limited to: photographs, video, audio footage, and testimonials during the National Conference. All attendees, visitors, speakers and guests are advised that during their attendance at the conference there will be photographs taken as well as audio/video recordings made of various activities, events and sessions. Each registrant grants the conference permission to photograph participants in any session, and to use such photographs and the names of attendees in any materials which either represent the proceedings of the conference or discuss future conferences. IF YOU DO NOT GRANT THIS PERMISSION, PLEASE VISIT THE REGISTRATION BOOTH FOR A SPECIAL NAME BADGE PRIOR TO ATTENDING ANY SESSIONS.

The Scleroderma Foundation in no way endorses any drugs, treatments, clinical trials, or studies referenced during the 2015 National Patient Education Conference. Information presented is to keep the attendees informed. Because the manifestations and severity of scleroderma vary among individuals, personalized medical management is essential. Therefore, it is strongly recommended that all drugs and treatments be discussed with the patient’s physician(s) for proper evaluation and treatment.
Speakers and Facilitators

Sara Dutweiller Aiken  
Nancy Baldwin  
April Barnado, M.D.  
Jill Blitz, P.T., D.P.T., A.T.P.  
Francesco Boin, M.D.  
Monica Brown, D.O.  
Arefa Cassoobhoy, M.D., M.P.H.  
Murtaza Cassoobhoy, M.D.  
Flavia Castelino, M.D.  
Dane Christiansen  
Lorinda Chung, M.D., M.S.  
Philip Clements, M.D.  
Stacy Braverman Cloyd, Esq.  
Cindy Coney  
Leslie Crofford, M.D.  
Kelly Joelle Ellison  
Stephen Elrod  
Paula Erwin-Toth, M.S.N., R.N., C.W.O.C.N., C.N.S., F.A.A.N.  
Carol Feghali-Bostwick, Ph.D.  
Tracy Frech, M.D., M.S.  
Dan Furst, M.D.  
Elaine Furst, R.N., B.S.N., M.A.  
Jessica Gordon, M.D.  
Martha Gulati, M.D., M.S.  
Diana Hanley, M.A., O.T.R./L.  
JoAnna Harper, Pharm.D. R.Ph.  
Christy Hewlett  
Laura Hummers, M.D.  
Karla Jones, R.N., M.S., C.P.N.P.  
Dinesh Khanna, M.D., M.S.  
Benjamin Korman, M.D.  
Robert Lafyatis, M.D.  
Edward Lally, M.D.  
David Leader, D.M.D., M.P.H.  
Don Legere  
Virginia Maril, Ph.D.  
Rosemary Markoff  
Bill Martin  
Cyndy Martin  
Maureen Mayes, M.D., M.P.H.  
Thomas Medsger Jr., M.D.  
Katherine Milette, M.A.  
Sandra Mintz, R.N.  
Liz Morasso, M.S.W.  
Jennifer Nickell, M.S., R.D., L.D., C.N.S.C.  
Lauren Patrizio, Esq.  
Janet Poole, Ph.D., O.T.R./L., S.W.C.  
Janet Pope, M.D., M.P.H.  
Arnold Postelthwaite, M.D.  
Kathy Randolph  
Anelle Reed, M.S.N., C.P.N.P.  
Lesley Ann Saketkoo, M.D., M.P.H.  
Maggie Sepkowitz, L.C.S.W.  
Lee Shapiro, M.D.  
Richard Silver, M.D.  
Robert Simms, M.D.  
Virginia Steen, M.D.  
Kathryn Torok, M.D.  
John Varga, M.D.  
Chanel T. White  
Michael York, M.D.
Opening Keynote: Cindy Coney

Cindy Coney, an internationally recognized speaker and former national board chair of the Lupus Foundation of America, was diagnosed with lupus in 1980. Cindy has since assisted thousands living with chronic illness in moving beyond “coping” with limitations to discovering their own unsinkable spirits. Delivering compelling keynote addresses and trainings around the world, she dedicates her life to helping children and adults recapture joy and fulfillment to live the best life possible.

Unleash Your Unsinkable Spirit is a keynote for patients with chronic illness and those who love and care for them. Receiving a diagnosis of a life-challenging illness can be devastating to both patients and their families. Yet she refuses to let this disease take over her life. She likes to say it affects her, but does not define her!

Drawing on Cindy’s personal zest for living and expertise in resiliency, this uplifting keynote address focuses on finding and strengthening the unsinkable spirit, which lies within each of us. Cindy teaches how to make the successful transition from a healthy “old life” to a fulfilling “new normal.” Through stories of acceptance and optimism, Cindy leads the audience on a journey of hope that will be remembered and used, well beyond the conference room doors. Learn more about Cindy, access resources or read her blog at CindyConey.com.

Closing Keynote: Carol Feghali-Bostwick, Ph.D.

S.C.I.E.N.C.E. - So Cool It’s Everything Nature Can’t Explain

Scientific discoveries are the basis for the development of therapies. During this session, Dr. Feghali-Bostwick will explain how research is done, give examples of scientific discoveries that impact our lives, and will describe research of relevance to patients with scleroderma.

Carol Feghali-Bostwick, Ph.D. is the Kitty Trask Holt Endowed Chair and Professor of Medicine in the Division of Rheumatology and Immunology at the Medical University of South Carolina in Charleston, S.C. She also serves as vice chair of the Scleroderma Foundation’s National Board of Directors and chair of its Research Committee.
The 2015 National Patient Education Conference offers 67 workshops, including 48 new sessions. Led by world-renowned scleroderma researchers, physicians and other professionals, the workshops offer the most recent information and resources.
At conference check-in, you received a gift bag that included the conference evaluation. The conference evaluation is an important planning tool. We use your feedback to make improvements for future conferences.

Please remember to write your name and contact info on the contest entry form attached to the evaluation. Turn in your completed evaluation and entry form to the Registration Desk on Sunday. We will separate the entry form and the evaluation so that your feedback will remain anonymous. After the conference has ended, we will randomly select one person to win free hotel and registration to the 2016 National Conference.

Be sure to attend Saturday afternoon’s Awards Lunch to find out where we will hold the 2016 National Conference!

*Rules and regulations apply. Prize is not redeemable for cash. This prize is non-transferrable and must be used for the 2016 conference.

Help raise awareness of scleroderma! Come to our literature table at the conference to browse many items that feature the Scleroderma Foundation logo.

Also, check out our collection of T-shirts, sweatshirts, mugs, baseball hats and more at CafePress. Proceeds of these sales will benefit the Scleroderma Foundation.

www.cafepress.com/sclerodermafoundation

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www.cafepress.com/sclerodermafoundation
Don’t Forget Your Free T-Shirt!

Each conference attendee receives a free T-shirt to commemorate your visit to the 17th annual National Patient Education Conference in Nashville!

Pick-up your T-shirt from the Literature Table near registration during the weekend. You must bring along the yellow coupon (shown left). You will find the coupon in your conference gift bag to redeem your shirt.

We cannot guarantee T-shirt sizes so act quickly!

2016 National Conference

The 2016 National Patient Education Conference will be held in... Come to the Awards Lunch on Saturday afternoon to find out! It is never too early to plan for next year!

“Scleroderma Rest Stop”

The Scleroderma Foundation is providing a place for conference attendees to take a break. The “Scleroderma Rest Stop” is located in the Hermitage Ballroom and will be open from 7:45 a.m. – 4:15 p.m. on Saturday and from 7:00 a.m. - 1:30 p.m. on Sunday.

Wheelchair Service

Complimentary wheelchair service will be available to conference attendees again this year. Volunteers will be available to assist individuals move between the conference area and their hotel room. If you are in need of a lift, just look for the sign (shown right) to flag down a ride!
Create a “Stomping out Scleroderma” Buzz!

Share your experience during the National Patient Education Conference with the rest of the scleroderma community on social media channels! Find the Scleroderma Foundation on Facebook, Twitter, YouTube, Pinterest, Instagram and Inspire.

It’s easy to join the conversation…Just use the hashtag #scleroconf15 on your posts!

facebook.com/sclerodermaus  @scleroderma  youtube.com/sclerodermaus  @scleroderma  @sclerodermaus

And don’t forget, you can join nearly 18,000 members from all over the world on the Scleroderma Foundation’s Inspire Discussion Board Community at www.scleroderma.org/inspire. Discover useful tips for living with disease, meet new friends and more!
Artist and Scleroderma Foundation member Sharon Leiker has graciously donated a wonderful painting of this year’s conference themed cowboy boots. We are raffling the painting off to raise funds for the 2016 National Conference Scholarship Fund.

What a wonderful memory to have of your visit to the conference and a special way to help a first-time attendee come to our conference next year who would not otherwise be able to come!

The painting will be displayed at the literature table where raffle tickets will be on sale. The price is $1 per ticket or $20 for 25 tickets.
Working closely with pediatric providers from across the United States, the Scleroderma Foundation has created a robust program for the entire weekend. The juvenile program is split into three rooms which will provide programming for the whole family. You can go to any session that is offered over the weekend, but if you are looking to focus on the juvenile aspects of scleroderma, there are many options!

The Kid’s Activity Room in McGavock A is facilitated and staffed by Corporate Kids Events. Since 1998, Corporate Kids Events has been providing professional childcare programs. This room is for juveniles aged 5-17. The activity room is run concurrently with the other workshops. This is a great place for our younger patients, siblings, and children of patients to meet and do projects together while the parents and young adult patients attend workshops.

In McGavock B, we will run programming aimed at the older juveniles. This room will have speakers talking to juveniles age 13 and older about different aspects of the disease.

In McGavock C (see map on page 27), scleroderma experts will run educational workshops for adults who have a juvenile scleroderma patient in their life. Come join other parents, guardians and caregivers to learn about the disease, as well as different ways to deal with it.

In order to participate, parents or guardians must sign a liability release and children will need to be signed in and out of this room by a parent or guardian. All attendees associated with the juvenile program, whether child or adult, MUST come to the orientation session in Two Rivers on Friday night from 5:00 p.m. - 6:30 p.m. There will also be a juvenile meet and greet activity from 6:30 p.m. - 8:30 p.m.
# 2015 Juvenile Program Schedule - Saturday

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>7:45 a.m. – 9:00 a.m.</td>
<td><strong>Buffet Breakfast - Hermitage Ballroom</strong></td>
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| 9:15 a.m. – 10:15 a.m. | **Workshop Room**                                                     | **McGavock Ballroom A**  
Juvenile Room (Ages 5-17) | **McGavock Ballroom B**  
Older Juvenile Room (Ages 13-17) | **McGavock Ballroom C**  
Parent/Caregiver Room  
Let's Get Moving!  
*Jill Blitz, P.T., D.P.T, A.T.P.*  
*Diana Hanley, M.A., O.T.R./L.* | **Group Discussion**  
Question and Answer Time with a Nurse, Social Worker, and Dietician  
*Sandra Mintz, R.N., B.S.N.*  
*Liz Morasso, M.S.W.*  
Jennifer Nickell, M.S., R.D., L.D., C.N.S.C. | **The Collagen Connection - Pediatric Systemic and Localized Forms of Scleroderma**  
*Kathryn Torok, M.D.* | **Refreshment Break 10:15 a.m. - 10:30 a.m.** |
| 10:15 a.m. – 11:30 a.m. | **Workshop Room**                                                     | **McGavock Ballroom A**  
Juvenile Room (Ages 5-17) | **McGavock Ballroom B**  
Older Juvenile Room (Ages 13-17) | **McGavock Ballroom C**  
Parent/Caregiver Room  
Group Discussion  
Stop and Listen to the Music: A Pediatric Doctor and Nurse Answer YOUR Questions  
*Kathryn Torok, M.D.*  
*Sandra Mintz, R.N., B.S.N.* | **Breaking Through Your Brick Wall**  
*Maggie Sepkowitz, L.C.S.W.*  
*Liz Morasso, M.S.W.* | **Split Into Two Groups:**  
#1 - Paving the Way to Successful Schooling  
*Karla B. Jones, R.N., M.S., C.P.N.P.*  
and  
#2 - Transitioning from Pediatric to Adult Health Care  
*Anelle B. Reed, M.S.N., C.R.N.P.* | **Refreshment Break 3:00 p.m. - 3:15 p.m.** |
| 12:15 p.m. – 1:30 p.m. | **Juvenile Lunch - McGavock Ballroom A**                             |                                               |
| 2:00 p.m. – 3:00 p.m. | **Group Activity**                                                   |                                               |
| 3:00 p.m. – 4:15 p.m. | **Corporate Kids Events**                                            |                                               |
| 2:00 p.m. - 2:30 pm. | **Connected - Putting the Pieces Together** (Part 1)                 |                                               |
| 2:30 p.m. - 3:00 p.m. | **Looking Through the Weeds! Social Media and the Web!**             |                                               |

At the completion of the last workshop, please come pick up your child. Juvenile programming is done for the day. Enjoy a buffet dinner and then take advantage of a complimentary shuttle that will be traveling from the hotel to downtown Nashville from 6:00 P.M. - Midnight. All juveniles must be accompanied by an adult on the shuttle.
# 2015 Juvenile Program Schedule - Sunday

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<tr>
<td>7:00 a.m. – 8:15 a.m.</td>
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<tr>
<td><strong>WORKSHOP ROOM</strong></td>
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<tr>
<td>8:30 a.m. – 9:30 a.m.</td>
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<td>Nutrition Jeopardy</td>
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<td>This session will be held in the HERMITAGE BALLROOM</td>
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<td>Jennifer Nickell, M.S., R.D., L.D., C.N.S.C.</td>
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<td>Closing Keynote</td>
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<td>Connected - Putting the Pieces Together (part 2)</td>
<td>S.C.I.E.N.C.E. So Cool It’s Everything</td>
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<td>Maggie Sepkowitz, L.C.S.W. Liz Morasso, M.S.W.</td>
<td>Nature Can’t Explain</td>
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<tr>
<td>9:45 a.m. – 10:45 a.m.</td>
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<td>Group Activity</td>
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<td>Carol Feghali-Bostwick, Ph.D.</td>
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<td>Corporate Kids Events</td>
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<tr>
<td>10:45 a.m. – 12:00 p.m.</td>
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<td>Refreshment Break 10:45 a.m. - 11:00 a.m.</td>
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<td>I’ve Got the Medication Blues</td>
<td>Getting Active! How to Get the Whole Family Moving for Better Health</td>
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<tr>
<td>12:00 p.m. – 1:30 p.m.</td>
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<td>Pediatric Scleroderma - What Families and Patients Should Know</td>
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<td>Monica Brown, D.O.</td>
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<tr>
<td><strong>Juvenile Conference Wrap-Up With a Snack</strong></td>
<td>Please join your child in McGavock Ballroom A and enjoy a snack with them while we wrap up the weekend!</td>
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</table>
**Juvenile Workshops**

* **Breaking Through Your Brick Wall**  Building your identity is a journey with various steps. Join us for an interactive session focusing on education, finding your voice, and paving the way for who you are. This talk will address ways to find reliable information, safe and appropriate use of social media, and transitioning into adulthood.

* **The Collagen Connection – Pediatric Systemic and Localized Forms of Scleroderma**  In this session, a clinical overview of the similarities and differences between systemic and localized subtypes of pediatric scleroderma will be provided. Treatment options and updates also will be discussed.

* **Connected - Putting the Pieces Together (Two-part workshop)**  Come meet new people, make new friends, and express yourself! This two-day guided experience will offer healthy coping strategies and the use of creative techniques to express thoughts, feelings, experiences, and future goals of teens living with a chronic illness. Please note: Registration and participation in both days of the workshop is required. Space is limited. We look forward to seeing you!

  **Part 1:** In the first half of the workshop, you will focus on building connections with others, sharing your story with the group, and discussing coping skills.

  **Part 2:** Participants will return for day two to utilize mixed media supplies to engage in self-expression and create their piece of the puzzle. Each participant will leave with a memento to reinforce their individuality and resilience.

* **Getting Active! How to Get the Whole Family Moving for Better Health**  Discuss why exercise is so important for everyone and learn tips about how to get active and stay active. We will focus on walking for exercise.

* **Group Discussion - Stop and Listen to the Music: A Pediatric Doctor and Nurse Answer YOUR Questions (Younger Juvenile Room)**  Do you have scleroderma? Does someone you love have scleroderma? What do you want to know about scleroderma? Are there questions you have but haven’t wanted to ask? This is YOUR chance to get YOUR questions answered!

* **Group Discussion - Question and Answer Time With a Nurse, Social Worker and Dietitian (Older Juvenile Room)**  Do you have scleroderma? Does someone you love have scleroderma? What do you want to know about scleroderma? Are there questions you have but haven’t wanted to ask? This is YOUR chance to get YOUR questions answered!

* **I've Got the Medication Blues**  Most times, living with scleroderma includes also living with medications. Taking medications is something we can tire of easily, we dislike, and quite frankly, we question, “what for?” This session is an open forum to discuss your thoughts, feelings and questions about scleroderma medications. The goal is to acknowledge the challenges surrounding scleroderma medications and help change your tune regarding what role they play in your melody.

* Denotes a new session for the 2015 Conference.
Juvenile Workshops

*Let’s Get Moving!* Come join us for a fun-filled hour of games, music and activity to get our bodies moving. By the end you won’t even realize you have been exercising!

*Looking Through the Weeds: Social Media and the Web!* Instagram, Snapchat, Facebook, Twitter, Flickr, mash-up, podcasts, YouTube and the list goes on! How do we parent in the age of social media? How do you evaluate information found on the Web? What information is reliable and which content is unsafe when information is just a simple click away? In this session, we will discuss these challenges and how to keep up in the age of the technology.

*Nutrition Jeopardy* This session uses the format of the game show Jeopardy to encourage kids to ask questions about nutrition. The answers to the questions are used to start conversations about what they may already know and what they would like to learn.

*Nutrition to Support Growth and Development* Supporting optimal growth and development is always the goal in pediatric nutrition. Children living with scleroderma may encounter symptoms that complicate their nutrition status. This talk will review nutrition basics for children and families, highlighting strategies to prevent malnutrition when symptoms make it difficult to meet nutritional needs.

*Paving the Way to Successful Schooling* This workshop will focus on how to access the appropriate accommodations for your child to be successful in school by understanding the laws that govern special accommodations, such as 504 plans and individualized education programs (IEPs). The types of adaptations that can be beneficial and how to work with school personnel will also be discussed.

*Pediatric Scleroderma - What Families and Patients Should Know* The speaker will describe childhood scleroderma. The goals of the workshop will be to discuss childhood scleroderma, explain how the disease is diagnosed, treated and outcomes of disease.

*Transitioning from Pediatric to Adult Health Care* Transitions are a part of normal, healthy development and occur across your lifetime. For young adults with special care needs, transitioning from child to adult health care can be a dynamic and long-term process to find the right resources to meet their individual needs. In this session, we will discuss: communication, technology, interpersonal and organization skills; career and employment awareness; problem solving, decision making and goal setting; conflict resolution; and self-advocacy.

*What Your Dentist Would Like to Know About a Juvenile Scleroderma Patient* About half of the dentists responding to a survey feared that lack of knowledge might result in harm if they treated scleroderma patients. This concern reduces access to oral health care for scleroderma patients. The speaker will explain what dentists should and would like to know about scleroderma, oral health, and you.
## 2015 Workshop Schedule – Saturday

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshops and Activities</th>
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<tbody>
<tr>
<td>7:45 a.m. -</td>
<td><strong>BREAKFAST – Hermitage Ballroom</strong></td>
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<tr>
<td>9:00 a.m.</td>
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<td>9:15 a.m. -</td>
<td><strong>WORKSHOP ROOM</strong></td>
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<tr>
<td>10:00 a.m.</td>
<td>Tulip Grove <em>(This session will be filmed)</em></td>
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<tr>
<td>10:15 a.m.</td>
<td><strong>Belle Meade</strong> <em>(All sessions here are filmed)</em></td>
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<tr>
<td>10:15 a.m. -</td>
<td>An Update on Connective Tissue Disease Associated Pulmonary Arterial Hypertension (PAH)</td>
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<td>10:30 a.m.</td>
<td>Localized Scleroderma - Diagnosis and Treatment</td>
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<td>10:30 a.m.</td>
<td><strong>REFRESHMENT BREAK</strong></td>
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<tr>
<td>12:00 p.m.</td>
<td><strong>AWARDS LUNCH - Hermitage Ballroom</strong></td>
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<tr>
<td>2:00 p.m. -</td>
<td><strong>WORKSHOP ROOM</strong></td>
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<tr>
<td>3:00 p.m.</td>
<td>Belle Meade <em>(All sessions here are filmed)</em></td>
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<tr>
<td>3:00 p.m.</td>
<td><strong>Two Rivers</strong> <em>(All sessions here are filmed)</em></td>
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<td>3:30 a.m.</td>
<td>Feeding the Sick Gut: A Focus on Nutrition and Probiotics</td>
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<td>Muscle Disease in Systemic Sclerosis</td>
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<td>Scleroderma is a Vascular Disease - Inside and Out</td>
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<td>3:30 a.m.</td>
<td>Stem Cell Transplant: Pioneer Patient Panel</td>
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<tr>
<td>3:30 a.m.</td>
<td>Bill &amp; Cindy Martin, Nancy Baldwin, Christy Hewlett, Kelly Joelle Ellison, Don Legere</td>
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<tr>
<td>6:00 p.m.</td>
<td><strong>Shuttle Service Begins to Downtown Nashville</strong></td>
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<tr>
<td>6:30 p.m.</td>
<td><strong>Hermitage Ballroom</strong></td>
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- **Tulip Grove** *(This session will be filmed)*
- **Belle Meade** *(All sessions here are filmed)*

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**Belle Meade** *(All sessions here are filmed)*

- An Update on Connective Tissue Disease Associated Pulmonary Arterial Hypertension (PAH) 
  *Lorinda Chung, M.D., M.S.*

**Tulip Grove** *(This session will be filmed)*

- Localized Scleroderma - Diagnosis and Treatment 
  *Michael York, M.D.*
2015 Workshop Schedule – Sunday

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>7:00 a.m. - 8:15 a.m.</td>
<td>BREAKFAST – Hermitage Ballroom</td>
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<tr>
<td>8:30 a.m. - 9:30 a.m.</td>
<td>CLOSING KEYNOTE (Filmed) S.C.I.E.N.C.E. - So Cool It’s Everything Nature Can’t Explain.   Carol Feghali-Bostwick, Ph.D. Tulip Grove</td>
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<tr>
<td>9:30 a.m. - 9:45 a.m.</td>
<td>REFRESHMENT BREAK</td>
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<tr>
<td>9:45 a.m. - 10:45 a.m.</td>
<td>WORKSHOP ROOM (All sessions here are filmed)</td>
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<tr>
<td>Tulip Grove</td>
<td>Scleroderma Mini-Medical School: A User's Guide to Medical Jargon Jessica Gordon, M.D.</td>
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<tr>
<td>Belle Meade</td>
<td>How Do We Track Vascular Changes in Clinic? Tracy Frech, M.D., M.S.</td>
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<tr>
<td>Two Rivers</td>
<td>Classifications of Medications Used for Scleroderma Thomas Medsger Jr., M.D.</td>
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<tr>
<td>Oaklands</td>
<td>Raynaud Phenomenon April Barnado, M.D.</td>
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<td>Evergreen</td>
<td>Gut and Scleroderma: How To Manage It Dinesh Khanna, M.D., M.S.</td>
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<td>Kingsley</td>
<td>African Americans with Scleroderma Virginia Steen, M.D.</td>
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<tr>
<td>Edgewood</td>
<td>Environmental Associations and Scleroderma Richard Silver, M.D.</td>
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<tr>
<td>Belmont</td>
<td>Hand and Face Exercises and Management of Daily Skills: An OT Perspective Janet Poole, Ph.D., O.T.R./L., S.W.C.</td>
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<tr>
<td>10:45 a.m. - 11:00 a.m.</td>
<td>REFRESHMENT BREAK</td>
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<tr>
<td>11:00 a.m. - 12:00 p.m.</td>
<td>WORKSHOP ROOM (All sessions here are filmed)</td>
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<tr>
<td>Tulip Grove</td>
<td>What Your Dentist Would Like to Know About You and Scleroderma David Leader, D.M.D., M.P.H.</td>
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<tr>
<td>Belle Meade</td>
<td>Scleroderma and Incontinence: What You Need to Know Paula Erwin-Toth, M.S.N., R.N., C.W.O.C.N., C.N.S., F.A.A.N.</td>
</tr>
<tr>
<td>Two Rivers</td>
<td>Social Media &amp; Scleroderma: What’s All the Hype? Arefa Cassoobhoy, M.D., M.P.H.</td>
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<td>Oaklands</td>
<td>I Am 15 Years After Diagnosis...Now What? Janet Pope, M.D., M.P.H.</td>
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<td>The Muscles and Joints in Scleroderma: What to Expect and What to Do Dan Furst, M.D.</td>
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<td>The Three Pillars of Health: Sleep, Nutrition, and Exercise Lesley Ann Saketkoo, M.D., M.P.H.</td>
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<td>Edgewood</td>
<td>Advocacy: Advancing Research and Improving Care Dane Christiansen Rosemary Markoff</td>
</tr>
<tr>
<td>Belmont</td>
<td>Living Well with Scleroderma Panel: Under 40s Speak Out Elaine Furst, R.N., B.S.N., M.A., and Panelists</td>
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<tr>
<td>12:00 p.m. - 12:30 p.m.</td>
<td>REFRESHMENT BREAK</td>
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<tr>
<td>12:30 p.m. - 1:30 p.m.</td>
<td>WORKSHOP ROOM (All sessions here are filmed)</td>
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<tr>
<td>Tulip Grove</td>
<td>Scleroderma Kidney Disease Philip Clements, M.D.</td>
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<tr>
<td>Belle Meade</td>
<td>Don’t Ignore Your Check Engine Light! The Importance of Routine Maintenance for Caregivers Virginia Maril, Ph.D.</td>
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<td>Two Rivers</td>
<td>Introduction to Social Security Disability Benefits Stacy Braverman Cloyd, Esq.</td>
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<td>Oaklands</td>
<td>Statins, Mostly Good but Can Sometimes be Bad and Ugly Arnold Postlethwaite, M.D.</td>
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<td>Scleroderma and Cancer: What is the Connection? Laura Hummers, M.D.</td>
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<td>Mindfulness Techniques for Scleroderma Symptom Management Lesley Ann Saketkoo, M.D., M.P.H.</td>
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<tr>
<td>Edgewood</td>
<td>SPIN - Integrating Patient Experiences into Online Support Tools Katherine Milette, M.A.</td>
</tr>
<tr>
<td>Belmont</td>
<td>Assisted Yoga for Scleroderma Kathy Randolph</td>
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**Education Workshop Descriptions**

*Advances in Understanding and Treating the Lung in Scleroderma*  The speaker will provide an overview of the scope of the problem, and recent developments toward improved outcomes for people with scleroderma-related lung disease.

*Advancing Scleroderma Care: How You Can Help*  This workshop will discuss the process of clinical studies in scleroderma and how you as a patient or your family members can become involved. The workshop is designed to be an interactive session that will address questions about clinical studies, discuss common misconceptions, and outline the key terms used in clinical studies.

Advocacy: Advancing Research and Improving Care  Each year, the federal government funds millions of dollars of medical research for scleroderma. Meanwhile, members of Congress are making legislative and policy decisions that impact access to health care providers and the out-of-pocket costs of treatments. In this session, you will learn about the current issues impacting medical research and health care. You also will learn how you can use your voice and personal story to educate congressional members about scleroderma and its impact on their constituents. Your efforts to reach out and inform elected officials can ensure they have the information they need to join our community’s ongoing fight to improve research activities, facilitate treatment development, and find a cure.

African Americans and Scleroderma  Studies have suggested that African Americans suffer more severely with scleroderma and its complications. Listen to a scleroderma expert with a particular interest in treating the African American population.

Assisted Yoga for Scleroderma  A therapeutic program of yoga poses and breathing techniques selected for their benefit for the symptoms of scleroderma, all of which can be done while seated or in a reclined position. The poses taught during the session can be done with optional assistance from a caregiver. There will be instructions for both the individual and caregiver. The program includes several hand stretches, with additional options for three increasing levels of assistance from a caregiver.

*Classification of Medications Used for Scleroderma*  This presentation will describe the classes of medications commonly (and uncommonly) prescribed for the treatment of scleroderma and the rationale for their use. Examples of classes include drugs for scleroderma itself, Raynaud Phenomenon, acid reflux, intestinal motility disorders, pulmonary fibrosis, pulmonary hypertension and common coexisting conditions, such as osteoporosis, hypertension, and high cholesterol. Individual medications within classes will be discussed, including their potential benefits and side effects. Interactions between medications that patients should be aware of will be addressed.

*Closing Keynote: S.C.I.E.N.C.E. - So Cool It’s Everything Nature Can’t Explain*  Scientific discoveries are the basis for the development of therapies. During this session, the presenter will explain how research is done, provide examples of scientific discoveries that impact our lives, and will describe research of relevance to patients with scleroderma.

*Don’t Ignore Your Check Engine Light! The Importance of Routine Maintenance for Caregivers*  It is easy for caregivers to focus on their loved ones living with scleroderma and to ignore their own physical and emotional needs. This session focuses on the caregiving experience and highlights the importance of self-care while providing care for another. Attendees will learn to identify personal strengths and challenges of their situations and what can be done to maintain their caregiving engines. Time for discussion amongst caregivers also will be provided.

* Denotes a new session for the 2015 Conference.
Emerging Therapies for Scleroderma  This session will discuss new therapies that are under development and/or being tried in patients living with scleroderma (systemic sclerosis).

*Environmental Associations and Scleroderma  In this session, there will be an overview of the literature pertaining to potential environmental triggers of scleroderma. The speaker also will discuss environmental factors associated with certain epidemics of conditions that mimic scleroderma, such as toxic oil syndrome and eosinophilia-myalgia syndrome.

*Feeding the Sick Gut: A Focus on Nutrition and Probiotics  In this workshop, the speaker will discuss nutritional concerns in scleroderma. Diagnostic studies for gastrointestinal (GI) tract involvement will be reviewed. There also will be a discussion about the effects of certain medications on the gastrointestinal tract and a review of diet considerations and probiotic use.

*Genetics of Scleroderma: Towards Personalized Medicine in the Genomic Age  This workshop will first discuss the meaning and relevance of genetics and genomics, their relevance to scleroderma, and briefly review and interpret the results of genetic studies in scleroderma. It will then describe how large-scale genomic studies can be used to shape patient care using personalized medicine. The session also will address issues of pharmacogenetics, and the advantages and challenges that we face trying to use genetics to guide patient treatment.

Grand Lecture: An Update on Connective Tissue Disease Associated Pulmonary Arterial Hypertension (PAH)  In this lecture, the presenter will review risk factors and guidelines for screening for pulmonary arterial hypertension (PAH) in systemic sclerosis and other connective tissue diseases. She also will review tests to diagnose and monitor PAH as well as the currently available PAH treatment options.

Gut and Scleroderma: How to Manage It  Gut involvement (also called digestive system or gastrointestinal involvement) is common in scleroderma and can affect up to 95 percent of people. This lecture will address different digestive disorders and management, and also discuss the role of nutrition on a healthy GI system.

Hand and Face Exercises and Management of Daily Skills: An OT Perspective  In this session, participants will learn about modalities and exercises to improve movement and function in the hands, face, and mouth. The presenter will provide suggestions about the use of assistive devices and alternate techniques to accomplish the tasks of daily living to increase independence, protect the hands, or when patients have limited finger movement.

*How Do I Do This? Maximizing Mental Health to Cope with Scleroderma  People living with scleroderma know that its effects are not just physical. The focus of this session is to examine the obvious and the not-so-obvious effects that living with scleroderma may have on emotions, behavior, relationships, and general mental health. Attendees will learn to identify personal challenges of living with the illness and also learn ways to engage in strengths-based approaches to mental health to live well with scleroderma.

How Do We Track Vascular Changes in Clinic?  In this session, the presenter will review the different clinical tools that your physician can use to assess your vascular health. The clinical use of blood pressure monitoring, capillaroscopy, echocardiography, and sublingual blood flow measurements will be discussed.

*I Am 15 Years After Diagnosis...Now What?  This workshop will discuss what some of the symptoms and problems are in patients who have lived with scleroderma for more than a decade. Morbidity from organ damage and mortality will be discussed and what it is like to live with this autoimmune fibrotic disease for more than 10 years. The risk of worsening organ involvement will be discussed, and screening measures to help detect and treat what can be treated.
Introduction to Social Security Disability Benefits  Learn more about the application process for Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI), the differences between these two programs, and how the Social Security Administration uses medical and other evidence to determine disability eligibility.

Juvenile Workshops – Please see pages 16-17 for detailed descriptions.

*Living Well with Scleroderma Panel: Under 40s Speak Out  A panel comprised of three individuals living with scleroderma will address how they are conquering its symptoms so that they can continue to live their lives while being younger than 40 years old. How do they do this? What did they have to do/think/wrestle with in order to accomplish it? This is an interactive session so bring your questions!

Localized Scleroderma - Diagnosis and Treatment  The workshop will provide a brief overview of the different forms of localized scleroderma and how localized scleroderma differs from systemic sclerosis. The speaker will discuss the natural history of the disease, treatment options, and experimental approaches. There also will be a discussion about the multidisciplinary approach to the disease that is used at Boston University Medical Center in the Rheumatology-Dermatology Clinic.

Managing Pain in Scleroderma  In this session, the speaker will discuss the sources of pain, different strategies for managing pain depending on its cause, the use of non-drug treatments, and drugs used to treat pain.

Medical Emergency Readiness/Visiting the ER - What You Need to Know  This workshop will focus on tips to help you successfully navigate the hospital system from an initial emergency room visit through an inpatient stay. Key questions that will be reviewed include: What information should you have available or accessible about your illness and treatment preferences, who are the hospital staff you will encounter and how can they help you, and how can you be proactive about your care during a hospital stay?

Men Only: Issues in Male Scleroderma Patients  Participants will explore issues unique to men living with scleroderma including sexual dysfunction, work-related issues and psychological problems encountered by men. Workshop attendees are encouraged to share their experiences and problems with the group to engage in a meaningful dialogue.

*Mindfulness Techniques for Scleroderma Symptom Management  Scleroderma is a multi-system and multi-symptom disease ranging from varied types of severe pain, nausea, difficulty breathing, weakness, extreme cold and fatigue. This session plants practical seeds for symptom self-management in scleroderma with techniques that focus on immediacy and optimization of health as well as physical and psychological functioning.

*Muscle Disease in Systemic Sclerosis (SSc)  The presenter will review symptoms and clinical presentation of muscle disease in patients with systemic sclerosis (SSc), tests to diagnose and monitor muscle disease and also treatment modalities for muscle disease in SSc.

*Navigating the Social Security Disability Process and Meeting the Scleroderma Listing  In this session, the presenter will discuss how Supplemental Security Income (SSI) differs from Social Security Disability Insurance (SSDI). There also will be discussions about working and applying for disability benefits as a scleroderma patient, appealing a decision, benefits for veterans and children, and GRID rules.

*Opening Keynote: Unleash Your Unsinkable Spirit  This session is for patients with chronic illness and those who love and care for them. Receiving a diagnosis of a life-challenging illness can be devastating to both patients and their families. This uplifting keynote address focuses on finding and strengthening the unsinkable spirit, which lies within each of us. The speaker will teach you how to make the successful transition from a healthy “old life” to a fulfilling “new normal.”

* Denotes a new session for the 2015 Conference.
Raynaud Phenomenon  In this workshop, attendees will learn more about the clinical conditions and risk factors associated with Raynaud Phenomenon. Review the mechanisms of Raynaud Phenomenon and how these mechanisms relate to the development of both old and new treatments. There also will be a discussion about the management and treatment of digital ulcers.

Scleroderma 101  This is a session designed for the newly diagnosed patient or for others who want to receive an overview about scleroderma, along with the approach to diagnosis, monitoring tests, treatment and what to expect or not to expect.

*Scleroderma and Cancer - What Is The Connection?  In this workshop, we will explore the possible connections that link cancer and scleroderma including risk factors, cancer screening and the most recent research in the area.

Scleroderma and Incontinence: What You Need to Know  This session will provide an overview of urinary and fecal incontinence as they relate to the person living with scleroderma. Recommendations about how to gather information related to your symptoms of incontinence and questions to ask your health care provider will be discussed. Tips on maintaining and restoring skin integrity while managing incontinence also will be provided.

*Scleroderma is a Vascular Disease: Inside and Out  Vascular disease is one of the core triad of scleroderma features, along with autoimmunity and fibrosis. However, the role of vascular disease extends far beyond Raynaud's Phenomenon, pulmonary hypertension, and scleroderma renal crisis. In this workshop, the speaker will review these well-known manifestations of the disease, but also the role of vascular disease in gastrointestinal scleroderma, muscle disease, and calcinosis. We also will discuss what this may imply in regard to new treatment methods.

Scleroderma Kidney Disease  By the end this lecture, participants will have an understanding about the basics of kidney functions, including how the organ works to eliminate the body’s waste products in healthy individuals and how this process can change in people living with systemic sclerosis, also known as scleroderma. The speaker will discuss different ways that the kidneys can show mildly abnormal function in people with scleroderma; what scleroderma renal crisis is, how it is diagnosed and how it is treated; what is kidney vasculitis, how it is diagnosed and how it is treated. There also will be information provided about kidney transplants for people living with scleroderma.

*Scleroderma Mini-Medical School: A User’s Guide to Medical Jargon  In this interactive and problem-based practical session, the speaker will review the diagnostic testing conducted during an initial evaluation and continued follow-up of patients living with scleroderma, including general blood work, auto-antibody testing, pulmonary function testing, echocardiography, CT scans, right heart catheterizations and other studies. She will review the indications for testing and the various results that can be seen as well as their interpretations. The goal of this session is to empower patients so they feel comfortable obtaining and reviewing their results. With this background, patients with scleroderma should feel more at ease understanding their disease and improving their discourse.

Scleroderma: The Associated Conditions Including Arthritis, Myositis, Sjogren Syndrome  This session will cover the evaluation and treatment of common conditions frequently associated with scleroderma, but which also occur as stand-alone autoimmune disorders such as arthritis, myositis and Sjogren Syndrome. Also covered in the workshop will be the relationship of scleroderma to “mixed connective tissue disorder” and the recently described association with peripheral vascular disease.

Social Media & Scleroderma: What’s All the Hype?  In this workshop, learn the basics about social media and how scleroderma patients are using it. How do I find health information that is correct, current and useful? How do I get the most from blogs and discussion groups? What tips should I know about the Inspire discussion board, Twitter, Facebook, YouTube and Pinterest?
SPIN – Integrating Patient Experiences into Online Support Tools  In this workshop, attendees will hear about the Scleroderma Patient-Centered Intervention Network (SPIN) and the ongoing development of accessible scleroderma support tools provided online. The discussion will focus on the role of qualitative research and the importance of understanding patient experiences to develop appropriate supportive interventions. We also will look at a specific example of a SPIN qualitative study, and see what it’s like to participate in a qualitative study. There also will be a review of how the data and shared experiences are used. Finally, we will review ongoing qualitative studies with SPIN and upcoming opportunities for interested attendees to participate.

*Statins…Mostly Good But Can Sometimes Be Bad and Ugly  The lipid lowering drugs called “statins” may benefit vascular problems in scleroderma patients. However, the patients who take them and the physicians who prescribe them should also be aware of the potential of statins to induce muscle damage, weakness and lung fibrosis if patients with scleroderma smoke and have chronic obstructive pulmonary disease (COPD). There is a spectrum of muscle inflammation in patients living with scleroderma as part of the disease already. Although some short-term studies about scleroderma of certain statin types have been reported with favorable outcomes, larger long-term studies are needed to determine whether they are truly safe in this disease.

*Ster Cell Transplant: Pioneer Patient Panel  Hematopoietic stem cell transplants (HSCT) are showing a lot of promise in the treatment of aggressive scleroderma. In this session, hear from five patients about their HSCT experiences, their struggles and their recovery. Meet patient No. 11 from 2005, Kelly Joelle from “Beneath the Surface,” as well as patients from the SCOT and ASSIST II trials.

*The Heart of Scleroderma:  The Risk of Heart Disease in Scleroderma  The heart is one of the major organs involved in scleroderma. Just as scleroderma can affect multiple organs, the heart manifestations of the disease are diverse and far more common than most people living with the disease realize. The purpose of this workshop is to discuss how the disease affects the heart and how to prevent and be assessed for heart disease.

*The Human Microbiome and How It May Affect Scleroderma  We carry around billions of bacterial and fungal organisms on our skin, mucosal surfaces and in the gastrointestinal tract. Some of these organisms promote good health while others have the potential to cause disease, especially autoimmune diseases. Studies in scleroderma identified an association in the skin of a common fungus Rhodotorula glutinis. Studies in rheumatoid arthritis, lupus and other autoimmune diseases have identified marked changes in the types of bacteria living in the gut in patients with these conditions, and some types of bacteria are able to induce autoimmune antibody production and accelerate autoimmune disease. The microbiome in the gut can be changed by diet and probiotics. Gut involvement in scleroderma is a substantial problem and the use of probiotics can improve some symptoms such as bloating, reflux and the overall feeling of well-being. The field of microbiome study in humans and animal models of human autoimmune diseases is receiving a lot of attention and is one of the exciting new frontiers of investigation that may hold the key to understanding many human diseases, and especially, autoimmune diseases such as scleroderma, and even therapies designed to change the microbiome to reduce disease manifestation by following gluten-free and vegetable-based diets.

*The Muscles and Joints in Scleroderma:  What to Expect and What to Do  After attending this workshop, participants will be able to recognize that there are different types of joint and muscle involvement in scleroderma. You also will understand some of the tests used to diagnose the muscle and joint involvement in scleroderma, and learn some of the treatments available for the muscle and joint involvement in scleroderma.

*The Scleroderma Hands and Their Care  Everything you should know about the hands in scleroderma. In this session, learn what’s causing damage and how to take good care of your hands.

* Denotes a new session for the 2015 Conference.
*The Three Pillars of Health: Sleep, Nutrition and Exercise*  Common sense health recommendations have intricate relations to inflammation and chronic diseases such as scleroderma. In this session, the speaker will discuss the biological and psychosocial impact of the three pillars of health on inflammatory/autoimmune disease while providing scleroderma-specific strategies for better health outcomes.

**What Your Dentist Would Like to Know About You and Scleroderma**  About half of the dentists responding to a survey feared that lack of knowledge might result in harm if they treated scleroderma patients. This concern reduces access to oral health care for scleroderma patients. The speaker will explain what dentists should and would like to know about scleroderma, oral health, and you.

*Why Do I Feel Pain, Itch and Other Symptoms with My Scleroderma?*  This workshop will discuss itch, pain, gut problems, Raynaud Phenomenon and other symptoms that many people have due to living with scleroderma. Practical solutions to the pain and other treatments will be provided as well as knowledge as to why these symptoms happen and how frequently they occur.

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**Poster Session**

We are pleased to announce the inclusion of a poster session for research at this conference. The scientific posters presented at this session provide an invaluable learning experience for attendees and presenters alike. Visitors to the poster hall are able to browse the science and have one-on-one conversations with researchers in a convenient and relaxed format.

PLEASE JOIN US for this important and interactive session! Poster presenters will be available to discuss their research with you on Friday evening from 5:00 p.m. - 7:15 p.m. near the Plantation Ballroom.
CONTINUING OUR LEADERSHIP
AND COMMITMENT TO PAH

LEARN.
CONNECT.
SUPPORT.

Supporting the scleroderma community.

Stop by the Actelion booth to have your picture taken and share a message in support of the scleroderma community. All participants will be able to take their photo home as a special keepsake.
Your conference learning experience will be enhanced with a visit to the interactive Exhibit Hall this year! Receive free merchandise, eat delectable treats, and engage in informative discussions with our many exhibitors.

Located in your name badge lanyard will be an “Exhibitor Round Up” card. “The Exhibitor Round Up” is an activity developed to encourage all attendees to visit the exhibit hall during the 2015 Conference. Our sponsors’ and exhibitors’ support make this conference possible. Please show your gratitude by visiting their booths.

Just have each exhibitor sign off in the appropriate box on the card. Once your card is complete, sign and turn into the registration booth for a chance to win a $50 Barnes and Noble gift card! The drawing will be held at the end of the conference and the winner will be notified within one week.
Up to 15% of people living with scleroderma may be diagnosed with pulmonary arterial hypertension (PAH).

An online resource designed for people living with PAH

InsightsOnPAH.com

InsightsOnPAH.com was developed to help you learn more about Pulmonary Arterial Hypertension (PAH), including its signs and symptoms, how PAH is diagnosed, options for treatment, and useful tips for living with PAH. A variety of materials are available to download—visit InsightsOnPAH.com to learn more about PAH.


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Special Thanks
Tennessee Chapter Planning Committee
April Simpkins, President
Angela Bledsoe, Volunteer Coordinator
Myrna Simpkins, Assistant
Evette Britton, Conference Committee
Marilyn Green, Conference Committee
Cindy Tieck, Conference Committee
Linda Wheatley, Conference Committee

Scleroderma Foundation Conference Planning Team
Kerri A. Connolly, Conference Director
Mary Ann Berman, Office Support
Kate Bresnahan, Program Book/Web Support
Ryan Burrill, Venue Logistics Coordinator/Juvenile Program
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The work of the Scleroderma Foundation could not reach the people who need our assistance most without the tireless efforts of our volunteers and staff in chapters across the country.

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