

SPEAKERS:

Sandy Hong, MD, Pediatric Rheumatology, Iowa City, Iowa is affiliated with University of Iowa Hospitals and Clinics. She received her MD from University of California San Francisco School of Medicine and has been in practice 16 years. Dr. Hong treats several of our Heartland Chapter children and will inform us about how scleroderma impacts our younger patients.

Shelley Van Pelt, RN, MSN, CNS is on the board of the Scleroderma Foundation Washington Evergreen Chapter and serves as the medical education and outreach coordinator. She has a master's in nursing with 29 years of experience. Shelley is a scleroderma patient. Currently, Shelley is earning her certification in Holistic Health Nursing and Nutrition. Shelley's lecture is about scleroderma related health issues and nutrition to improve daily quality of life and happiness.

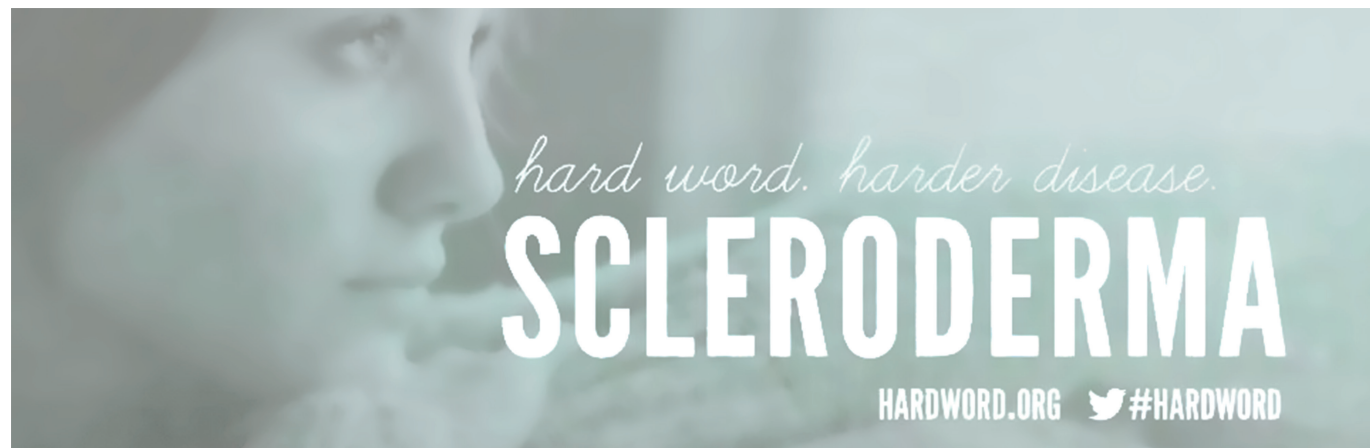
Britta Dimler will present us with ideas on "How to Live a Toxic-free Life" with essential oils. Britta is a "Diamond" with Young Living Essential Oils and has been with them for 10 years. Britta lives in Van Meter, Iowa.

Dani Steinwandt will present her award-winning speech about living with scleroderma from her viewpoint as an adolescent. Dani is 15 years old and a sophomore at North Tama School. She was diagnosed with scleroderma at age 10.

Dr. Marcus Snow, Rheumatologist, Omaha, Nebraska. He joined Nebraska Medicine in 2015, the same year he announced his goal of building clientele and staff for a Scleroderma Clinic in Omaha. Dr. Snow is in his 9th year in practice here in Omaha (5 ½ in private practice and 2 ½ at UNMC/Nebraska Medicine) in Omaha. He sees patients on a regular basis at Village Pointe Clinic and does travel to Columbus, NE for a clinic twice a month. His medical interests include general rheumatology (with special interest in scleroderma and Raynaud's Phenomenon). **Dr.**

Sundar Balasubramanian is a cell biology researcher and founder of PranaScience Institute. He is currently studying mechanisms involved in resistance to cancer therapy at the Medical University of South Carolina (MUSC). He is also a yoga biology researcher. A pioneer in the area of research combining Pranayama and salivary stimulation, he discovered Yogic breathing promotes salivary secretion, and it contains factors that are important for our healthy living. Dr. Sundar led a class in "Yogic Breathing for Symptom Management in Scleroderma" at the 2017 Scleroderma Foundation National Patient Education Conference.

Carole Deyoe is a pharmacist and a comedian and she created "LAUGHING AT TIGERS" to share her stories, and her ability to survive and thrive in the face of life's stressful challenges (multiple life-threatening illnesses including cancer and systemic scleroderma). This discussion explains the complex ways stress affects the human body and how laughter can counteract many symptoms and be instrumental in the healing process. By discovering the power of humor, we are given a choice to hit each day, head on, as happy and healthy individuals (no matter what hardships come our way). Carole was honored to be an invited speaker at the Scleroderma National Patient Education Conference in New Orleans.



SCHEDULE

Registration starts at 9:00

9:30 - 9:40	Opening Remarks
9:40 - 10:15	Sandy Hong, MD
10:15 - 10:30	Break
10:30 - 11:30	Shelley Van Pelt, RN, MSN, CNS
11:35 - 12:00	Britta Dimler
12:05 - 12:15	Dani Steinwandt
12:15 - 1:00	Lunch
1:00 - 2:00	Dr. Marcus Snow, Rheumatologist
2:00 - 2:15	Break
2:15 - 3:15	Dr. Sundar Balasubramanian
3:20 - 4:15	Carole Deyoe
4:15 - 4:30	Wrap Up

REGISTER BY E-MAIL:

HeartlandChapter@scleroderma.org

REGISTER ONLINE:

www.scleroderma.org/sclerowhat5

THIS EVENT IS FREE OF CHARGE

(If registered before October 14th.
Late registration fee is \$10.)

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