

Granulomatosis with Polyangiitis (Wegener's) GPA

Giant Cell Arteritis GCA

Cryoglobulinemic Vasculitis CV

Primary CNS Vasculitis CNS

Cogan's Syndrome CS

Microscopic Polyangiitis MPA

Polyarteritis Nodosa PAN

Takayasu Arteritis TAK

Lupus Vasculitis

BEHCET'S Disease

Immune Complex SVV

Churg Strauss EGPA

Kawasaki Disease KD

Single Organ Vasculitis

Rheumatoid Vasculitis

Sarcoid Vasculitis

Vasculitis Associated with Probable Etiology



Staying well with Vasculitis

2017 Fall Lectures - Saturday October 28, 2017

Toronto Western Hospital

399 Bathurst Street

Toronto, Ontario

West Wing 2nd floor Auditorium and Conference Room - WW2-401

**Proposed agenda as of 10.9.17, VFC reserves the right to make program changes as necessary*

9:50AM – 10:00AM

Welcome and Introductions

10:00AM - 10:45AM

Christian Pagnoux, M.D., M.P.H. Assistant Professor, Vasculitis Clinic,
Division of Rheumatology, Mount Sinai Hospital, Toronto, ON.

O *Dr. Pagnoux will give us a report on two recent studies that he was involved with,*
N *namely: VascWork which looked at the impact on vasculitis patients and their*
E *ability to maintain a working life; and a Canadian patient study on the long term*
damage encountered by GPA patients. Given that large numbers of vasculitis
patients will experience some form of employment disruption, and even larger
numbers of patients will experience some form of long term damage, what then
are the best strategies to stay well with vasculitis? How can baseline testing and
lab monitoring help to prevent relapses and long term damage? What other
strategies can vasculitis patients use to protect their health and maintain a
productive work life? He will also give us an update on vasculitis research and
studies, both promising and not so promising, from around the world.

T 10:45AM - 11:30AM

W Rowena Ridout, M.D., FRCPC, CCD, Assistant Professor of Medicine,
O Associate Director Osteoporosis Clinic, Toronto General Hospital. First time speaker to VF Canada!

VFC has never done a session on osteoporosis, which can affect almost all vasculitis patients to some degree, especially those who rely on steroids as part of their treatment. This session will cover everything you need to know about osteoporosis, from risk factors, to prevention, to best treatments, to testing with DEXA scans, to diagnosis, and the role of exercise. Learn how to keep your bones healthy and reduce your fracture risk now and in the long run!

T 11:30AM - 12:00PM

H Katherine Siminovitch, M.D., FRCPC(C), Professor of Medicine,
R Rheumatologist, Geneticist, Senior Investigator at the Samuel Lunenfeld
R Research Institute of Mount Sinai Hospital, Toronto, ON.

E *Dr. Siminovitch will give us another progress report on her vasculitis genetics research and GPA/MPA in particular. She has published more papers on her work and will give us an update on these and the recently started GPA/MPA CyTOF research using the “freshest of the fresh” blood samples that she has been carefully collecting at the Toronto Vasculitis Clinic, and testing since only this past spring. It is amazing how much her research has advanced since those first DNA collections in the spring of 2001. You’ll recall it is hoped this work will now identify the potential stimulus, based on the discovery of 4 precise gene/protein defects that are directly implicated in GPA and maybe MPA. This research also supports a separate genetic classification for GPA and MPA. She’ll also brief us on the direction of her research, including other vasculitic diseases, and how it is expanding and progressing!*

F 12:00PM – 12:30PM

O Dr. Jennifer Rodrigues MD. MSc. FRCPC VCRC-VF Fellow, Population
U Health Research Institute, Clinician-Investigator Program, Clinical Scholar,
R Division of Nephrology McMaster University, Hamilton, Ontario

R *Dr. Rodrigues will speak about a new study called VERITAS: Vasculitis Effects of Remission maintenance Therapies on relapse and Side Effects on patient preferences, which is a survey to assess patient preferences on long-term prednisone use for relapse prevention.*

12:30PM – 1:15PM

Lunch Break

(Lunch is not provided but the Food Court will be open on the Main Floor!)

1:15PM – 1:25PM

Afternoon Introduction

F **1:25PM – 1:55PM**

I **Susan E. Abbey, M.D. FRCP(C)**, Psychiatrist-in-Chief, Centre for Mental Health, University Health Network, Professor in Psychiatry at U of T, Toronto.

V
E

Dr. Susan Abbey is back by popular demand! She is a psychiatrist with particular interests in the emotional aspects of physical illness, and the physical and emotional impact of stress. And, vasculitis patients might just be able to relate to this! Getting a vasculitis diagnosis has very real physical impacts and presents challenges in coping with a chronic and potentially life threatening disease. She has researched the development of coping tools related to mindfulness and has worked with many patients, and families, including those with lupus, hypertension, multi-organ transplants, as well as cardiac and critical care issues.

S **1:55PM – 3:25PM**

I **Tzabia Siegel, BAPhEd, DHN, RNT** – clinical nutritionist, life coach, weight loss specialist, and the person behind **The Food Coach**.

X

So, you took a lot of steroids, and you gained a lot of weight, sound familiar? How can you turn that weight gain into weight loss? And, those steroids didn't help your bones either, can diet help here too? Some patients need a kidney friendly diet as they have some form of kidney impairment leaving them with less than 100% kidney function. What diets work, and what doesn't? Nutrition plays a really important role in all our lives and one diet does not fit all, it can be very specific and individualized for each one of us. Maybe you want, or need, to change your relationship with food but don't have the understanding or tools to make that happen! The Food Coach can help you know what to eat, when to eat it, how to get the most out of what you eat, and maybe even why you eat, what you eat! Finally, Tzabia will share with us her special interest in improving your overall sense of well-being, balancing your relationship with food and finding freedom in your body and mind.

3:25PM – 3:30PM

Wrap-up and Good Bye

Mark your Calendars! Tentative 2018 Meeting Dates		
AGM-April 21 (Sat.)	Walk/Picnic-June 23 (Sat.)	BriStrength-July 15 (Sun.)
Fall Meeting-October 27 (Sat.) London Ontario		

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