

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 current on Vasculitis

2019 Fall Lectures - Sunday October 27, 2019

Toronto Western Hospital

399 Bathurst Street

Toronto, Ontario

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

**Proposed agenda as of 19.09.19, VFC reserves the right to make program changes as necessary*

9:15AM – 9:30AM

Welcome and Introductions

O **9:30AM - 10:10AM**

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

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Dr. Pagnoux will provide us with a “Vasculitis in Canada Review” as well an update on Canadian studies and explain why vasculitis patients should visit a vasculitis clinic on a regular basis. Given that large numbers of vasculitis patients will experience some form of flare, or vasculitis relapse, he will offer some tips on how to spot and manage a flare. He’ll also discuss the best strategies to stay well with vasculitis including what vaccinations to get, and when to get them. We’ll also learn what lab tests vasculitis patients should do, when to do them, and how to monitor them. For ANCA Associated Vasculitis (AAV), patients he’ll review the existing Canadian AAV treatment guidelines, and offer some insight on what treatment updates we can expect in the “2020 AAV Update”, and finally he’ll “touch” on the future role of biosimilars.

T 10:10AM - 10:50AM

W Katherine Siminovitch, M.D., FRCP(C), Professor of Medicine,
**O Rheumatologist, Geneticist, Senior Investigator at the Samuel Lunenfeld
Research Institute of Mount Sinai Hospital, Toronto, ON.**

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 as well as the GPA/MPA CyTOF research using the “freshest of the fresh” blood samples that she has been collecting at the Toronto Vasculitis Clinic and testing during the last two years. It is hoped this work will finally identify the potential stimulus, or trigger, based on the discovery of 4 precise gene/protein defects that are directly implicated in GPA, and maybe MPA. It is amazing how much her research has advanced since those first DNA collections in the spring of 2001 which now 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!

T 10:50AM - 11:35PM

H Dr. Peter Merkel, M.D., M.P.H., Chief, Division of Rheumatology, Professor
**R of Medicine and Epidemiology, U of Pennsylvania and Principal Investigator for
the Vasculitis Clinical Research Consortium (VCRC), Philadelphia, PA.**

E Dr. Merkel will speak to the family of Vasculitic diseases and the ongoing
**E evolution of diagnosis, treatment and how to stay current with best practices
using CYC, Rituxan, Methotrexate and many others. He will summarize the
VCRC achievements and offer his insight into the large array of vasculitis
studies in recent years, some of which may apply to you! He'll discuss what's
next, what's new, what works - or doesn't, how to stay in remission and avoid
relapses, and the importance of patient monitoring. He will explain what
changes are coming to the VCRC and why it is important for patients, doctors
and researchers. He will also discuss what the future of the VCRC looks like,
and how together we can still advance vasculitis research.**

11:35AM - 12:30PM

Panel Q & A with Dr. Merkel and Dr. Pagnoux

12:30PM – 1:15PM

Lunch Break

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

1:15PM – 1:20PM

Afternoon Introduction

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1:20PM – 1:55PM

Felix Leung, PhD, Clinical Biochemist, Pathology and Laboratory Medicine, Mount Sinai Hospital, Toronto.

Dr. Leung will give us a behind the scenes look, and shed some light, on common lab tests that vasculitis patients are doing on a regular basis. Lab testing, and their results, with different ranges and units of measurement are confusing at the best of times and can vary from lab-to-lab! No other single lab test is more confusing and misunderstood than ANCA testing, which we know can be very important in AAV diagnosis and treatment! Dr. Leung will try to unpack ANCA which has evolved over the years and has been done in different ways including the historical gold-standard method of titration/IFF and the newer solid phase ELISA-based methods. All of this makes tracking, and comparing, ANCA results especially difficult to interpret and understand from one lab, let alone across different labs! Dr. Leung will help explain the world of lab testing while offering some tips to ease the confusion on the: what, when, where, why and how of lab testing.

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1:55PM – 2:40PM

Michael Mak, M.D. FRCP(C), Assistant Professor of Psychiatry, Department of Psychiatry, University of Toronto.

So, you took a lot of prednisone and then you couldn't sleep well, among other things, then you became fatigued and stayed that way, sound familiar? Disrupted sleep and feeling fatigued are common complaints within the vasculitis community. Maybe Sleep Health 101 is what the doctor should also have ordered for you! Dr. Mak will offer some ideas to combat fatigue and help us understand what you need to know about sleep, sleep hygiene, the health benefits of good quality sleep, and how to get it! He'll also cover some common sleep issues like, insomnia, snoring and other problems to be aware of, including sleep apnea, and what can be done to address these more problematic areas.

S 2:40PM – 3:30PM

I **Lakshmi Kotra**, B. Pharm.(Hons.), PhD; Professor of Medicinal Chemistry, Leslie Dan Faculty of Pharmacy, U of T; Senior Scientist, Krembil Research
X Institute and Multi-Organ Transplant Program, UHN and, Director, Centre for Molecular Design and Preformulations, UHN.

Medical marijuana has been in the news for a number of years and is frequently used by cancer patients, for nausea, and pain, but for others it may be inflammation management, or for seizures, epilepsy, or PTSD and has other potential uses. Dr. Kotra has a background in drug discovery and development and is happy to share what patients need to know about medical cannabis, what works, what doesn't, and what needs further study. The science behind medical cannabis, CBD (Cannabidiol, not THC), and how CBD modulates the little known endocannabinoid system (ECS), is still emerging. Dr. Kotra has already done studies in pain management and PTSD including investigating cannabis chemistry and biochemistry, and has some study ideas for the vasculitis community involving pain, and inflammation, that may help to improve the quality of life for vasculitis patients. Maybe some attendees can share their ideas and experiences in this final session of the day? Sorry, no free sampling is anticipated!

3:30PM – 3:35PM

Wrap-up and Good-Bye

Mark your Calendars! Tentative 2020 Meeting Dates	
AGM - Saturday April 24, 2020	22 nd Annual Picnic & 10 th . Annual Walk- Saturday June 20, 2020
Fall Lectures - Saturday, October 24, 2020 Ottawa/Hamilton/??	

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