University of Rochester Medical Center’s Division of Allergy, Immunology and Rheumatology

16th Annual Lupus Education Day
November 19, 2022

**Location:** University of Rochester Medical Center
School of Nursing / Helen Wood Hall Auditorium 1W-304
255 Crittenden Blvd, Rochester, New York

**Time:** 10:00 am – 2:00 pm

We have brought this free symposium to the Rochester community yearly in order to provide state-of-the-art information to individuals with lupus and their families. It is an interesting time in the world of lupus with many active clinical trials studying new treatment options. We are also excited to bring back the popular break-out sessions and offer “U Pick 2” for our in-person participants this year. We gratefully acknowledge the support from our Lupus Research & Education Endowment Fund that helps provide lupus patient education and outreach.

**Symposium Organizer(s):** Directors of the URMC Lupus Clinic
Jennifer Anolik, M.D., Ph.D., Professor and Interim Division Chief, Allergy, Immunology & Rheumatology Division, Department of Medicine
Ummara Shah, M.D., Associate Professor, Allergy, Immunology & Rheumatology Division
Ilana Abeles, M.D. Ph.D., Assistant Professor, Allergy, Immunology & Rheumatology Division

**Topics/Agenda:**
10:00-10:30am Sign-in/Refreshments
10:30-10:35 Introduction/Logistics
10:35-11:05 Lupus in the Year 2022 – Dr. Jennifer Anolik
11:05-11:35 What’s New in Lupus Treatments? – Dr. Ummara Shah
11:35-12:05 Lettuce and Lupus – can plant based diet help lupus? - Dr. Ted Barnett
12:05-12:25 Refreshment Break
12:30-1:45pm Break-out Sessions – “U Pick 2”: Sleep Hygiene, How to get your Heart rate up at Home, Diet & Lupus, & Ask the Doc

**Registration Contact:** Christine Pawuk 585-275-2891/christine_pawuk@urmc.rochester.edu

If you know someone with lupus, please share this flyer.

*Masks are required for in-person participants*

*See enclosed flyer for parking directions*