



UNIVERSITY of
ROCHESTER
MEDICAL CENTER

***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 URM 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 Heartrate 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