



*Virtual Sjögren's  
Summit*

FIFTH ANNUAL · 2026

# *Stronger With Sjögren's Thriving in the New Era*

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**July 16–18, 2026**

LIVE ONLINE · ALL TIMES EASTERN (ET)

## *The Three-Day Program*

PROGRAM CURRENT AS OF JULY 11, 2026 · MINOR TIMING ADJUSTMENTS MAY OCCUR

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37+ SPEAKERS · 3 DAYS · LIVE LABS &  
PANELS

SCIENCE. COMMUNITY.  
CONFIDENCE.

# The New Era Opens

Treatment & Clinical Science · a nervous-system anchor for the days ahead

● KEYNOTE ● PANEL · INTERVIEW ● LIVE LAB ○ PATIENT STORY ◻ SPONSOR SESSION ● LIVE Q&A

8:30 AM	Day 1 Welcome & Opening	
8:40 AM	<b>Calming the Immune Storm: How Your Nervous System Drives Sjögren's</b> Dr. Kara Wada — Featured Keynote	KEYNOTE
9:00 AM	<b>How Immunology Research Is Impacting Sjögren's Disease</b> Rachael Gordon, MD, PhD	
9:45 AM	<b>Vagus Nerve Stimulation and Its Use in Sjögren's</b> Isabelle Amigues, MD	
10:30 AM	<b>Midlife, Menopause &amp; Sjögren's: The Connection Your Doctor May Have Missed</b> Tracy Verrico, DO	
11:15 AM	<b>Finding Your Bearings: A Rheumatologist's Guide to Charting Your Own Path With Integrative Sjögren's Care</b> Catherine "Anne" Lee, MD	
12:00 PM	<b>Connecting the Dots: The Link Between Your Environment and Inflammation</b> Jennifer Henning, APRN	
LUNCH BREAK · 12:15 PM		
12:50 PM	<b>The New Era of Sjögren's Treatment: Bridging Current Care &amp; Future</b> Nancy Carteron, MD · Donald Thomas, MD · Dr. Kara Wada	PANEL
1:45 PM	<b>Mouth Mystique of Sjögren's Disease: Decoding the Microbiome and Combating Dryness</b> Leslie P. Laing, DDS, PhD	
2:25 PM	<b>The Hidden Biology of IBS</b> Zachary Spiritos, MD, MPH	
3:00 PM	<b>Neurologic Symptoms in Sjögren's Disease and What Should Raise Concern</b> Brittany Panico, DO	
4:00 PM	<b>Live Lab: Understanding Your Dominant Stress Type</b> Ali Novitsky, MD	LIVE LAB
4:50 PM	<b>Home Infusion: Leading Change Through Clinical Research</b> Leslie Myers, PharmD · CSI Pharmacy	SPONSOR
5:10 PM	<b>Finding My Voice: Learning to Trust Myself Through Sjögren's</b> Larissa Siravo	PATIENT STORY
5:40 PM	<b>Live Q&amp;A with the VSS2026 Speakers</b> Hosted by Dr. Kara Wada	LIVE Q&A
6:00 PM	Day 1 Close	

# Practical Tools, Daily Life

Self-Management & Daily Function · realistic habits for more energy

8:30 AM Day 2 Welcome & Opening

8:40 AM **Stronger With Sjögren's: Gentle Strength Training to Fight Fatigue & Pain**  
Dr. Kara Wada — Featured Keynote

KEYNOTE

9:00 AM **Fact vs. Fiction: Digestive Enzymes for Sjögren's & Gut Health**  
Cristina Montoya, RD

9:45 AM **When Your Mind Won't Shut Off: How to Quiet Racing Thoughts & Rebuild Trust in Sleep**  
Nishi Bhopal, MD

10:10 AM **Anti-Inflammatory Diet for Sjögren's**  
Micah Yu, MD

## Patient Story

11:15 AM **Thriving With Sjögren's: Building Realistic Lifestyle Habits for More Energy**  
Shannon Dentice, NBC-HWC

LUNCH BREAK · 11:50 AM

12:15 PM **More Than Skin Deep: The Brain-Body Connection, Fatigue, and Finding Calm in the Chaos**  
Keira Barr, MD · Dr. Kara Wada

INTERVIEW

1:15 PM **Thriving With Sjögren's: Building Daily Function Through Mind, Community & Care Teams**  
Chemi Chandler, PharmD

1:40 PM **Developing a Happiness Practice Alongside Chronic Illness**  
Kathleen Desloges

2:20 PM **Beyond Dry Eyes: Restoring Vision, Function, and Quality of Life in Sjögren's Disease**  
Meenal Agarwal, OD

2:55 PM **The Overachiever's Guide to Acceptance**  
Cheryl Crow, OTR/L

3:35 PM **Making the Most of a Doctor's Appointment: A Doctor's and Patient's Perspective**  
Physician, Patient & Advocate

4:05 PM **Live Lab: Relational Healing & Nervous System Repair**  
Alison DeLong, SEP, MA

LIVE LAB

5:05 PM **Own Your Health**  
Janene Tirado

PATIENT STORY

5:25 PM **Live Q&A with the VSS2026 Speakers**  
Hosted by Dr. Kara Wada

LIVE Q&A

5:45 PM Day 2 Close

# Stronger Together

Mind, Community & Care Teams · closing on what comes next

8:50 AM	Day 3 Welcome & Opening	
9:00 AM	<b>What Patients Actually Need From Clinicians</b> Gavin Marshall	
9:35 AM	<b>Navigating Healthcare Like a Pro: A Physician-Patient's Playbook for Self-Advocacy &amp; Getting the Care You Need With Chronic Autoimmune Disease</b> Susan Baumgaertel, MD	
10:10 AM	<b>Who Am I Now?</b> Seb Harper Fletcher	PATIENT STORY
10:25 AM	<b>It's Not a Setback, It's a Pivot: Reimagining Your Career With Sjögren's</b> Kristina Kelly, BCPA	
10:55 AM	<b>Reframing Sjögren's: Identity, Stress &amp; the Systems That Shape the Patient Experience</b> Jillian Rigert · Cheryl Crow · Nishi Bhopal · Stefanie Remson · Ali Novitsky · Dr. Kara Wada	PANEL
LUNCH BREAK · 11:55 AM		
12:35 PM	<b>AI Disassembled: A Health Literacy Guide for Sjögren's Patients</b> Erika Warren, MBA	
1:10 PM	<b>Wired &amp; Worn Out: Working With Your Nervous System</b> Destiny Davis, MS, LPC	
1:45 PM	<b>Reclaiming the Narratives: Detach From Societal Messages &amp; Cultivate Inner Peace</b> Jillian Rigert, DMD, MD	
2:25 PM	<b>The Boundary Blueprint: Keeping Your Sanity in a World Full of Opinions</b> Stefanie Remson, APRN	
3:05 PM	<b>The Place Between Our Pains: Finding Joy</b> KJ Ramsey, MA, LPC	
3:50 PM	<b>Live Lab: Elemental Rhythm Breathwork — Breathwork as Medicine for Sjögren's</b> Ren Hoskin, MS, NBC-HWC	LIVE LAB
4:50 PM	<b>From Passive Patient to Active Participant: Building the Right Care Team</b> Christina A. Russo	PATIENT STORY
5:05 PM	<b>Sjögren's in Focus: Diagnostics, Progress, and What Comes Next</b> Prashanti Reddy, MD · Exagen	SPONSOR
5:20 PM	<b>Live Q&amp;A with the VSS2026 Speakers</b> Hosted by Dr. Kara Wada	LIVE Q&A
5:40 PM	<b>The Perfect Storm &amp; Immune-Confident Foundations</b> Dr. Kara Wada — Featured Keynote	KEYNOTE
6:10 PM	<b>Rise Stronger: Where You Go From Here</b>	