

# Conference 2006



HS-USA, Inc.

June 15-17, 2006  
Seattle, WA

## 3rd Annual Hidradenitis Suppurativa Conference

### Depression and Pain Management for HS Patients

#### *Featured Speakers*

**Dr. Craig Sawchuk**

*Assistant Professor, Psychology  
UW School of Medicine*

**Dr. Stacy Bowker**

*Bastyr University*

**Sue M. Watson**

*Director, Green Cross Seattle*

*Presented by HS-USA, Inc., and the HS Northwest Support Group*



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We would like to thank the following for their support for HS-USA, Inc., and sponsorship in putting this conference together:



**Starbucks Coffee Company**

**Bill Merwin,**  
**Sunnyhill Productions**  
*Beaverton Oregon*

## *Welcome Notes*



Welcome to the 2006 Hidradenitis Suppurativa Conference in the beautiful Pacific Northwest city of Seattle, Washington. The HS Northwest Support Group is delighted to be hosting this event in our region. We have looked forward to this opportunity since hearing about the first conference, when it was still a Rally, 2002 in Houston.

We have secured top speakers who will talk about the connection

between chronic illness and depression and offer new approaches to managing pain. Patients and caregivers will have the opportunity to attend hands-on workshops introducing them to options for managing stress and relieving tension – possibly the most effective ways to combat HS flare-ups.

This is a unique opportunity for medical staff and patients to network and learn together and from each other.

**Hidradenitis Suppurativa (HS) patients know this disease is not just skin-deep. The most difficult issues to deal with are the associated depression and pain.**

## Speaker Profiles

### Speakers

#### Dr. Craig Sawchuk, Assistant Professor, University of Washington School of Medicine



Dr. Craig Sawchuk is a Clinical Psychologist and Assistant Professor with the Department of Psychiatry and Behavioral Sciences at the University of Washington School of Medicine. His areas of clinical and research expertise include the assessment and behavioral management of depression, anxiety, medical fears, and chronic pain. He also serves as a consulting provider for the outpatient Dermatology Service at the University of Washington.

*Dr. Sawchuk will talk about the connection between chronic illness and depression.*

#### Dr. Stacy Bowker, Bastyr University



Dr. Stacy Bowker is a Licensed Naturopathic Physician with a private practice located in Snohomish, Washington. She received her Doctorate of Naturopathic Medicine from Bastyr University in Kenmore, WA and completed her undergraduate training in Chemistry at Whitman College in Walla Walla, WA. She is a current member of both the American Association of Naturopathic Physicians and the Washington Association of Naturopathic Physicians. In addition to her professional affiliations, Dr. Bowker does public speaking and community education on health related topics at a variety of venues; she serves as a medical advisor for the Snohomish High School Sports Medicine curriculum development, and is a contributing author to websites and periodicals related to Naturopathic Medicine. Dr. Bowker's primary clinical interest is chronic disease management, and she enjoys helping patients with Type II Diabetes, Heart Disease, PCOS, Ulcerative Colitis, Chronic Fatigue, and other debilitating chronic diseases (including Hidradenitis Suppurativa).

#### Sue M. Watson, Director, Seattle Green Cross



Sue Watson is an advocate for patient rights regarding the use of medical marijuana. She has offered to speak about the legal issues as well as offer information about the services Green Cross provides to its members; about the effectiveness of topical use of cannabis tinctures, rubs and sprays; and uses for pain management.

*Green Cross of Seattle is a private, not for profit organization of Washington State medical marijuana patients whose mission is to assist each other through counseling, support, information, education, verification and registry.*

### Workshops

#### Maina, Yoga



Maina has been practicing Yoga for over 20 years. Over those years, she has used Yoga as an effective tool to manage her HS, and other stressors in her life. She finds great pleasure in Yoga exercise and way-of-life and would like to share it with others afflicted with this disease, whose issues and limitations are only too familiar to her.

*If you have a yoga mat please bring it; we will also have mats and other assisting implements available for participants. Wear your conference t-shirt and comfortable, stretchy pants. Caregivers are welcomed.*

#### Roy Holman

Ha Ha yoga started in India in 1995 and was based on laughter. Presently, there are 1700 clubs around the world. Roy lives in Everett, WA. He has certifications in yoga, meditation, reflexology, and hands on energy healing. He owns and runs Holman Health Connections providing meditation and yoga classes as well as reflexology retreats and more. His personal passion is helping people wake up to their sense of self by learning how to lighten up and laugh more.

## Agenda

### Thursday, June 15, 2006

|                   |                       |
|-------------------|-----------------------|
| 4:00 pm – 7:00 pm | Registration/Check-in |
| 7:00 pm           | Casual Dinner         |

### Friday, June 16, 2006

|                     |   |            |
|---------------------|---|------------|
| 8:00 am – 8:15 am   | Welcome and Greetings   |            |
| 8:15 am – 10:00 am  | <b>Workshop:</b> Introduction to Yoga<br>Maina Donaldson  | Session W1 |
| 10:00 am – 10:30 am | BREAK   |            |
| 10:30 am – 12:00 pm | <b>Roundtable:</b> Share your HS Story  | Session R1 |
| 12:00 pm – 1:30 pm  | LUNCH   |            |
| 1:30 pm – 3:00 pm   | <b>Presentation:</b> Options for Pain Management<br>Sue M. Watson, Director Seattle Green Cross | Session P1 |
| 3:00 pm – 7:30 pm   | [TBA]   |            |

### Saturday, June 17, 2006

|                     |  |            |
|---------------------|--|------------|
| 8:00 am – 9:00 am   | <b>Workshop:</b> Ha-Ha Yoga – Laughter the Best Medicine<br>Roy Holman                       | Session W2 |
| 9:00 am – 10:30 am  | HS-USA, Inc. Board Meeting   |            |
| 10:30 am – 11:00 am | BREAK  |            |
| 11:00 am – 12:30 pm | <b>Presentation:</b> Chronic Illness and Depression<br>Dr. Craig Sawchuk, UW Medical Center  | Session P2 |
| 12:30 pm – 2:00 pm  | LUNCH  |            |
| 2:00 pm – 3:00 pm   | <b>Presentation:</b> Natural Treatment Options for HS<br>Dr. Stacy Bowker, Bastyr University | Session P3 |
| 3:00 pm – 3:30 pm   | BREAK  |            |
| 3:30 pm – 4:30 pm   | <b>Workshop:</b> Yoga practice   | Session W3 |
| 7:30 pm             | Farewell Dinner – Location TBA<br>Announcing Silent Auction winners                          |            |

### Sunday, June 18, 2006

|                    |                                 |
|--------------------|---------------------------------|
| 8:00 am – 10:00 am | Breakfast                       |
|                    | Sightseeing and final Good-byes |



June 15-17, 2006  
**Depression and Pain Management**  
for HS Patients

## *Conference Information*

### **Fundraising**

During the conference we will be holding a silent auction. Please help support HS-USA, Inc., by bidding high and bidding often. Winners will be announced Saturday evening.

### **Video Conferencing and Recording**

We will be providing an opportunity for HS groups to video-conference, and for HS patients to follow the conference live via the web. HS-USA, Inc., may also be video-recording the speakers and audience – please advise one of our host coordinators if you would not like to be included in the video.

### **Hotel**

**Holiday Inn Sea-Tac**  
17338 International Blvd, Seattle, WA 98188  
☎ (206) 248-1000

### **Questions?**

We wish everyone to feel comfortable – should you have any questions or concerns please feel free to discuss them with La Dele Sines, the Conference Coordinator.

✉ [conference.coordinator@hs-usa.org](mailto:conference.coordinator@hs-usa.org).

☎ (206) 354-5670

### **Important!**

Turn in your evaluation form!  
This helps the Planning Committee with future events.

### **Disclaimer**

HS-USA, Inc. and the conference organizers strongly urge you to consult a competent physician before administering any medication or treatment. Medications, treatments and/or procedures mentioned or recommended by speakers and conference organizers are for informational purposes only and shall not supersede proper diagnosis and treatment by a licensed professional. HS-USA, Inc. cannot perform or provide diagnosis of your specific condition.



## **HS-USA, Inc.**



**HS-USA, Inc.**  
7362 High Hill Drive  
Brighton, MI 48116-9143

HS-USA, Inc. is a non-profit public charity incorporated in Michigan, receiving its 501(c)(3) designation in May 2003. Our annual conference serves as one component of our educational outreach and awareness program. The website, [www.hs-usa.org](http://www.hs-usa.org), was created in order to serve the public with education and support for HS patients and their families, researchers, and the medical community.

We have distributed tens of thousands of brochures, pamphlets, and New Patient information packets, and "Petition for a Cure", with now over 5,000 signatures, is being sent to hundreds of physicians and medical researchers throughout the U.S. and Canada in order to raise awareness in the medical community. Members of our local groups have created HS display boards and manned booths at various health fairs, community fairs, schools, and church group meetings throughout the country. We support these continuous programs, which have reached thousands of people to date, helped foster awareness of HS/Acne Inversa, and assisted numerous people in getting diagnosed and counted. HS-USA, Inc. provides a crisis hotline service for HS sufferers and medical personnel, which fields up to 75 calls a month.

HS-USA, Inc., despite its young age, has contributed significantly to the positive trends we are seeing today: Increased public awareness and understanding, significantly decreased time-to-diagnosis, more accurate diagnoses, viable treatment paths, heightened interest from the pharmaceutical industry, greater transparency of information, and exciting new research. We are proud to present this conference as an opportunity for medical staff and patients to discover new avenues in treatment and raise the public profile of Hidradenitis Suppurativa.

### **Board of Directors**

R. Vix Kennedy (President, MI)  
Robin Costin (Trustee, CA)  
David Edwards (Trustee, OH)  
Becky Hunter (Trustee, TX)  
Mellissa Paige (Trustee, MI)  
Shari Solarski (Trustee, NJ)

Kim Black (Associate, Grants Committee)  
Maina Donaldson (Associate, PR Committee)  
Tammie Ferris (Associate, Information Line  
(928) 279-0833)  
La Dele Sines (Associate, Conference Coordination)

### **Mission and Goals**

We are dedicated to finding a solution to Hidradenitis Suppurativa, a disease widely spread but largely unknown. We will advance knowledge of HS through the publication of research in peer review journals, scientific books, the general press, pamphlets, world wide web, symposia and conferences. We will provide a forum for Hidradenitis Suppurativa patient representation, advocacy and rights, and support local and national grass-roots efforts fostering HS awareness and educational outreach. We will solicit funds for the promotion and facilitation of research into the causes, treatments and cure of the disease.

### **Latest News**

HS-USA has been working with two human geneticists to fund and organize an ongoing study identifying the gene clip which causes HS. We continue to look for families with a minimum of five members afflicted with HS; this includes immediate family plus aunts, uncles, first cousins, and of course, grandparents. You, and your family members, may be asked to participate in non-invasive genetic testing. Please provide name and email or phone number of a family contact person for this study and email them to [genome@hs-usa.org](mailto:genome@hs-usa.org), or see an HS-USA representative at the conference.



## The HS Northwest Support Group

HS Northwest started out in 2002 as the support group for Washington state residents. After seeing our membership grow beyond the state and country borders, we adopted HS Northwest as a more appropriate moniker for our growing group. Our members come from various backgrounds in the medical/dental field, the travel industry, computer and technology field as well as the music industry. While Seattle Washington is our homebase our membership stretches to cities all over the 'Evergreen State' into Idaho, Oregon and British Columbia. We are truly an international group, and have become friends in the face of our daily challenges. We are there to support one another on the bads days, enjoy each others' company, and learn together how to manage and overcome those daily obstacles we all understand intimately.

Visit us at [http://health.groups.yahoo.com/group/HS\\_Northwest/](http://health.groups.yahoo.com/group/HS_Northwest/)



*Please use this form to pledge your support for HS-USA!*

### Pledge Information

I (we) pledge a total of \$\_\_\_\_\_ to be paid:

now  monthly  quarterly  yearly

I (we) plan to make this contribution in the form of:

cash  check  PayPal  other \_\_\_\_\_

### Donor Information (please print)

|                      |       |     |  |
|----------------------|-------|-----|--|
| Name                 |       |     |  |
| Billing address      |       |     |  |
| City                 | State | Zip |  |
| Telephone (home)     |       |     |  |
| Telephone (business) |       |     |  |
| E-Mail               |       |     |  |

### Acknowledgement Information

Please use the following name(s) in all acknowledgements: \_\_\_\_\_

I (we) wish to have our gift remain anonymous.

|           |   |
|-----------|---|
| Signature | Please make checks, corporate matches, and/or other gifts payable to:<br><br><b>HS-USA, Inc.</b><br>P.O. Box 130<br>Hamburg, MI 48139 |
| Date      |   |