

Lupus & You: Take Control of Lupus Empowerment Conference

Alfred Kim, MD, PhD



Dr. Kim is assistant professor of medicine, pathology, and immunology in the Division of Rheumatology, School of Medicine at Washington University School of Medicine in St. Louis, Missouri. He is also the co-director of the Lupus Clinic. Dr. Kim received his medical and doctoral degree of immunology from Drexel University College of Medicine in Philadelphia, Pennsylvania. He is board certified in internal medicine.

Dr. Kim runs an independent research group investigating the role of B cells in kidney disease, biomarker testing in systemic lupus erythematosus (SLE), and genetic susceptibilities of autoimmunity. His work includes several active clinical and translational projects addressing the major unmet needs of patients with SLE. He hosts a diverse cohort assembled through the Washington University Lupus Clinic. Dr. Kim's team also manages a Lupus Registry which includes data for disease activity assessment, laboratory values, socioeconomic factors, and a wide variety of patient-reported outcomes related to quality of life. He is a member of the American Society of Nephrology, and American College of

Rheumatology and its Subcommittee for Early Career Investigators and Committee for Research. He is also on the board of directors of the Lupus Foundation of America, Heartland Chapter, and a member of the board of directors of the Saint Louis Rheumatology Association. Dr. Kim is the recipient of numerous honors and awards, including the Delegate for 2016 EULAR/ACR Exchange Program Investigator Award, among others. Dr. Kim serves as a board member of the Lupus Foundation of America, Heartland Chapter. He has published in numerous journals, including *Arthritis & Rheumatology*, *The Journal of Immunology*, and *Rheumatic Disease Clinics of North America*.

Alvin Wells, MD, PhD



Dr. Wells is currently a practicing rheumatologist at the Aurora Rheumatology and Immunotherapy Center in Franklin, Wisconsin, where he serves as the Director. He is an Assistant Clinical Professor at the Medical College of Wisconsin and a Visiting Foreign Professor at the Karolinska Institute in Stockholm, Sweden. He also maintains his clinical affiliation with Duke University Medical Center in Durham, NC where he is an Adjunct Assistant Professor. Prior to returning to private practice, Dr. Wells was an Associate Medical Director at Abbott Laboratories where he played a central role in the launch of HUMIRA. Dr. Wells received his MD from the University of South Florida, Tampa and trained in Internal Medicine and in Rheumatology at Duke University, where he was a faculty member before joining Abbott. He received his PhD in Immunology from the University of South Carolina, where he developed an animal model for Reiter's Syndrome. He was a recipient of the prestigious Fogarty Biomedical

Research Award from the National Institutes of Health, which allowed him to undertake a 2-year postdoctoral fellowship at Uppsala University, Sweden, with Dr. Lars Klareskog. A member of the American Telemedicine Association and of the American College of Rheumatology, Dr. Wells has over 25 years of research experience, focusing on chronic inflammatory diseases, such as rheumatoid arthritis and psoriatic arthritis, with an emphasis on connective tissue components, inflammatory mediators, and cytokines. He is the recipient of the 2019 Outstanding Teaching Award from the Medical College of Wisconsin and Ascension St Joseph Hospital. He is the recipient of the 2003 Abbott President's Award. In 2001, he was honored with the Merck Young Investigator Award, and in 1999 he received the University of South Carolina School of Medicine Distinguished Alumni Award. Dr. Wells is fluent in Swedish and is an internationally renowned speaker and researcher and has had research support from the Arthritis Foundation and from the Robert Wood Johnson Foundation

Joanne Mitchell-McLaren, RN, BSN, MSN, NP



Joanne is a Patient Engagement Liaison (PEL) with GSK. She has worked for more than 40 years caring for patients in the pediatric, adults, and octogenarian areas, including the specialties of allergy and asthma, cardiology, dermatology, ENT (ears, nose, & throat), neurology, obstetrics and gynecology, psychiatry, pulmonary, and urology. Also, Joanne has worked 22 years within the pharmaceutical industry supporting patients and their healthcare providers.

Joanne obtained her first nursing license as a Licensed Practical Nurse (LPN) at the young age of 17 years old. She also holds a Bachelor of Science in Nursing from SUNY Brockport and a Master of Science in Nursing and Nurse Practitioner (NP) degrees from the University of Rochester School of Medicine and Dentistry. She has a strong passion for educating and advocating for patients and caregivers. Throughout her career she has become a true Ambassador for those without a voice or who are often overlooked and lack access to health care, which has fueled a fire within her for years.

Joanne has worked in unmet communities helping those who have little to no healthcare. She has also worked in local churches to change the lives of their congregants to live healthier lives. Joanne's proudest accomplishments include being a mother to two beautiful children and a wife of 30 years to her wonderful husband. She believes the greatest gift one can provide to others is the gift of a servant. Her passion is advocating and empowering others, traveling, healthy living, reading, and sitting by any ocean. Also, having the honor to positively impact patients' lives and potentially improve their quality of life through education and advocacy regardless of diagnosis, neighborhood one resides in or any other health disparity reason.

Kathy Levin, RDN, CDCES, DipACLM



Kathy has been a registered dietitian for over 30 years, a certified diabetes educator, and is board certified in Lifestyle Medicine. In 2016, Kathy left her job of 25 years at a healthcare institution to start her own private practice, Nutritiously Simple. Along the way, Kathy was asked to be the nutrition element specialist at an Ornish Lifestyle Medicine program where the results she saw with the participants changed how she works with her clients and how she lives her life.

She focuses on the 6 Pillars of Health, Happiness, and Healing in her Recipe for Success nutrition and lifestyle coaching program: eat well, move more, stress less, connect with others, sleep well, and avoid risky substances. She uses a culinary nutrition (part cooking + part nutrition) approach working with people to make small, sustainable lifestyle changes one bite at a time in her Plant Based Simply Cooking Club where the goal is getting more plants on people's plates. Kathy is committed to improving the lives of people by encouraging everyone to eat for the health of it.

Andrea L. Byrne, RN, RYT



Andrea is a registered nurse, wellness coach, and yoga trainer. She has been practicing yoga for over 30 years. She became interested in the idea of stress management for disease when she started working with the Ornish Cardiac Rehab program as their stress management nurse. Her years in health care have given her rich experience to draw from.