

## Presenter Bios

### Joyce Chang, MD



Dr. Joyce Chang is an Attending Physician in the Rheumatology Program at Boston Children's Hospital and an Assistant Professor of Pediatrics at Harvard Medical School. She completed her medical training at the Children's Hospital of Philadelphia and the University of Pennsylvania. Her clinical and research focus is in improving outcomes of childhood-onset systemic lupus erythematosus. She is the Director of Clinical Research for the Lupus Program at Boston Children's Hospital and co-leader of the Transition Workgroup in the Childhood Arthritis and Rheumatology Research Alliance.

### 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.

## Catherine Sims, MD



Dr. Catherine Sims is a rheumatologist at Duke University working under the mentorship of reproductive rheumatologist Dr. Megan Clowse. Her research initiatives include quantitative and qualitative pregnancy outcomes in systemic vasculitides, creation of a pregnancy planning scoring system for women with systemic lupus erythematosus, and the utility of serum biomarkers to differentiate between preeclampsia and episodes of lupus nephritis during pregnancy. Working closely with national advocacy groups and patient representatives she has created patient centered, easily accessible information detailing the importance of birth control, intentional pregnancy, and family planning for people with vasculitis. Through novel research efforts, education of providers, and streamlined communication with patients her hope is to improve the reproductive experience for women with autoimmune diseases.

## Shanelle Gabriel



Shanelle Gabriel is a poet, singer, and lupus warrior from Brooklyn, NY who has performed around the world, from Hawaii to Italy. A former HBO Def Poet, she featured in national campaigns and productions with Pandora Music, LifeWtr, BET for Nelson Mandela Day, and curated poems for Inc Magazine and Fast Company Magazine's International Innovation Festival. Shanelle is a lupus advocate who has spoken alongside the President of the National Institute of Health, lobbied for patient rights on Capitol Hill, featured in USA Today on the importance of clinical trials, and serves on the Center for Information and Study on Clinical Research Participation Community Advisory Board. She featured in a documentary on the Lifetime Network's Access Health, appeared in Women's Health magazine, and in

a documentary for the American College of Rheumatology on her continued battle with lupus. Presently, she is a co-host of The HydroxychloroQueenz Podcast which centers on living with lupus while serving as the Executive Director at Urban Word, a youth organization that uses poetry & hip-hop to promote literacy, civic engagement, and youth voice. Learn more about her at [www.shanellegabriel.com](http://www.shanellegabriel.com).