Holidays mean fun with family, great food, special times, and for some... stress. Eating better and finding ways to relax can make all the difference this Holiday Season.

Birthdays are a time for celebration — and gifts from friends and family. Who doesn’t like presents? This year, one person decided to flip things around and give back instead of receive.

It’s time to make plans for the biggest event of the year: the IPPF Patient Conference, April 26-28, 2013 in San Francisco! Register today and save big, come as a group and save more!

Your personal checklist to supporting the IPPF this Holiday Season

1. Submit my information to the IPPF Registry  
(www.pemphigus.org/registry)
2. Donate to the IPPF  
(www.pemphigus.org/give2012)
3. Touch base with my Peer Health Coach
   (if you don’t have one, email phe@ pemphigus.org or check the box “I would like a Peer Health Coach to contact me” when you complete the Registry)
4. Contact other patients to offer my support:
   - in our Forums  
   (www.pemphigus.org/forums)
   - through email  
   (www.pemphigus.org/email)
   - on Facebook  
   (www.pemphigus.org/facebook)
‘Tis the season for giving thanks and celebrating the holidays with those we love. Things can become so hectic that we forget to thank those around us for being a part of our lives.

Personally, I am thankful for my parents and their advice over the years. “Bird” and “Pops,” as they are affectionately referred to, were never short on tough love or supportive words. I thank my lovely wife, Christina, for her loving support and encouragement that make me a better person. I am thankful for my children, Will, Haley, Alannah, and Noah, and hope each of them support causes dear to their heart.

I thank Janet Segall for bringing me into the IPPF and our Board of Directors for giving me the opportunity to work with our wonderful coaches, advisors, and patients around the world. The underlying theme: I am thankful for the support of others and do my best to pay it forward.

The IPPF does more than support patients -- it supports caregivers, family, friends, and physicians. Thank you to Marc Yale and our Peer Health Coaches who collectively have closed more than 500 cases this year answering calls, emails, and postings from people all over the world. Many of our “veteran” patients still remember that scared feeling they had before calling the IPPF and how relieved they felt after receiving support and information. They now pay it forward, helping others in our community.

Recently, a newly diagnosed patient’s daughter called the office. You could hear the relief in her voice when I told her, “Your mom will be fine. Now let’s focus on helping you understand the disease and treatments.” After, she sent me an email thanking me for the information, but more for just taking the time to talk to her. I replied: “No, thank you for calling.”

Yes, thank you for the calls, emails, and interactions that allow us to support one another. You should feel good knowing your involvement helps others at a time when they need the IPPF most.

From my family to yours, have a safe and joyous holiday and a Happy New Year!

PS: Help us continue our important work by donating today. Contribute online at www.pemphigus.org/give2012 or use the form on page 13.
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Registry Tracker
www.pemphigus.org/registry
Our Goal is 1,000!

15,000 Companies offer Matching Gift programs.
Does Yours?

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A diagnosis of pemphigus or pemphigoid typically means some sort of systemic medication. Many doctors start a patient off with prednisone for the first couple of weeks, and then add another drug to help reduce the dose of prednisone. When I was diagnosed some 30 years ago, prednisone was the only drug being used. Imuran had just started appearing on the scene. My doctor didn’t know if it was an option, so we tried methotrexate; and that caused too many problems.

Being diagnosed with PV at 37 was not something I handled very well. It took time.

A lot of it.

I was living in Berkeley, California, and alternative medicine was starting to become very popular in the area. I was having difficulty handling prednisone so I started augmenting my healing with Chinese medicine, Biofeedback, Linseed oil, and soybeans. I tried tea that tasted and smelled horrible (my roommates were not too happy about that). I drank a tablespoon of Linseed oil every day, and cooked raw soybeans that I made into soybean patties and ate twice a day. I don’t know scientifically if any of the things I did back then worked, but they helped me live better with prednisone. Along the way, I learned some incredibly helpful relaxation techniques I still use to this day.

After many years living and learning as much as I could about the diseases, I know it is important for someone with pemphigus or pemphigoid to avoid things that might enhance the immune system, such as alternative medicines, vitamins, or foods rich in spirulina and echinacea. These boost your immune system and can negate the effects of immunosuppressive drugs being used to get disease activity under control. Typically a person uses alternative medicines and diet to try and stabilize the immune system. My personal advice is that if you decide to try Chinese medicine, make sure none of the ingredients will harm you in some way. A specialist should know the right combinations to use but always discuss this with your physician BEFORE making any changes to your diet.

Dr. Sarah Brenner (Israel) conducted small studies several years ago on certain foods and how they affect pemphigus and pemphigoid patients. Even though they were not double-blind studies and were very small in size, she was able to theorize that foods from the Alum group might cause problems for people with pemphigus. These foods included onions and garlic. Mediterranean countries tend to eat a lot of onions and garlic, so determining if they pose a problem for you might be challenging.

I am very fond of both onions and garlic so I decided I would test myself. At the time I was clear of lesions but still on drug therapy. For three days, I ate two small cloves of garlic a day on “rice cake pizzas”. Three days later I no-
As I am writing this, I am trying to hold onto a delicate balance of my clinical psychology practice and a special birthday party/fundraising event. The expression “it is better to give than to receive” means much more to me, and when I see a window of opportunity, I go for it.

Normally, I skip having an actual birthday party, opting instead for a small group of close family and maybe a few friends, a casual evening, and cake. This year was different.

Initially I considered a nice vacation for my husband and me because this birthday was a bit of a landmark for me, and I did want to do something special. However, the more I thought about it, the more I realized that I really wanted to celebrate the fact that I was still alive. This reason was more evident as I recalled the past 12 years and my diagnosis with two very rare autoimmune diseases, amidst the losses of my parents and some family and friends. The question was: How could I celebrate my special birthday and life, AND use this as an opportunity?

A seed was planted.

When we think of planting seeds, many people immediately think about the Spring. Here I am in early mid-Fall having my "a-ha" moment. Interestingly enough, my favorite flowers have been tulips since my first visit to The Netherlands more than 40 years ago. Unlike most flowers, tulip bulbs are planted in the Fall and then come up beautifully in the Spring. I love how these flowers normally bloom earlier than most, and at night or in darkness, they close to protect themselves, reopening when it is once again safe.

A seed was beginning to metaphorically grow in my mind. Why not use my birthday to have a special party/fundraiser/event where guests would be asked to not bring me a personal gift, but rather contribute to a charity of my choice?

Great! Now I was going to have a big party and not just a small, intimate gathering. What would be my first step?

I began to assemble a list of family, friends, acquaintances, colleagues, and the physicians who

Continued on page 10...
Autoimmune Disease Facts
If you're reading this, chances are you already familiar with autoimmune diseases. However, did you know 75% of autoimmune diseases occur in women? That’s even higher if they have had children!

Read more at [http://pemphigus.us/TrFW7K](http://pemphigus.us/TrFW7K)

MEOW! Pemphigus in cats!
"Kitty" does more than rule the house, she can get pemphigus, too. Just like their "human pet," felines can develop different types of pemphigus and the treatment even includes prednisone. If your cat has a skin issue, make an appointment with their vet.

Read more at [http://pemphigus.us/ToZd6F](http://pemphigus.us/ToZd6F)

Do you have a Research Question?
The Patient-Centered Outcomes Research Institute, or PCORI, has a process where patients can ask specific research questions to help target research funding. Maybe your question will unlock the mysteries of pemphigus and pemphigoid!

Read more at [http://pemphigus.us/YnZbSu](http://pemphigus.us/YnZbSu)

Others need your advice!
Go online and help others understand their disease and the medications, or share "pearls of wisdom" you have learned over the years. You know more than you think and sharing really is caring!

IPPF Forums [http://www.pemphigus.org/forums](http://www.pemphigus.org/forums)
on Facebook [http://www.pemphigus.org/facebook](http://www.pemphigus.org/facebook)
Email Group [http://www.pemphigus.org/emd](http://www.pemphigus.org/emd)

The IPPF website offers patient and caregiver support and information in one location. Creating a FREE account shares access to additional resources like the Patient Forums. Visit today at:

[www.pemphigus.org](http://www.pemphigus.org)
The Bay Area Support Group meeting was held on September 29, 2012 in Palo Alto, CA. The enthusiasm, energy, and support was incredible! IPPF Medical Advisory Board member and 2013 Patient Conference host Dr. Peter Marinkovich led a midday discussion for more than 40 attendees on a beautiful Bay Area Saturday. Sponsoring the meeting were Dr. Mike Rigas (KabaFusion) and Susan Billat (BIOFUSION). Also in attendance were IPPF CEO Will Zrnchik, Senior Peer Health Coach Marc Yale, and a local member of the IPPF Board of Directors, Dr. Badri Rengarajan.

Before the meeting began, the room was buzzing with questions leading to an impromptu Q&A session. Many people took part, but the questions seemed to be answered by one woman. When Will introduced her, heads turned and the room gasped: IPPF Founder Janet Segall was in the audience.

Will told the audience about Janet and her work with the IPPF while she modestly smiled with a tear in her eye. All of us owe Janet a debt of gratitude for the work she did to bring pemphigus and pemphigoid to light and create an organization that flourishes thanks to her early care.

Afterwards, Dr. Marinkovich presented on the disease and treatments and opened the floor to questions while attendees enjoyed lunch. He could hardly eat his lunch because of so many questions, but he didn’t seem to mind at all.

The Bay Area Support Group has decided to meet quarterly on a Saturday around noon at the same Stanford Redwood City Clinics facility. Ten people volunteered to help with the 2013 Patient Conference, but we could always use more volunteers!

Thank you to Stanford University for donating the facilities, and to Will and Marc for their assistance in putting together this forum. And a special thank you to Dr. Marinkovich, Dr. Rigas, Susan, and Janet for their support and time.

If you are interested in more information about the Bay Area Support Group, or volunteering at the Patient Conference, email at usa.ca.bayarea@pemphigus.org.

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**LA Meeting held in Santa Monica**

by Mei Ling Moore

Los Angeles Support Group

On Saturday, October 6, 2012, the Los Angeles Support Group held their annual gathering. We met at the Santa Monica Library and 22 people attended. Some had to drive almost two hours to attend, but all agree it was well worth it!

Attendees got to meet Lee Heins, Sonia Tramel, and Greg Wright from our Board of Directors, Senior Peer Health Coach Marc Yale, and ask guest speaker Dr. Vanessa Holland from the UCLA Dermatology Department disease and treatment questions. Dr. Holland said she looks forward to speaking at future meetings as well.

Lots of questions were asked and many focused on rituximab (Rituxan®) treatments and the...
Enjoying Lunch in the UK with the PEM Friends
by Carolyn Blain
PEM Friends Administrator

use of CellCept® and IVIg. It was a terrific meeting because so many issues were covered. Everyone who joined us left feeling more informed and increasingly hopeful.

Prior to the start of the meeting, refreshments were provided by 2012 Annual Meeting Platinum Sponsor KabaFusion -- delicious breakfast sweets and coffee! Joining the LASG was Nate Hughes, a representative from KabaFusion. Nate gladly handed out information and answered questions.

After the meeting, many us went to Panera Bread for lunch. Thanks to Marc, Panera Bread generously donated a percentage of each person’s bill back to the IPPF.

If you are interested in more information about the Los Angeles Support Group, please email usa.ca.losangeles@pemphigus.org.

PEM Friends Administrator, Sandra Turner, had to temporarily step down, so I’m back in the saddle for the time being. Thanks to the help of many people, PEM Friends, a support group in the UK, continues to be a strong and active support group.

Many who attend our London lunches travel from different parts of the country. Last year we even had one young lady from the Highlands of Scotland! From the start, our goal was to get as many people as possible together in an atmosphere of friendship and support. At the lunches, everyone is encouraged to move around the tables and exchange tales of their pemphigus and pemphigoid journeys. This informal approach has resulted in many strong and lasting friendships.

This year’s event was held in London on November 26, 2012, and organised by one of the group’s stalwarts, Isobel Davies. Despite the fact that she runs her own busy business, isn’t feeling well, and doesn’t live in London, she hosted a wonderful meeting. You’re an angel, Isobel!

Dr. Jane Setterfield, a UK leading PV and bullous disease dermatologist, once again kindly agreed to be our guest. Dr. Setterfield spoke one-to-one with anyone who wanted to discuss their disease while the rest of the group listened in. This helped us all learn so much.

We will be having another lunch towards the end of February 2013. This will be held in Leicester and our guest dermatologist will be another highly respected consultant who specialises in PV, Dr. Karen Harman. We are considering another ‘Away Weekend’ again in 2013. Details of these, and other PEM Friends events, can be found on our website at www.pemfriend.co.uk.

LA Support Group Swings for the Fence
by Lee Heins
Los Angeles Support Group & IPPF Board of Directors

Members of the Los Angeles Support Group oiled up their gloves and met for some Major League Baseball at its first-ever "Pemphigus at the Park!" People from Los Angeles and the surrounding area enjoyed a great night of baseball as the Anaheim Angeles hosted the Chicago White Sox at Angels Stadium on Saturday September 22, 2012.

While fly balls were in the air, the "conversational ball" was moving around our section of the stands. It was a night to relax, share stories, and enjoy friendships! The IPPF’s "lineup" included IPPF Senior Peer Coach Marc Yale, my fellow IPPF Board of Directors Sonia Tramel and Greg Wright, and "batting clean up" was 2012 Annual Meeting Platinum Sponsor KabaFusion! Over 20 people were treated to the “Bases Loaded Special” that included all-you-could eat hot dogs, nachos, popcorn, soft drinks, and ice cream sundaes.

Headquartered in Southern California, several members of the KabaFusion team joined us making it a memorable night for all!

Oh -- and the final score was Angels 4, White Sox 2.
...continued from GIVING BACK, page 6

I kept going through the list. I couldn’t find anyone I didn’t want to include in my celebration. And to compound the issue, I found myself adding more and more names. I even added some out-of-town people, including my life-saving physician, Dr. Razzaque Ahmed from Boston. My original dermatologist in Pittsburgh, Dr. Judy Small, had worked closely with Dr. Ahmed over the phone during the first six years of my treatment (until I had to change doctors because of insurance and facility/provider changes). How could I have a celebration of LIFE and not invite the doctor whose ‘alternative’ treatment of IVIg was the reason I was alive? Remember, IVIg was very controversial back in 2001.

Since it was for charity, I was willing to go that extra mile. I am not sure I was using my old and trusty cognitive model -- without emotional interference -- but I was determined to stay on track. Finally, I decided on a private club where a dear friend (and a Vice President at PNC Financial Services, a 2012 Annual Meeting sponsor), had generously offered to sponsor my birthday event.

I enjoyed creating the menus, invitations, and RSVPs. Thanks to some technical help from my husband, everything got printed and mailed. Will Zrnchik, our CEO, set up a special Web page for the party so people could donate online.

As a token of my appreciation for everyone’s support, for Dr. Small’s unwavering commitment and care, and to welcome Dr. Ahmed to Pittsburgh, I would like to invite Chelsea and Kirstie of Bodiography Contemporary Ballet to perform “Pieces of My Puzzle” by Maria Caruso. Ms. Caruso is well known for her acclaimed ballets focused on medicine, science and educational awareness. I found it fitting to express my gratitude this evening with this lovely work describing the passion of those who work to find cures to support humankind.

Continued on page 12...
...continued from COMPREHENSIVE APPROACH, page 4

ticed I had a couple of new lesions. I stopped eat-
ing the garlic and two days later the lesions disap-
peared. I waited several weeks (enough time for the
garlic to leave my system) and I tried it again. The
same thing happened, as well as a third time.

I discovered testing foods myself lessened my overall
disease activity and allowed me to identify what foods and
approximate what amounts were going to result in lesions.

I came to the personal conclusion that eating a
large amount of garlic consistently was not a good
idea for me. I found the same thing happened with
large amounts of onions and, believe it or not, sour-
dough bread. I discovered testing foods myself less-
ened my overall disease activity and allowed me to
identify what foods and approximate what amounts
were going to result in lesions.

One of the most helpful things I tried was bio-
feedback and Transcendental Meditation. Before I
was diagnosed with PV, I went to the Transcenden-
tal Meditation Center in San Francisco and learned
some methods for relaxation. Biofeedback showed I
was able to significantly reduce my stress quotient.
Because of that early success, I recently became cer-
tified in Hypnotherapy. Now, I use hypnotherapy on
myself and to help others reduce stress.

There isn't any disagreement that stress reduction
is an important part of healing from disease -- not
just pemphigus and pemphigoid, but any disease. Dr. Terry Wolinsky McDonald (IPPF Board of Direc-
tors and a regular Quarterly columnist) has written
many articles on coping with stress. I strongly agree
with her that it isn't about the stress itself as much
as it is the way we deal with the stress. There are ma-
ny different methods of stress reduction so finding
one that fits into your life is a key to effective heal-
ning and coping.

Sometimes being proactive with disease can be
difficult. Once the medicine starts to work, many
people want to pretend nothing was wrong in the
first place. Some simply take their medicine, eat
whatever they want, and avoid physical activity. I'm
guilty! We just pretend we're fine hoping a positive
attitude will be enough. Having a positive attitude is
extremely important, but pretending we don't have
to take care of ourselves can be hurtful. The drugs
for these diseases can cause damage to our bodies
and a proactive, positive attitude can help promote
healing faster.

I have been in remission now for about 15 years, 10
drug-free. I watch my eating habits and notice any
changes certain foods cause. Taking prednisone off
and on for 10 years has had a negative effect on my
spine and joints, but I find ways to exercise: mild yo-
ga, walking, hot pool aerobics, and stretching -- and
last but not least -- relaxation.

I believe a comprehensive approach to healing not
only helps us heal our disease, but can help us keep
a positive attitude as well.

Janet Segall founded the National Pemphigus Pemphigoid
Foundation in 1994 to provide
information and support. In
2009, Janet founded Small Steps
Counseling in Sacramento, CA, and
continues to support pemphigus
and pemphigoid patients using
hypnotherapy, stress reduction, and
peer counseling.

Events & Happenings

FEBRUARY
28 IPPF 2013 Patient Conference Early Bird
Registration ENDS

28 Rare Disease Day 2013
"RARE DISORDERS WITHOUT BORDERS"
(Worldwide - rarediseaseday.org)

MARCH
1-5 71st American Academy of Dermatology
Annual Meeting
(Miami, FL)

APRIL
26-28 IPPF 2013 Patient Conference
(Hilton San Francisco Airport, Burlingame, CA)
in my honor. I swear that if I didn’t also have Sjogren’s Syndrome I would have cried my eyes out!

Many of my guests asked me to make it a yearly event! While flattered, it probably won’t happen at the level of this one, but I will definitely have smaller cocktail-like parties at home and continue to request donations in lieu of gifts.

It feels so wonderful to have both a landmark birthday and a memorable evening and celebration with friends and family who donated to IPPF. The reality is anyone can do this on their own comfort level.

The bottom line here is from that original "seed" came an evening I will never forget and will help others because of generous donations. The icing on the cake is most of my doctors got to meet each other face-to-face for the first time. And, it looks like Dr. Ahmed will be invited to talk to Pittsburgh doctors, residents, and others in the near future with a hope that it could drive some to study and research pemphigus and pemphigoid.

I am thankful to the generous local merchants who provided many items, services and gift certificates for the Silent Auction.

Knowing that this fundraiser can be repeated in small ways over the coming years gives me far more happiness than any one-week vacation could possibly have given me. I am not special for having planned this event, but I get a warm and wonderful feeling just knowing that I was able to embrace a new way of giving. I can absolutely validate that it is far better to give than to receive.

If you have an idea, let that seed evolve. See where it takes you. We can find new ways of giving -- whether with special skills, money, frequent flyer miles, volunteering time and services for one of the Foundations’ many committees, educating people, or supporting others emotionally. The list is endless, and you will feel better knowing you are making a contribution that makes a difference.

I am writing this shortly before Thanksgiving, and I will appreciate it more than usual. In recent years I, like many of you, have experienced many losses (people, pets, previously taken for granted good health).

But in many ways my life is now fuller. I have met amazing people and physicians whom I never would have met. As 2012 comes to an end, and the new year starts, move forward in your own way and make a difference. Your life will be fuller for it. That is a promise.

Just plant a seed.

Dr. Terry Wolinsky McDonald is a licensed clinical psychologist in the Pittsburgh, PA. area. She is a member of the IPPF Board of Directors, co-chair of the Patient Conference Committee, and regular contributor to the Quarterly. Her articles focus on the psychological aspects of living with P/P in patients, caregivers, and family members.
What Does the IPPF Mean to YOU?

Support. Information. Hope. Even life... we all have our story.

by Will Zrnchik
IPPF CEO

To Anna, the IPPF means hope when all hope was gone. For Steve, the IPPF means discovering hundreds of other patients when he thought he was alone. And Jack -- Jack says he owes the IPPF his life. To me, the IPPF means helping my ‘pem-family’ find comfort, strength, and support through our dedicated staff and volunteers.

Phone calls and emails come in to our offices every day. Between the new patient calls and flare-up questions, there are little rays of sunshine that bring hope. Thousands of people around the world remember their first call, how the IPPF was there for them, and what the IPPF means to them. Now it’s your turn.

Please contribute to the IPPF this Holiday Season. Your donation funds essential, life-saving programs and services such as the Registry, Peer Health Coaches, Awareness, and more. And now you can be a Sustaining Donor! Our organization is lean, so a higher percentage of your money goes directly to the programs we offer and the research initiatives we sponsor.

You can safely donate online at www.pemphigus.org/give2012 or use the form below.

As I look back over the past year, I remember how many members of my pem-family I have talked with and helped with the gift of hope. I know for our Peer Health Coaches that number is even higher. This holiday season give the gift of knowledge, support... and hope.

Happy Holidays and Happy New Year!

I want to give the gift of Support this Holiday Season!

Name: __________________ Phone: __________________
Address: __________________ Email: __________________
City: __________________ State: ________ Zip Code: ____________

☐ Visa CREDIT CARD# _______ _______ _______ _______ _______ _______ _______
☐ MC EXP DATE: ___ / ___ Signature: ____________________________

☐ Please spread my donation out over a period of time (credit cards only):
 Charge my credit card $_____ for _____ months for a total donation of $______

☐ I want to “Double Up” my donation!
 I will ask a friend or family member to match my donation.
 Their check is included, or they will donate online in my honor.

Please include your payment or donate online at www.pemphigus.org/give2012
Join us in San Francisco! Patients, caregivers, and physicians from all over will be celebrating friendship and fellowship at the Hilton SFO. Guests at the hotel enjoy a discounted room rate of $129 per night (up to 3 people per room), $8 self-parking per day, and complimentary in-room internet access. That’s a total savings of $100 for a two-day stay!

The 16th Annual Patient Conference kicks off with a Welcome Reception on Friday night, April 26, 2013, and will officially start on Saturday morning, April 27, 2013, ending at noon on Sunday, April 28, 2013. Both new and returning attendees will enjoy the plenary sessions over the weekend. As always, the IPPF Board of Directors and Peer Health Coaches will be on hand, as will members of the IPPF Medical Advisory Board and local and global experts on pemphigus and pemphigoid.

There will be several workshops to attend to help patients and caregivers better understand the diseases, treatments, and lifestyle issues. These workshops are geared towards smaller audiences and offer more specific information and encourage interaction among attendees.

A keynote luncheon on Saturday, networking breakfasts, our annual Welcome Reception on Friday night, and beverage breaks are included. And make sure to unwind on Saturday night at our Cocktail and Social Mixer with other attendees and our sponsors! There will be a 50/50 Raffle and the winner must be present to win and past winners have won $400, $500, and as much as $750!

There are two rates, Early Bird and Regular. There is a discount for groups of 2 or more.

**EARLY BIRD REGISTRATION ENDS 2/28/2013.**

- Early Bird - 1 person: $150 each
- Early Bird - 2 or more: $100 each
- Regular Rate - 1 person: $225 each
- Regular Rate - 2 or more: $200 each
- On-site Rate - all attendees: $300 each

Tickets at the door are $300 per person and we accept cash, check, or credit card. To receive the group discount all tickets must be purchased at the same time.

The actual cost per person is over $600, but you can join the fun for a fraction of that thanks to our Event Sponsors! Make sure to stop by their tables and thank them for their generosity and services to the pemphigus and pemphigoid community!

Register today at www.pemphigus.org/2013conference or by sending in your payment and the completed registration form on the next page.

Don’t wait! Last year’s conference nearly sold out! Don’t miss this spectacular IPPF event!
**REGISTRATION FORM**

2013 PATIENT CONFERENCE  
April 26-28, 2013 • San Francisco, CA

Print Name (as you want it to appear on your name badge)

Organization/Employer Name (Corporate Sponsors Only)

Mailing Address - Street
☐ Home  ☐ Work

City  State/Province  Zip/Postal Code  Country (other than US)

Daytime Phone:  ☐ Home  ☐ Work  ☐ Cell (  )
Email:  ☐ Home  ☐ Work

<table>
<thead>
<tr>
<th>DISEASE INFORMATION</th>
<th>HOW TO REGISTER</th>
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<tbody>
<tr>
<td>☐ PV  ☐ PF  ☐ PNP  ☐ BP  ☐ CP  ☐ OCP/MMP  ☐ Other ______</td>
<td>1. Register Online: <a href="http://www.pemphigus.org/2013sf">www.pemphigus.org/2013sf</a></td>
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<td></td>
<td>2. Call our offices: (916) 922-1298 x103</td>
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<td></td>
<td>3. Contact your Peer Health Coach</td>
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<td>4. Mail this completed form with payment to:</td>
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<td>IPPF 2013 Patient Conference</td>
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<td></td>
<td>1331 Garden Highway #100, Sacramento CA 95833</td>
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Registration cannot be processed without payment. Payment must be in US funds. All cancellations must be received in writing or by email to info@pemphigus.org. For cancellations postmarked on or prior to March 15, 2013, we will refund registration costs less $25 administrative fee. Cancellations postmarked between April 16 and April 10, 2013 may be refunded up to 50% of the registration fees. We may be unable to make refunds after April 10, 2013 due to food, beverage and material costs. We will gladly transfer your fees to another person as a scholarship, or credit you with a tax-free donation.

**IF YOU ARE REGISTERING BEFORE FEBRUARY 28, 2013, SELECT EARLY BIRD PRICING.  IF YOU ARE REGISTERING MARCH 1, 2013 OR LATER, SELECT REGULAR PRICING.**

<table>
<thead>
<tr>
<th>Annual Meeting Registration Fees</th>
<th>Early Bird</th>
<th>Regular</th>
<th>Total</th>
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<tbody>
<tr>
<td>SINGLE Registration if you are attending by yourself</td>
<td>☐ $150</td>
<td>☐ $225</td>
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<td>HINT: You +1? You +3? Register below as a GROUP and SAVE!</td>
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<tr>
<td>GROUP Registration if you are attending with one or more individuals</td>
<td>☐ $100 x ___ people</td>
<td>☐ $200 x ___ people</td>
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Registration Fees include attendance for all three days, materials, food/beverage during meeting times, Friday’s Welcome Reception, Lunch on Saturday, and Saturday Evening’s Social Mixer! Subject to change without notice.

**Scholarship Donation.** Please help someone else attend this year’s meeting.

**Tax-Free Donation.** Help support current and future programs and research.

Total Enclosed

☐ Check/Money Order made payable in U.S. funds to IPPF

☐ VISA  ☐ MasterCard

VISA/MC # ____________________________ Exp. Date: ____/____

Security Code: ____________

Billing Address (if different from above): _______________________________________

Signature: ________________________________________ Indicates you agree to have your card charged.
Your journey is uphill every day.

You feel like there is no escape.

The fog never seems to go away.

You are invited to join patients from around the world at the IPPF’s 2013 Patient Conference and see how San Francisco gives new meaning to these phrases.

SAVE THE DATE!
APRIL 26-28

Wish you were here!
San Francisco 2013