



Dr. Joanne F. Shen, MD  
Mayo Clinic – Ophthalmology - Phoenix, AZ

Dr. Joanne Shen joined Mayo Clinic staff in Arizona in 2007, as a consultant in the Department of Ophthalmology. She is cornea fellowship trained and specializes in dry eye, ocular surface diseases, complex anterior segment surgery, and cornea transplantation. Recognized as a national dry eye specialist, Dr. Shen has served on the Tear Film Ocular Surface Society (TFOS) Dry Eye Workshop II (DEWS II) and the TFOS Lifestyle Workshop. She has been leading the Mayo Clinic team for the Southwest Walk to raise money for the Sjögren's Foundation since 2010.



Dr. William Mitchell, ND  
AZ Integrative Rheumatology - Scottsdale, AZ

Dr. William Mitchell is a board-certified naturopathic doctor specializing in rheumatology. His focus in rheumatology stems from his own chronic health struggles and fascination with immunology and autoimmune disease. His special interests include Sjögren's, dysautonomia, auto immune thyroid disease, rheumatoid and psoriatic arthritis, ankylosing spondylitis, fibromyalgia and lupus. Dr. Mitchell is a proponent of “Integrative Medicine” and works alongside rheumatology specialists in Gilbert and Scottsdale, Arizona.



Dr. Karissa N. Arca, MD  
Mayo Clinic – Neurology - Phoenix, AZ

Dr. Arca is a neurologist specializing in autonomic and headache disorders at Mayo Clinic in Arizona. She is involved in advocacy, education, and research and has a special interest in the cross-section of autonomic disorders and headaches. In her practice as an autonomic neurologist, she frequently evaluates and treats patients with Sjögren's related autonomic dysfunction. She has studied abnormal breathing patterns in patients with POTS and Sjögren's disease.