



The Michigan Chapter is moving!
In March we will be relocating to:
23999 Telegraph Road
Southfield, MI 48033

10 Tips for Healthy Winter Eating

Jun 18, 2008 - Maryan Pelland



After determining what's out there that's good and satisfying, it isn't too hard to turn around the inclination to curl up in a warm corner and indulge in chips, sodas, salty snacks and heavy foods while waiting for spring. Here are 10 great ideas for bringing good health to winter.

1. Read up on what fruits and vegetables are in season locally. Learn how to use them.
2. Explore the frozen food section of your grocery store. Nutritionally, frozen fruits, vegetables and other foods are as nutritional as fresh. Surprisingly, some frozen foods are better, like fish. (Health Library, www.epnet.com, True or False: Fresh Food Is Better Than Frozen or Canned Food by Rhianon Davies and Amanda Barrett, MA)
3. Take a heart-healthy cooking class at the local community college or perhaps a hospital community center. New ideas fuel new habits.
4. Find a personally satisfying way of exercising. Swim at the YMCA. Walk or jog at an indoor fitness center. Walk outdoors in milder weather. Buy one excellent piece of fitness equipment and use it. Keep active. The couch is not a good friend.
5. Make small, healthy substitutions in typical winter recipes. Broccoli cheese soup is fine, but use low fat cheese, lower fat milk and less butter in the recipe. Experiment to create something with great flavor and less salt and fat.
6. Cook hearty, but healthy meals making sure the meat in stews, soups and casseroles is lean, the sauces light and flavorful, and all are packed with vegetables.
7. Serve dessert every night, but choose fruits, berries, and light treats like angel food cake.
8. Keep a good supply of cut up, fresh, crisp root veggies like celery, carrots, and radishes in your refrigerator to use for some snacking. Dip in peanut or other nut butter or light cream cheese.
9. Switch from sweetened beverages to highest quality herbal or green teas. There are health benefits there and plenty of flavor coupled with warm satisfaction.
10. Make friends with apples. Winter fruits, apples are packed with antioxidants, available in lots of varieties and truly keep the doctor away. Bake them, sauce them, slice them or just chomp into one.



Hibernating is avoidable and so are winter weight gain and winter blahs. A few minutes of extra thought about activity and nutrition can bring awesome rewards. When spring comes, there's no need to feel as if crawling out of the cave is too horrifying to contemplate.

Read more at Suite101: 10 Tips for Healthy Winter Eating: Don't Hibernate and Gain Weight - Eat Lighter and Get Moving
<http://www.suite101.com/content/0-tips-for-healthy-winter-eating-a57541#ixzz11Uun3cBS>

Scleroderma Foundation
Michigan Chapter
30301 Northwestern Highway, Suite 300
Farmington Hills, MI 48334

Tel: (248) 865-7259
Toll Free: (800) 716-6554
www.scleroderma.org/chapter/michigan
MIchapter@scleroderma.org

Stepping Across Michigan To Cure Scleroderma Walk News

Before you know it the snow will be melted and scleroderma patients, family members and friends will once again be "Stepping Across Michigan to Cure Scleroderma." The Michigan Chapter is busy planning not ONE but THREE exciting walks and runs this year because we know how much fun everyone has had at the Detroit walk.

This year the Chapter is hosting a walk in Lansing at the Hawk Island Park on July 30th and a 5K run and walk in Grand Rapids in conjunction with the Help Fight Scleroderma Foundation and their Greatest Ever 5K Run that benefits the University of Michigan Scleroderma Program. The walk and run will be held on September 3rd at the Riverside Park. The Detroit walk will be held on June 26th at the Detroit Zoo.

No matter where you live in Michigan there will now be a walk within a short drive that you can participate in, so come out and show your support!

The Michigan Chapter is looking for support for the walks/runs in the following areas:

Donations of:

- Packaged crackers
- Packaged pretzels
- Granola bars (soft kind)
- Bagels
- Packaged cookies
- Bananas
- Bottled water
- T-shirt sponsorship of \$100 for your business or family name
- T-shirt sponsorship of \$250 for your business or family logo (will create one for no charge if you do not have a logo). T-shirts are used at all three walks making this an excellent value!
- Baskets valued at \$75 and up for the tin can raffle for the Detroit walk – can be themed of any nature (i.e. Italian basket/Margarita/Book Club/Dinner out/Pamper/Game Night)

The Michigan Chapter is also looking for volunteers for all of the walks. If you would like to volunteer or donate to one of the walks/runs please contact the Chapter at (800) 716-6554.

Stepping Across Michigan To Cure Scleroderma Walk T-Shirt Sponsorship Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____

E-Mail: _____

_____ \$100 Sponsor _____ \$250 Sponsor _____ Other

Credit Card Number: _____

Expiration Date: _____ Three Digit Code: _____

_____ My check is enclosed

MAIL TO

30301 Northwestern Highway / Suite 300 / Farmington Hills / MI / 48334

Light Therapy: A Promising Treatment For Scleroderma Skin Manifestations?

Scleroderma is a chronic disease of connective tissue characterized by deposition of large amounts of collagen, a protein similar to fibrin which is seen in scar tissue. Localized scleroderma affects only the skin, whereas systemic disease, systemic sclerosis, may affect the lungs, gastrointestinal tract, kidneys, and heart in addition to the skin. The skin seems to have a tough, fibrotic type of a presentation. Although the various forms of localized scleroderma are not life threatening, they may result in joint contracture, loss of flexibility, and disfigurement.

Historically, many different types of treatments have been attempted, but until now none has proven to be effective. Accumulating evidence indicates that UVA-1 light irradiation therapy may offer a genuine opportunity to help patients with localized scleroderma and the skin manifestations of systemic sclerosis. This light therapy has a favorable risk to benefit ratio. Few adverse effects are seen.

Phototherapy (light therapy) may work through anti-inflammatory as well as immunosuppressive actions. Ultimately, it may reduce fibrosis and skin hardening.



Patients who are treated with this therapy undergo many sessions (weeks) of treatment in a tanning booth type of setting. Although "tanning booths" or sunbathing normally increase the risk of skin cancer, the type of light therapy used for scleroderma treatment (UVA-1) does not have this danger. This therapy modality is still fairly new, but gives hope that a new option may work for scleroderma patients.

References:

J Am Acad Dermatol 1998;Vol. 38 pp.21-6

Ann Rheum Dis 2010;Vol. 69;pp. 1475-1478

The Annals of Pharmacotherapy 2007; Vol. 40: pp. 1388-1393

Arch Dermatol 1984; Vol. 120;pp. 329-331

Drugs 2007; Vol. 67: pp. 517-525(9)

In three words I can sum up everything I've learned about life: it goes on.

— Robert Frost

Medication Storage

Patients who have scleroderma are on multiple medications. Below are some useful tips on how to organize and keep your medications.

- Keep an updated list of all your medications. Include prescription drugs, over-the-counter medications, herbal and vitamin supplements.
- Fill your prescriptions at one pharmacy in order for them to best maintain your records and determine any drug interactions with your medication regimen.
- Medications that require refrigeration should be stored in an area where they will not freeze. Keep them separated from food items. If you have left an item out of the refrigerator that is supposed to be kept in this cold environment, call your pharmacist to determine if the medication is still good. Depending upon the amount of time the medication was left out of the refrigerator, and the specific medication, the medication may still be salvageable. However, beware that prolonged exposure to non-refrigerated temperatures may make the medication less potent or even dangerous.
- Store medications in their original container. Do not mix medications in one container as during an emergency, this would make identification difficult.
- Store all medications in a dry, cool place. The bathroom and kitchen may be bad places to keep your medicines due to the heat and moisture in those rooms.
- Store medications away from direct sunlight.
- Room temperature storage is considered 59-86 degrees F.
- Do not share medications prescribed to you or others.
- Discard outdated medications, or those that you are no longer taking.
- Discard medications that do not have a label.
- If you are injecting or mixing a medication, ask a nurse or pharmacist how to properly prepare or use the medication.
- Do not crush your medication without asking your physician or pharmacist if this is OK.

If you are being prescribed a new medication, ask/tell your physician the following:

- Risks/benefits of the medication
- What effects to look for and when you might expect to see them
- Have a list or bring your medications to your doctor's appointment
- Tell your physician any issues that you have about medication. For example, if you have no prescription insurance and must consider drug costs, or if you may have difficulties in complying with the medication regimen.
- Allergies you may have.
- Tell your physician about any other diseases you have, or may be receiving treatment for.

Upon starting a medication, make sure you have the following information:

- Name of the medication
- Why you are taking the medication
- How, when, and how long you should take the medication
- Dosage of the medication
- Food, beverages or activities to avoid while taking the medication
- Side effects of the medication
- What to do if you miss a dose or experience a possible side effect
- Will you need to refill the medication, or is this a medication you will need to be on chronically?
- Medication storage

A great site to research information about your drugs, or to check if your drug regimen has any interactions is www.drug.com.



After thirty, a body has a mind of its own.

— Bette Midler

Home Protection Plus® Programs from DTE Energy

You could save hundreds of dollars on costly repair bills.

- Home Protection Plus® Repair Plans are like an extended warranty. They cover many of your household appliances, heating and cooling system, and plumbing items when they need repair for only pennies a day. If something goes wrong, one phone call is all it takes to have an authorized technician come and take care of the repair.
- Home Protection Plus® Appliance Repair Service provides dependable appliance maintenance check-ups and repair service on all brands of central air conditioners, water heaters and furnaces.

Call: 800 556-0011 today for more information on this program and begin saving today. DTE can also assist you with getting on a budget plan if you are having difficulty paying for your heating bill. Don't wait until your service is turned off, call today and talk to a representative and determine what DTE can do to assist you. If you need help with this process call the MI Chapter and Laura Dyas will work with you.

Chemical Cuisine

Learn about Food Additives

Shopping was easy when most food came from farms. Now, factory-made foods have made chemical additives a significant part of our diet.

In general, it's best to avoid the following ingredients.

- Sodium nitrite
- Saccharin, Aspartame, Acesulfame-K
- Caffeine
- Olestra
- Food Dyes

And don't forget to cut back on sugar and salt, which cause more harm than all the other additives combined.

www.cspinet.org



Lifestyle Changes to Treat High Blood Pressure

A critical step in preventing and treating high blood pressure is a healthy lifestyle. You can lower your blood pressure with the following lifestyle changes:

- Losing weight if you are overweight or obese.
- Quitting smoking.
- Eating a healthy diet, including the DASH diet (eating more fruits, vegetables, and low fat dairy products, less saturated and total fat).
- Reducing the amount of sodium in your diet to less than 1,500 milligrams a day.
- Getting regular aerobic exercise (such as brisk walking at least 30 minutes a day, several days a week).
- Limiting alcohol to two drinks a day for men, one drink a day for women.



In addition to lowering blood pressure, these measures enhance the effectiveness of high blood pressure drugs.

Drugs to Treat High Blood Pressure

There are several types of drugs used to treat high blood pressure, including:

- Angiotensin-converting enzyme (ACE) inhibitors
- Angiotensin II receptor blockers (ARBs)
- Diuretics
- Beta-blockers
- Calcium channel blockers
- Alpha-blockers
- Alpha-agonists
- Renin inhibitors
- Combination medications

Diuretics are often recommended as the first line of therapy for most people who have high blood pressure.

However, your doctor may start a medicine other than a diuretic as the first line of therapy if you have certain medical problems. For example, ACE inhibitors are often a choice for a people with diabetes. If one drug doesn't work or is disagreeable, other types of drugs are available.

If your blood pressure is more than 20/10 mmHg higher than it should be, your doctor may consider starting you on two drugs or placing you on a combination drug.

High Blood Pressure Treatment Follow-Up

After starting high blood pressure drug therapy, you should see your doctor at least once a month until the blood pressure goal is reached. Once or twice a year, your doctor will check the level of potassium in your blood (diuretics can lower this, and ACE inhibitors and ARBs may increase this) and other electrolytes and BUN/creatinine levels (to check the health of the kidneys).

After the blood pressure goal is reached, you should continue to see your doctor every three to six months, depending on whether other diseases such as heart failure are present.

The harder the conflict, the more glorious the triumph.

— Thomas Paine

Michigan Chapter Support Groups

Flint

Flint Area Support Group

McLaren Community Medical Center, 10090 E. Lippincott Blvd., Davison, Michigan.
Support Group Leader: Kathy Hartner - (810) 655-8762, kahart6@comcast.net

Lansing

Various Saturdays depending on the needs of the group. Call for more information.

Lansing Area Support Group

Support Group Leaders:

Celia B. Guro, Ph.D., M.S.U. Director, Personal Counseling and Professional Development at (517) 432-2734
or Doris Soliz-Hill - (517) 316-9849.

Livonia

7:00 p.m. - 8:00 p.m.

Livonia Civic Park Senior Center - 15218 Farmington, Livonia, MI 48154

Support Group Leader: Sue Harris - (248) 982-5740, sharris2@twmi.rr.com

Downriver Support Group

Our Lady of Angels, 6442 Pelham Road, Taylor, Mich. 48180

Support Group Leader: Annie Valle - (313) 291-2055, avalue1930@hotmail.com

Grand Rapids Support Group

Holy Spirit Church - lounge area - 2230 Lake Michigan Drive NW, Grand Rapids, MI 49504-5999.

Church is wheelchair accessible.

Support Group Leader: Jean Hehrer - (616) 791-9384

Warren

Medical Education Center Auditorium A- 12000 E. 12 Mile Road Warren, MI.

Support Group Leader: Kim Radomski - (586) 790-5693, snugs1@wowway.com

Traverse City and Surrounding Areas

Call Judy Nichols for information (231) 775-8446 or e-mail her at: kenjudynichols@gmail.com

Judy is also on Facebook!

The Michigan Chapter is committed to meeting YOUR needs!

Call for more information about support groups - (800) 716-6554

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I think I've discovered the secret of life - you just hang around
until you get used to it.

— Charles M. Schulz

2011 Calendar of Events

January 6th - "Managing Your Scleroderma"

Livonia Support Group Meeting – 7:00 p.m. - 8:00 p.m.
Livonia Senior Center -15218 Farmington Rd. Livonia, MI

January 17th - "Fatigue"

Grand Rapids Support Group – 6:30 p.m. - 8:00 p.m.
Holy Spirit Catholic Church - 2230 Lake Michigan Drive NW - Grand Rapids, MI

February 3rd - "Coping With Stress"

Livonia Support Group Meeting – 7:00 p.m. - 8:00 p.m.
Livonia Senior Center - 15218 Farmington Rd. Livonia, MI

February 21st - "Scleroderma and Employment"

Grand Rapids Support Group – 6:30 p.m. - 8:00 p.m.
Holy Spirit Catholic Church - 2230 Lake Michigan Drive NW - Grand Rapids, MI

March 3rd - "The Mind-Body Connection"

Livonia Support Group Meeting – 7:00 p.m. - 8:00 p.m.
Livonia Senior Center - 15218 Farmington Rd. Livonia, MI

March 12th - "Exercise and the Benefits"

Warren Support Group Meeting – 11:00 a.m. - 1:00 p.m.
Medical Education Center Auditorium A-12000 E. 12 Mile Road, Warren, MI

March 19th

Downriver Support Group Meeting – 10:30 a.m. - 12:30 p.m.
Our Lady of Angels Catholic Church - 6442 Pelham Rd. Taylor, MI
"PH" Speaker Kelly Howard from Actelion

March 21st - "Dental Care"

Grand Rapids Support Group – 6:30 p.m. - 8:00 p.m.
Holy Spirit Catholic Church - 2230 Lake Michigan Drive NW - Grand Rapids, MI

April 6th - "Managing Your Fatigue"

Livonia Support Group Meeting – 7:00 p.m. - 8:00 p.m.
Livonia Senior Center - 15218 Farmington Rd. Livonia, MI

April 9th - "Stress Management and Dealing with Stress in Our Lives"

Patient Education Day – 11:00 a.m. - 1:00 p.m.
Medical Education Center Auditorium A - 12000 E. 12 Mile Rd. Warren, MI

April 16th - "Dental Care Needs for the Scleroderma Patient and those with Autoimmune Diseases"

Patient Education Day Downriver – 10:30 a.m. - 12:30 p.m.
Our Lady of Angels Catholic Church - 6442 Pelham Rd. Taylor, MI 48180

April 18th - "Systemic Sclerosis"

Grand Rapids Support Group – 6:30 p.m. - 8:00 p.m.
Holy Spirit Catholic Church - 2230 Lake Michigan Drive NW - Grand Rapids, MI

April 25th - "Fatigue" and Speaker Mary Hall Price

Flint Patient Education Day - 7:00 p.m. - 8:30 p.m.
Al Serra Buick – 6201 S. Saginaw - Grand Blanc, MI 48430

May 4th - "Facing Depression with Courage"

Patient Education Day - 7:00 p.m. - 8:00 p.m.
Livonia Senior Center-15218 Farmington Rd. Livonia, MI

May 7th - "Laughing Your Way Through the Pain"

Patient Education Day - 2:00 p.m. - 4:00 p.m.
Peckham – Riverside Place - 2511 North Martin Luther King Blvd., Lansing, MI

May 14th - "Disability Issues and Knowing Your Rights" Speaker will present material

Warren Patient Education – 11:00 a.m. - 1:00 p.m.
Medical Education Center Auditorium A - 12000 E. 12 Mile Road, Warren, MI

May 16th - "How to Be Your Best Advocate" Presented by Jan Gnall

Patient Education Day – 6:30 p.m. - 8:00 p.m.
Grand Rapids Support Group Holy Spirit Catholic Church
2230 Lake Michigan Drive NW - Grand Rapids, MI

May 21st - "The Benefits of Tai Chi" Speaker and Interactive Demonstration

Patient Education Day Downriver – 10:30 a.m. - 12:30 p.m.
Our Lady of Angels Catholic Church - 6442 Pelham Road Taylor, MI 48180

May 23rd - "Systemic Sclerosis" and a speaker presenting material

Flint Patient Education Day – 7:00 p.m. - 8:30 p.m.
Al Serra Buick - 6201 S. Saginaw - Grand Blanc, MI 48430

June 2011 Date TBD

3rd Annual NightHawks M/C
Ride for Hope
Details to follow in next newsletter.

June 2011

Celebrating June is Scleroderma Month
Gary Knurek Goodyear Tire
1973 Livernois, Troy, MI 48083 www.garyknurekinc.com
With every oil change proceeds will benefit the MI Chapter for the month of June.

June 2011

Celebrating June is Scleroderma Month
Plymouth's Picnic Basket Marketplace
49471 Ann Arbor Rd. W.
Details will follow in the next newsletter on this event.

June 1st - "Exercise and Scleroderma" Interactive Demonstration

Patient Education Day - 7:00 a.m. - 8:00 p.m.
Livonia Senior Center -15218 Farmington Rd. Livonia, MI

June 11th - "Caring for Our Skin's Needs" Speaker will present material

Warren Patient Education – 11:00 a.m. - 1:00 p.m.
Medical Education Center Auditorium A - 12000 E. 12 Mile Road, Warren, MI

June 11th - "For Your Heart" Speaker will present material

Warren Patient Education – 11:00 a.m. - 1:00 p.m.
Medical Education Center Auditorium A - 12000 E. 12 Mile Road, Warren, MI

June 20th - "Scleroderma and Sexuality"

Grand Rapids Support Group – 6:30 p.m. - 8:00 p.m.
Holy Spirit Catholic Church - 2230 Lake Michigan Drive NW - Grand Rapids, MI

June 26th

Detroit's 32nd Stepping Across MI to Cure Scleroderma Walk and Run

Detroit Zoo – Royal Oak, MI
5K Run through Huntington Woods begins at 8:00 a.m.
2 Mile Walk inside the Detroit Zoo begins 8:30 a.m.

Registration:

<http://www.firstgiving.com/32nd/Event/steppingacrossmichigantocurescleroderma>

Walkers: *\$25 per person before 6/24 *\$30 after 6/24 ages 6 and under free

Runners: *\$24 per runner before 6/24 *\$30 after 6/24

Pledges are appreciated as this is a fund raiser and will benefit the programs and services of the MI Chapter and fund research to help find a cure for scleroderma

*Admission to Detroit Zoo included - a value of \$11 for adults, \$9 for seniors and \$7 for children. What a great VALUE!

June 27th - "The Mind-Body Connection"

Flint Support Group – 7:00 p.m. - 8:30 p.m.
Al Serra Buick - 6201 S. Saginaw - Grand Blanc, MI 48430

July 8th -10th

National Scleroderma Conference - San Francisco, CA

Hotel-Hilton-Union Square 333 O'Farrell St.

A cocktail party on Friday evening begins the fun filled weekend.

Saturday and Sunday are filled with educational breakout sessions. Vendors all weekend. A weekend you don't want to miss! Education, networking and lots of FUN for patients, family members and caregivers! Let's have Michigan well represented in 2011.

July 18th - "Exercise and Scleroderma"

Grand Rapids Support Group – 6:30 p.m. - 8:00 p.m.
Holy Spirit Catholic Church - 2230 Lake Michigan Drive NW - Grand Rapids, MI

Peace begins with a smile.

— Mother Teresa

July 25th - "How to Get a Good Night's Sleep"

Flint Support Group – 7:00 p.m. - 8:30 p.m.
Al Serra Buick - 6201 S. Saginaw - Grand Blanc, MI 48430

July 30th

Stepping Across MI to Cure Scleroderma Lansing Walk

Hawk Island
Ingham County, MI
2 Mile walk begins at 9:00 a.m.

Registration:

<http://www.firstgiving.com/32nd/Event/steppingoutacrossmichigantocurescleroderma>

Walkers: \$25 per person before 6/24 \$30 after 6/24 ages 6 and under free

Pledges are appreciated as this is a fund raiser and proceeds will benefit the programs and services of the MI Chapter and fund research to help find a cure for scleroderma.

August 6th

Annual Ride for Scleroderma

Jokers MC – Motorcycle Charity Ride
More details to follow in next newsletter.

August 13th - "Nutrition and the Needs of those with Scleroderma and Other Autoimmune Related Diseases" - Speaker will present material

Warren Patient Education – 11:00 a.m. - 1:00 p.m.
Medical Education Center Auditorium A-12000 E. 12 Mile Road, Warren, MI

August 15th - "How to Get A Good Night's Sleep"

Grand Rapids Support Group – 6:30 p.m. - 8:00 p.m.
Holy Spirit Catholic Church - 2230 Lake Michigan Drive NW - Grand Rapids, MI

August 20th - "How Meditation Can Help to Relax and Relieve Chronic Pain"

Speaker will present material to group
Patient Education Day Downriver – 10:30 a.m. - 12:30 p.m.
Our Lady of Angels Catholic Church - 6442 Pelham Road Taylor, MI 48180

August 22nd - "Coping with Stress"

Flint Support Group – 7:00 p.m. - 8:30 p.m.
Al Serra Buick - 6201 S. Saginaw - Grand Blanc, MI 48430

September 1st - "Scleroderma and Employment"

Livonia Support Group - 7-8:00 p.m.
Livonia Senior Center - 15218 Farmington Rd. Livonia, MI

September 3, 2011

Stepping Across MI to Cure Scleroderma Walk Greatest 5K Run for Scleroderma

Riverside Park, Grand Rapids, MI

8:30 Registration begins

9:45 Kids Run

10:00 5K Run/Walk Begins

10:30 Post Party Activities

Registration:

<http://www.firstgiving.com/32nd/Event/steppingoutacrossmichiganGrandRapids>

Details to follow in the next newsletter.

September 10th - "Neurologically Speaking Where Are We?"

Warren Patient Education – 11:00 a.m. - 1:00 p.m.
Medical Education Center Auditorium A - 12000 E. 12 Mile Road, Warren, MI

September 17th - Open Discussion and Format for Scleroderma Patients, Caregivers and Family Members

Downriver Support Group – 10:30 a.m. - 12:30 p.m.
Our Lady of Angels Catholic Church - 6442 Pelham Road Taylor, MI 48180

September 19th

Grand Rapids Support Group – 6:30 p.m. - 8:00 p.m.
Holy Spirit Catholic Church - 2230 Lake Michigan Drive NW - Grand Rapids, MI
"Managing Your Scleroderma"

September 26th - "Managing Your Scleroderma"

Flint Support Group – 7:00 p.m. - 8:30 p.m.
Al Serra Buick - 6201 S. Saginaw - Grand Blanc, MI 48430

September 22nd - "The Benefits of Hyperbaric Therapy"

Patient Education Day – 6:30 p.m. - 8:30 p.m.
Munson Community Health Center - Traverse City, MI

October 6th - "Dental Care for the Scleroderma Patient"

Livonia Support Group – 7:00 p.m. - 8:00 p.m.
Livonia Senior Center - 15218 Farmington Rd. Livonia, MI

October 17th - "The Mind-Body Connection"

Grand Rapids Support Group – 6:30 p.m. - 8:00 p.m.
Holy Spirit Catholic Church - 2230 Lake Michigan Drive NW - Grand Rapids, MI

October 22, 2011

"Dancing In the Rain Rx's In Mind, Body and Spirit-A Full Day Seminar for the Autoimmune Community" Conference

Macomb Community College - John C Lewis Center – Warren, MI
8:00 a.m. – 4:00 p.m.

October 24th - "Exercise and Scleroderma"

Flint Support Group – 7:00 p.m. - 8:30 p.m.
Al Serra Buick – 6201 S. Saginaw – Grand Blanc, MI 48430

November 3rd - "Systemic Sclerosis and Morphea"

Livonia Support Group – 7-8:00 p.m.
Livonia Senior Center - 15218 Farmington Rd. Livonia, MI

November 12th - "Holiday Celebration and Pot Luck"

Warren Support Group – 11:00 a.m. - 1:00 p.m.
Medical Education Center Auditorium A - 12000 E. 12 Mile Road, Warren, MI

November 19th - "Facing Depression with Courage"

Grand Rapids Support Group – 6:30 p.m. - 8:00 p.m.
Holy Spirit Catholic Church - 2230 Lake Michigan Drive NW - Grand Rapids, MI

November 19th - Holiday Celebration and Pot Luck

Downriver Support Group-10:30 a.m. - 12:30 p.m.
Our Lady of Angels Catholic Church - 6442 Pelham Road Taylor, MI 48180

November 19th - Scleroderma Annual Dinner Dance

Club Venetian
29310 John R Madison Heights, MI 48071
Family style dinner, open bar, tin can raffles, and dancing
Tickets \$75/\$100/\$200 Tables of 10 available.

December - Date TBD on a Saturday

Livonia Support Group
Livonia Senior Center-15218 Farmington Rd. Livonia, MI
"Holiday Celebration"

Every moment and every event of every man's life on earth plants something in his soul.

— Thomas Merton

7 Pains You Shouldn't Ignore

Experts describe the types of pain that require prompt medical attention.

By Leanna Skarnulis
WebMD Feature

Whoever coined the term "necessary evil" might have been thinking of pain. No one wants it, yet it's the body's way of getting your attention when something is wrong. You're probably sufficiently in tune with your body to know when the pain is just a bother, perhaps the result of moving furniture a day or two before or eating that third enchilada. It's when pain might signal something more serious that the internal dialogue begins:

"OK, this isn't something to fool around with."

"But I can't miss my meeting."

"And how many meetings will you miss if you land in the hospital?"

"I'll give it one more day."

Etc.

Here is a guide to which pains you should not ignore - and why. And, of course, if in doubt, get medical attention.

No. 1: Worst Headache of Your Life

Get medical attention immediately. "If you have a cold, it could be a sinus headache," says Sandra Fryhofer, MD, MACP, spokeswoman for the American College of Physicians. "But you could have a brain hemorrhage or brain tumor. With any pain, unless you're sure of what caused it, get it checked out."

Sharon Brangman, MD, FACP, spokeswoman for the American Geriatrics Society, tells WebMD that when someone says they have the worst headache of their life, "what we learned in medical training was that was a classic sign of a brain aneurysm. Go immediately to the ER."

No. 2: Pain or Discomfort in the Chest, Throat, Jaw, Shoulder, Arm, or Abdomen

Chest pain could be pneumonia or a heart attack. But be aware that heart conditions typically appear as discomfort, not pain. "Don't wait for pain," says cardiologist Jerome Cohen, MD. "Heart patients talk about pressure. They'll clench their fist and put it over their chest or say it's like an elephant sitting on their chest."

The discomfort associated with heart disease could also be in the upper chest, throat, jaw, left shoulder or arm, or abdomen and might be accompanied by nausea. "I'm not too much worried about the 18-year-old, but if a person has unexplained, persistent discomfort and knows they're high risk, they shouldn't wait," says Cohen. "Too often people delay because they misinterpret it as [heartburn] or GI distress. Call 911 or get to an emergency room or physician's office. If it turns out to be something else, that's great."

He tells WebMD that intermittent discomfort should be taken seriously as well. "There might be a pattern, such as discomfort related to excitement, emotional upset, or exertion. For example, if you experience it when you're gardening, but it goes away when you sit down, that's angina. It's usually worse in cold or hot weather."

"A woman's discomfort signs can be more subtle," says Cohen, who is director of preventive cardiology at Saint Louis University School of Medicine. "Heart disease can masquerade as GI symptoms, such as bloating, GI distress, or discomfort in the abdomen. It's also associated with feeling tired. Risk for heart disease increases dramatically after menopause. It kills more women than men even though men are at higher risk at any age. Women and their physicians need to be on their toes."

No. 3: Pain in Lower Back or Between Shoulder Blades

"Most often it's arthritis," says Brangman, who is professor and chief of geriatrics at SUNY Upstate Medical University in Syracuse, N.Y. Other possibilities include a heart attack or abdominal problems. "One danger is aortic dissection, which can appear as either a nagging or sudden pain. People who are at risk have conditions that can change the integrity of the vessel wall. These would include high blood pressure, a history of circulation problems, smoking, and diabetes."

No. 4: Severe Abdominal Pain

Still have your appendix? Don't flirt with the possibility of a rupture. Gallbladder and pancreas problems, stomach ulcers, and intestinal blockages are some other possible causes of abdominal pain that need attention.

No. 5: Calf Pain

One of the lesser known dangers is deep vein thrombosis (DVT), a blood clot that can occur in the leg's deep veins. It affects 2 million Americans a year, and it can be life-threatening. "The danger is that a piece of the clot could break loose and cause pulmonary embolism [a clot in the lungs], which could be fatal," says Fryhofer. Cancer, obesity, immobility due to prolonged bed rest or long-distance travel, pregnancy, and advanced age are among the risk factors.

"Sometimes there's just swelling without pain," says Brangman. "If you have swelling and pain in your calf muscles, see a doctor immediately."

No. 6: Burning Feet or Legs

Nearly a quarter of the 23 million Americans who have diabetes are undiagnosed, according to the American Diabetes Association. "In some people who don't know they have diabetes, peripheral neuropathy could be one of the first signs," says Brangman. "It's a burning or pins-and-needles sensation in the feet or legs that can indicate nerve damage."

No. 7: Vague, Combined, or Medically Unexplained Pains

"Various painful, physical symptoms are common in depression," says psychiatrist Thomas Wise, MD. "Patients will have vague complaints of headaches, abdominal pain, or limb pain, sometimes in combination."

Because the pain might be chronic and not terribly debilitating, depressed people, their families, and health care professionals might dismiss the symptoms. "Furthermore, the more depressed you are, the more difficulty you have describing your feelings," says Wise, who is the psychiatry department chairman at Inova Fairfax Hospital in Fairfax, Va. "All of this can lead the clinician astray."

Other symptoms must be present before a diagnosis of depression can be made. "Get help when you've lost interest in activities, you're unable to work or think effectively, and you can't get along with people," he says. "And don't suffer silently when you're hurting."

He adds there's more to depression than deterioration of the quality of life. "It has to be treated aggressively before it causes structural changes in the brain."



Put your heart, mind, and soul into even your smallest acts.
This is the secret of success.

Hyperbaric Oxygen Therapy

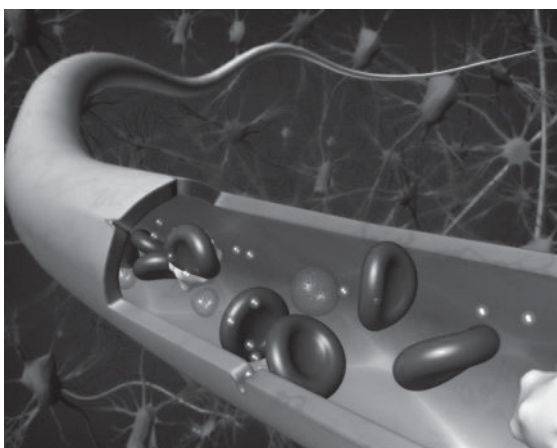
Hyperbaric Oxygen Therapy, HBOT, is a specialized form of medical treatment administered by delivering 100% pure oxygen to a patient through increased atmospheric pressure greater than 1.3 ATA in an enclosed hard chamber.

At pressures greater than normal, the body is able to incorporate more oxygen into blood cells, blood plasma, cerebral-spinal fluid and other bodily fluids. The increased oxygen absorption significantly enhances the body's ability to aid in its own healing.

Once a person is in the increased atmospheric pressure the body responds by reducing inflammation. With the inflammation reduced the blood flow increases the delivery of oxygen to oxygen-deprived areas.

It's at this point that the healing process is accelerated.

The body's natural healing mechanisms can now function efficiently because the damaged tissues are receiving more oxygen. Even when the blood supply has been compromised, tissues can still receive the healing benefits of oxygen from other body fluids and plasma in the surrounding area.



What does HBOT do to the body?

- Decreased Inflammation
- Saturates the body with oxygen, including the plasma and white cells, increasing the oxygen level by 20-30%.
- Increases the body's ability to fight infection.
- Creates new capillaries and increases blood flow.
- Clears and deactivates toxins and metabolic waste from the body.
- Stimulates the body to create new blood cells.
- Increases the body's production of stem cells 800% (after 40 treatments).
- Accelerates the rate of healing.

Hyperbaric oxygen therapy is not new.

In fact, the concept of Hyperbaric Medicine has been around since the 1800's. Since then, hyperbaric oxygen therapy has been used around the world to successfully treat a wide variety of medical conditions.

In 1937 hyperbaric oxygen treatments were first used for decompression sickness but it was not until 1956 that interest in hyperbaric medicine really heated up. In Amsterdam that year, Dr. I. Boerema reported that hyperbaric oxygen (HBO) was a therapeutic aid in cardiopulmonary surgery. Shortly after his colleague's discovery, W.H. Brummelkamp published a discovery of his own: anaerobic infections were inhibited by hyperbaric therapy.

International interest was rekindled when in 1962, reports of the enormous benefits of HBOT in the treatment of carbon monoxide poisoning were published. These discoveries and more, pushed hyperbaric medicine into the modern era. Installations of hyperbaric units quickly began at some of the most revered and prestigious medical centers in the United States. A few of these early adopters were Harvard Children's Hospital, New York Sinai Hospital, Duke University, and Good Samaritan Hospital in Los Angeles.

Fast Forward to the Era of Modern Hyperbarics.

The advent of modern imaging technologies such as Magnetic Resonance Imaging (MRI) and Single Photon Emission Computed Tomography (SPECT) and Positron Emission Tomography (PET), have provided researchers unprecedented insights into the actions and mechanisms of hyperbaric oxygenation and its effect on tissue. It's no coincidence that the most significant, documented advancements in Hyperbaric Medicine have emerged recently in large part due to pre- and post-hyperbaric therapy evaluation using these high-tech tools.

As hyperbaric research continues, scientists are finding that neurological conditions, stroke and brain injuries, all previously considered to have poor prognoses, respond well to HBOT.

Successful treatment with hyperbaric for conditions as diverse as autism, fibromyalgia, multiple sclerosis, side-effects of chemotherapy and radiation toxicity in cancer patients have growing numbers of researchers, physicians, patients and their families believing in the power and efficacy of HBOT. Many scleroderma patients have seen positive effects from treatments. You can seek treatments in Michigan at several centers. Call the Michigan Chapter for a location near you.



A person without a sense of humor is like a wagon without springs. It's jolted by every pebble on the road.

— Henry Ward Beecher

Reducing Wound Pain

WebMD Medical Reference

Reviewed By Brunilda Nazario, MD

Wounds always hurt, but the degree of pain will vary according to the nature, location, and severity of the injury. Burns are particularly painful, as are many blisters, cuts, and scrapes. While a puncture wound may hurt less, it could potentially be more serious if left untreated.

For any wound, you should take the following steps:

- Take care of the wound immediately, because even a minor wound can get infected if bacteria are allowed to build up in the wound site. If the wound is minor, you should give first aid at home.
- If you get a puncture wound or step on a rusty nail, you should see your doctor immediately, because you may need a tetanus shot. If you don't know whether you're due for a tetanus shot, don't take any chances. Call your doctor. If the puncture wound is from a human or animal bite, seek emergency medical attention. If your cut is deep or has jagged edges, you may need stitches to close the wound.
- Clean the wound with water. Avoid using soap, hydrogen peroxide, or iodine, which can irritate the injury. Hold the wound under running water to remove dirt, and use sterile tweezers to remove remaining debris. If you can't get the wound clean, see your doctor, because the dirt could trigger an infection. If there is a large object embedded in the wound, leave it alone and seek emergency help.
- When the wound is clean, apply antibiotic ointment one to three times a day to prevent infection, and cover it in a sterile bandage. Before reapplying ointment, clean the wound. Stop using the ointment if you develop a rash or other reaction. Change the bandage daily, and use soap to clean the skin around the wound.
- If the injury doesn't stop bleeding on its own, use a clean cloth to apply pressure. Maintain the pressure for 20 to 30 minutes while elevating the wounded area, if possible. If bleeding continues after 30 minutes of pressure or spurts out of the wound, seek medical help.
- Watch the wound to make sure it is healing. If the wound does not begin to heal or grows red, warm, and/or inflamed, or the skin around it shows red streaks, seek medical care immediately.

Reducing Wound Pain

If you have a postoperative wound, a serious injury or burn, or a chronic wound, your physician may recommend medication to relieve pain. Don't suffer in silence. If your wound is painful, or if a wound that wasn't painful now begins to bother you, call your doctor. This could be a sign of infection.

For minor wounds, these simple steps can reduce pain:

- Cover the wound to protect it from further injury.
- Change the bandage daily, and keep the wound clean to prevent infection.
- Take ibuprofen or acetaminophen to ease initial wound pain. If pain lasts for more than a day or two, consult your doctor.
- For a foot or ankle wound, stay off your feet as much as possible to ease pain and encourage healing.
- Be sure to get plenty of sleep and follow a healthy diet to help your body heal.

For minor burns, these simple steps can reduce pain:

- Hold the burn under cool running water, soak in a basin of cool water, or apply cool cloths to the burn.
- If a blister develops, do not break the blister. That raises the risk of infection.
- Cover the burn with antibiotic ointment and a sterile bandage. Change the bandage daily.
- Take ibuprofen or acetaminophen.
- Do not put butter, oil, ice, or ice water on a burn.



From the Desk of the Director

Greetings!

The Michigan Chapter had many accomplishments in 2010 and I wanted to share some of them with you. In 2010 we accomplished the following:

- Nine Patient Education Days in seven new locations in the state.
- Hosted the Wayne State Clinic Days with over three hundred doctors and nurses meeting with scleroderma patients.
- Expanded our "Ride for Hope" with the NightHawks Motorcycle MC.
- Gary Knurek Goodyear Tire in Troy celebrated June is Scleroderma Month by hosting a month long event for the Chapter and proceeds benefited our programs and services. Gary will be doing this again in 2011.
- The H.R. 2408 passed the House and Michigan had an 85% co-sponsorship from the state of Michigan and the lead co-sponsorship on the H.R. 2408 coming from Rep. Vern Ehlers, from Grand Rapids, MI.
- One hundred and ten requests were sent out for proclamations for June is Scleroderma Month and the Michigan Chapter received 54 favorable responses from cities, one from the Governor and a resolution from the Michigan Senate.
- Revenue from the 31st Walk and Run exceeded the 2010 budget.
- The Michigan Chapter hosted a state-wide conference with the American Autoimmune Related Diseases Association Inc., National Fibromyalgia Association, Sjogren's Syndrome Foundation and Lupus Foundation of America, Inc.

In 2011, I will be working along with the Board of Directors to increase awareness in the state regarding scleroderma, continuing to expand our programs and services and assuring that all those afflicted with scleroderma have the knowledge that the Michigan Chapter is always there for them!

I encourage all of you to attend one of the Patient Education Days, one of the three walks we will be hosting, or one of the events. It is so important to get involved and feel as if you helping to support the tri-mission of the Foundation. If I can be of assistance please do not hesitate to contact me. I am here to help in any way possible!

Laura Dyas

Experience is simply the name we give our mistakes.

— Oscar Wilde

Membership News

The Michigan Chapter is now accepting membership dues for 2011. One of the benefits to membership is a free subscription to the member magazine, the "Scleroderma VOICE." The magazine is published four times a year and features stories on persons living with scleroderma, updated research information and answers to your questions on scleroderma. As a member you also receive the MI Chapter's newsletter and e-mails with educational information and you and members that reside in your household are entitled to entrance to all of the Patient Education Days.

Dues help to defray daily operating costs, thus permitting more of its income from donations and fundraisers to be targeted for scleroderma research and awareness. Membership dues also enable the MI Chapter to offer quality educational experiences for patients.

Fill out the form today and let's increase the MI Chapter's membership beginning with YOU! You can also ask your family and friends to become members. They will be happy to support you and to learn more about the disease that affects your life.

Membership Plus Club Form

(Please check your desired level of membership)

- \$ 25.00 **Member of the MI Chapter** *Members receive a scleroderma beverage wrench*
- \$ 50.00 **Friend of the MI Chapter** *Members receive scleroderma slap pop can cooler*
- \$ 100.00 **Supporter of the MI Chapter** *Members receive scleroderma hat*
- \$ 250.00 **Companion of the MI Chapter** *Members receive 3 scleroderma items from the store*
- \$ 500.00 **Champion of the MI Chapter** *Members receive 5 items from the store plus \$25 gift card*

All above benefits also include the National Chapter magazine the VOICE, MI Chapter newsletters, e-blasts, entrance to the Patient Education Days for self and all other family members that reside in the household address.

Personal Information:

Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Phone: _____

E-mail: _____

Credit Card Number: _____

Expiration Date: _____ Three Digit Code: _____

- Thank you for the offer, but I would like to donate my scleroderma items back to the Michigan Chapter.

Change brings opportunity.

— Nido Qubein



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OUR MISSION

The mission of the Scleroderma Foundation is threefold:

- To provide educational and emotional support to people with scleroderma and their families
- To stimulate and support research designed to identify the cause and cure scleroderma as well as improve methods of treatment
- To enhance the public's awareness of this disease.



WHAT IS SCLERODERMA?

Scleroderma, or systemic sclerosis, is a chronic connective tissue disease generally classified as one of the autoimmune rheumatic diseases. The word "scleroderma" comes from two Greek words: "sclero" meaning hard, and "derma" meaning skin. Hardening of the skin is one of the most visible manifestations of the disease. The disease has been called "progressive systemic sclerosis," but the use of that term has been discouraged since it has been found that scleroderma is not necessarily progressive.

There is also much variability among patients.

What Scleroderma is Not

Scleroderma is not contagious, it is not infectious, it is not cancerous or malignant.

Beauty is power; a smile is its sword.

— John Ray

Winter 2011 Scleroderma Michigan's Source