



Stamford Connecticut 2010 Support Group Meetings

4th Saturday of the Month, 1:00 – 3:00 PM
(No meetings Jan, May, June, Nov & Dec)

Tully Health Center, 32 Strawberry Hill Court, Stamford, CT

Dear Friends,

It is our hope that you will consider attending our 2010 Stamford Connecticut Support Group Meetings. We are very excited about each one because...they have been planned especially for you. Each meeting covers a specific topic relevant to today's scleroderma patient. The information we'll share could improve your health and give you the leverage you need, while dealing with scleroderma. You will also have an opportunity to share your health experiences, triumphs and concerns. 2010 will be a year of moving forward and meeting new friends. You don't have to be alone. Please join us as together we continue the fight against scleroderma.

*Sincerely,
Pat and Peter Gerardi
Stamford, CT
Scleroderma Foundation
Support Group Leaders*

2/27/10

Scleroderma Overview

Today's presentation by Howard Blumstein, MD was filmed in April 2009 at Tri-State's Long Island Ed Forum held at Huntington Hospital in Huntington, NY. Dr. Blumstein is a Board Certified Rheumatologist at Rheumatology Associates of Long Island, LLP. He is a Clinical Associate Professor of Medicine at Stony Brook University Hospital and participates in the Rheumatology Fellowship Program. He has also authored scientific papers published in peer-reviewed journals. Dr. Blumstein has a wide clinical interest and cares for patients with scleroderma and other collagen vascular diseases. **This meeting is a must!**

3/27/10

Physical Therapy & Scleroderma

Today's presentation by Abbie Oxford, PT, DPT was filmed at the Tri-State Chapter's 2009 Syracuse NY Ed Forum. Ms. Oxford is a Physical Therapist at St. Joseph's Hospital Outpatient Physical Therapy Services in Syracuse, NY. She earned her Doctoral Degree in Physical Therapy from the University of Buffalo. Ms Oxford diagnoses and manages individuals suffering from various medical problems and health related conditions that limit their functional activities. She is also a clinical Instructor assisting in comprehensive training for student development. **Please join us as together we will learn how physical therapy can make a difference!**

4/24/10

PAH – Breathing Easier

This presentation by James White, III, MD, PhD was filmed at University of Rochester Medical Center at Tri-State Chapter's 2008 Rochester NY Ed Forum. Dr. White is Assistant Professor of Medicine in the Department of Medicine at the University of Rochester Medical Center. He is a graduate of the University of Pittsburgh School of Medicine with degrees in Medicine and a Doctorate of Philosophy in Neuroscience. He is Board Certified in Critical Care and Pulmonary Disease by the American Board of Internal Medicine. **We hope to see you at this meeting!**

***** Special Attention *****

If you would like to receive a postcard reminder before each support group meeting please call 800-867-0885 and let us know so we can put you on the list.

**** OR ****

To help save money and time, and keep us green, send an email to sdtristate@scleroderma.org (with your email address) so we can put you on our email reminder list.

6/26/10

Scleroderma Research Update

Today's presentation by Jessica Gordon, MD was filmed at Huntington Hospital at Tri-State Chapter's Long Island Educational Forum in April 2009. Dr. Gordon is a Senior Research Fellow in Rheumatology at Hospital for Special Surgery where she is a co-investigator with Dr. Robert Spiera. She has been involved in research since her residency. **Come and find out what is happening now in research and what is on the horizon.**

7/24/10

Oral Health & Scleroderma

Today's presentation by David Leader, DMD was filmed in April 2009 at Hospital for Special Surgery in NYC for the Tri-State Chapter's Spring Ed Forum. Dr. Leader is a family dentist and an Assistant Clinical Professor of General Dentistry at Tufts University School of Medicine in Boston, MA. He is the author of more than 100 dental articles, including several on scleroderma and dentistry. Dr. Leader is a popular presenter at the Scleroderma Foundation's National Conferences and recently wrote their medical brochure entitled, "Dental Care In Scleroderma". **You won't want to miss this meeting!**

8/28/10

Raynaud's Phenomenon

Today's presentation by Ramzi Khairallah, M.D. was filmed at the Tri-State Chapter's 2009 Syracuse NY Ed Forum. Dr. Khairallah is a Rheumatologist at Arthritis Health Associates in Syracuse, NY. He completed his Internal Medicine residency at Staten Island University Hospital. His Rheumatology Fellowship was completed at University Hospital at SUNY Health Science Center in Syracuse, NY. Dr. Khairallah is well versed on all facets of scleroderma, including Raynaud's Phenomenon. **Come and learn as we listen to Dr. Khairallah together!**

9/25/10

Scleroderma: Have We Made Progress?

This presentation by Professor Dame Carol Black was filmed at the Tri-State Chapter's 2009 Research Forum in NYC. Professor Black is internationally recognized as a leader in both clinical and basic research in scleroderma. The Scleroderma Unit she established at the Royal Free Hospital in London, England is the European center for patient care and for studies in both the management and the basic mechanisms of scleroderma. Professor Black is also an honored member of the Scleroderma Foundation's Medical Advisory Board. You won't want to miss this meeting. **Why don't you bring a friend!**

10/23/10

Digestive System Issues & Scleroderma

This presentation by Dr. Dinesh Khanna was filmed at Mount Sinai Medical Center in NYC in 2005, by the Tri-State Chapter. Dr. Khanna was the Assistant Professor of Medicine at the University of Cincinnati, at the time of this filming. His interests included assessing the quality of life in scleroderma and he was in the process of developing a medical report entitled, "Digestive System Involvement in Scleroderma". His findings have now been documented and published. You will receive a free copy of his findings after viewing his presentation. Gastrointestinal issues seem to be an issue for many scleroderma patients and this meeting will provide helpful information on the subject. **We hope to see you at this meeting!**

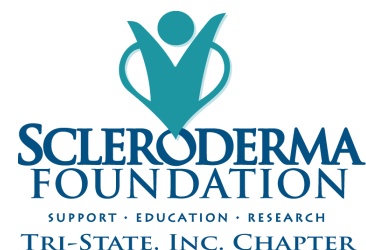
Quick Facts About Scleroderma

- There are an estimated 29,000 cases of scleroderma throughout the Tri-State Chapter and 300,000 in the United States. This is comparable to the number of people with multiple sclerosis.
- Complications of scleroderma typically include some or all of the following: extreme sensitivity to the cold in extremities (Raynaud's Phenomenon), difficulty swallowing and digesting food, facial changes, profound fatigue, pain and hand deformity, amputations of fingers and toes due to vascular damage, pulmonary fibrosis, pulmonary arterial hypertension, renal crisis, and renal failure.
- Misdiagnosis is common. It can take one year or more for an individual to be diagnosed and receive appropriate treatment.

For more information on meetings or to check on possible topic/speaker changes or cancellations due to inclement weather call Pat and Peter Gerardi (203) 357-1489

Light Refreshments Provided

Support Group Meetings Are Free and Open to the Public



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800-867-0885 sdtristate@scleroderma.org
www.scleroderma.org/chapter/tristate