

## Stamford Connecticut 2011 Support Group Meetings

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

Tully Health Center, 32 Strawberry Hill Court, Stamford, CT  
(Suite A or B)

*Dear Friends,*

*It is our hope that you will consider attending our 2011 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. 2011 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***  
(203) 357-1489  
[Stamford@scleroderma.org](mailto:Stamford@scleroderma.org)

*Support Group Leaders*

**January 22, 2011**

### **“New Study Drugs and Scleroderma Update”**

Join us for Dr. Robert Spiera's talk on new study drugs from the Tri-State Spring Forum filmed at the Hospital for Special Surgery. Hear what is new in research and drug therapy. Dr. Spiera is an Associate Professor of Clinical Medicine and Director of the Vasculitis and Scleroderma Programs at the Hospital for Special Surgery. **Please join us!**

**February 26, 2011**

### **“Needy Meds”**

This is a must see presentation by Dr. Richard Sagall, MD, founder of the non-profit organization that helps anyone who is taking prescription medications! This could save you on prescription drug costs. He guides you step by step and provides his website, which has all of his latest information <http://www.needymeds.org>. **This meeting could change your life!**

**March 26, 2011**

### **“Less Well Known Manifestations of Systemic Scleroderma”**

Are you interested in hearing about some of the conditions of scleroderma that are less well known? Perhaps you were wondering if it was part of having Scleroderma? This presentation gives a great understanding with helpful visual slides by Dr. Sergio Jimenez, Director of the Scleroderma Center and Co-Director of the Jefferson Institute of Molecular Medicine, Director of the Division of Connective tissue Diseases and Professor of Biochemistry and Molecular Biology at Thomas Jefferson University. **Please join us because this meeting's a must!**

## **Your Support Is Needed!**

### **Special Attention**

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



**Sunday, June 26, 2011**

9:00 AM - Registration

10:00 AM - Walk Begins

Westhill High School

Stamford, Connecticut

<http://walks.SclerodermaTriState.org>

**April 30, 2011**

### **Be Your Best Advocate**

Jan Gnall is a Health Care Professional and patient with Systemic Diffuse Scleroderma. She delivers a high energy talk on how you can advocate for yourself with doctors, employers, etc. Jan has written a notebook to use as a tool for your daily care regimen to maintain skin functionality and work with skin thickening. Her book is available on the [www.scleroderma.org](http://www.scleroderma.org) website or on her website at [www.beyourbestadvocate.com](http://www.beyourbestadvocate.com). Proceeds from the book go to the Scleroderma Foundation. **You will want to take notes!**

**August 27, 2011**

### **Autoimmune Disease and the Dry Eye**

A great topic for those with conditions such as Sjogrens, this talk by Dr. James Aquavella filmed at the fall forum at the University of Rochester Medical Center prompted many good questions from the audience and it was a great and informative presentation for all. Dr Aquavella, a specialist in cornea and external diseases of the eye, continues to be a leader in the area of cornea and anterior segment conditions of the eye. He has been a member of the Kings County Medical Center, Brooklyn Eye and Ear Hospital, Massachusetts, Eye and Ear Infirmary, Harvard University and the Schepens Institute in Boston. **Many practical applications you will want to know!**

**September 24, 2011**

### **New Insights: Scleroderma Related Lung Disease**

Come and hear Dr. Erica Herzog's enlightening updates on Scleroderma related Lung disease. A great presentation with lots of great information. **A must see for everyone!**

**October 22, 2011**

### **Self Management Strategies**

Deborah McCloskey, RN, BSN gave a well received presentation, which included strategies for patients, based on her experiences in the care of scleroderma patients since 1988 at UMDNJ. Her focus is on quality health care and quality of life for the patient. **You will want to see this one!**

#### **Keep up to date at [sclerodermavideo.com](http://sclerodermavideo.com)**

Speakers at Tri-State Educational Forums cover a variety of topics from recent research findings to thoughts on treatment options. **Sclerodermavideo.com** is home to many presentations given at the forums, enabling presentations to be streamed (viewed) on your computer.

Watch and learn as physicians, researchers and other healthcare professionals share insights for coping with scleroderma related concerns.

#### **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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