

The SFDV wishes

everyone good health and a

Happy New Year

The Pursuit

Support Education Research

NEWSLETTER OF THE SCLERODERMA FOUNDATION ~ DELAWARE VALLEY CHAPTER

Dec. 2011

Tell Me More . . .

Chris T. Derk, MD, MSc, Associate Professor of Clinical Medicine, Division of Rheumatology, University of Pennsylvania, recently gave a talk on "Scleroderma: Introduction and Epidemiology" in Baltimore, Maryland, and discussed some common questions regarding the occurrence of scleroderma.

Introduction

We know that Scleroderma is a disease of the immune system. It involves the skin as well as internal parts of our body. The immune system is confused, blood vessels are thickened and over reactive to stimulation by cold or stress, and scar tissue formation is observed when not needed (skin as well as other parts of the body are affected), but do we know anything more about who gets scleroderma and why?

How do you get Scleroderma?

Nobody really knows, though we know it is not contagious and most patients who get the disease don't have relatives who have it, thus genetics don't play a large role. Environmental factors such as chemical agents as well as viral illness have been suggested as potentially having a role in triggering the development of this disease though this is not understood completely at this time and difficult to prove. Furthermore, scleroderma is very different person to person making it difficult to make direct comparisons.

Who gets Scleroderma?

300,000 people in the United States have some form of Scleroderma. One third have systemic scleroderma which means those patients have internal organ involvement.

For every 4 women who have scleroderma only one man has it. It can affect people of all ages, gender and race. The disease in most people starts between 25 and 55 years of age. However, it often takes patients many years before being properly diagnosed.

We have seen that the Choctaw Indians of Oklahoma have a higher incidence of the disease thought to be related to a genetic difference in this population.

In African-Americans the disease tends to start at an earlier age, typically in their 40's as compared to Caucasian patients who typically first develop this disease in their 50's. African-Americans more commonly have the diffuse form of the disease which has skin involvement that goes above the elbows and above the knees and is more likely to involve the internal organs as compared to Caucasian patients who typically develop the limited form of the disease where skin tightness is limited to below the knees and elbows.

Patients suffering from one type of autoimmune disease are more prone to develop another type of autoimmune disease, thus we can see scleroderma patients suffer from an overlap syndrome with diseases such as lupus and rheumatoid arthritis.

Some diseases can mimic scleroderma such as eosinophilic fasciitis, scleromyxedema, scleredema, graft versus host disease, and nephrogenic systemic fibrosis.

Is the rate of occurrence of scleroderma increasing?

We are not sure if this is the case or if through the years education has helped physicians better identify these patients.

Are there any geographical differences in the occurrence of scleroderma? Do other parts of the world experience the same amount of scleroderma in their population?

Yes, there are geographical differences and this may be based in the differences in populations among these geographic areas. For example, in Europe there is a much higher prevalence of limited disease while in the United States as compared to Europe there are more cases of diffuse disease.

11 Tips for Living With Chronic Pain

Published November 28, 2011,
by WebMD

Reviewed by Brunilda Nazario, M.D.

1. Learn deep breathing or meditation to help with chronic pain. Deep breathing and meditation are techniques that help your body relax, which eases pain. Tension and tightness seep from muscles as they receive a quiet message to relax.

Although there are many ways to meditate, the soothing power of repetition is at the heart of some forms of meditation. Focusing on the breath, ignoring thoughts, and repeating a word or phrase — a mantra — causes the body to relax. While you can learn meditation on your own, it helps to take a class.

Deep breathing is also a relaxation technique. Find a quiet location, a comfortable body position, and block out distracting thoughts. Then, imagine a spot just below your navel. Breathe into that spot, filling your abdomen with air. Let the air fill you from the abdomen up, then let it out, like deflating a balloon.

2. Reduce stress in your life. Stress intensifies chronic pain. Negative feelings like depression, anxiety, stress, and anger can increase the body's sensitivity to pain. By learning to take control of stress, you may find some relief from chronic pain.

Several techniques can help reduce stress and promote relaxation. Listening to soothing, calming music can lift your mood -- and make living with chronic pain more bearable. There are even specially designed
(continued on page 2)

11 Tips *(from page 1)*

relaxation tapes or CDs for this. Mental imagery relaxation (also called guided imagery) is a form of mental escape that can help you feel peaceful. It involves creating calming, peaceful images in your mind. Progressive muscle relaxation is another technique that promotes relaxation.

3. Boost chronic pain relief with the natural endorphins from exercise. Endorphins are brain chemicals that help improve your mood while also blocking pain signals. Exercise has another pain-reducing effect — it strengthens muscles, helping prevent re-injury and further pain. Plus, exercise can help keep your weight down, reduce heart disease risk, and control blood sugar levels — especially important if you have diabetes. Ask your doctor for an exercise routine that is right for you. If you have certain health conditions, like diabetic neuropathy, you will need to be careful about the types of activities you engage in; your doctor can advise you on the best physical activities for you.

4. Cut back on alcohol, which can worsen sleep problems. Pain makes sleep difficult, and alcohol can make sleep problems worse. If you're living with chronic pain, drinking less or no alcohol can improve your quality of life.

5. Join a support group. Meet others living with chronic pain. When you're with people who have chronic pain and understand what you're going through,

you feel less alone. You also benefit from their wisdom in coping with the pain.

Also, consider meeting with a mental health professional. Anyone can develop depression if they're living with chronic pain. Getting counseling can help you learn to cope better and help you avoid negative thoughts that make pain worse — so you have a healthier attitude. Asking for help is a sign of strength, not weakness.

6. Don't smoke. It can worsen chronic pain. Smoking can worsen painful circulation problems and increase risk of heart disease and cancer.

7. Track your pain level and activities every day. To effectively treat your pain, your doctor needs to know how you've been feeling between visits. Keeping a log or journal of your daily "pain score" will help you track your pain. At the end of each day, note your pain level on the 1 to 10 pain scale. Also, note what activities you did that day. Take this log book to every doctor visit — to give your doctor a good understanding of how you're living with chronic pain and your physical functioning level.

8. Learn biofeedback to decrease pain severity. Through biofeedback, it's possible to consciously control various body functions. It may sound like science fiction, but there is good evidence that biofeedback works — and that it's not hard to master.

Here's how it works: You wear sensors that let you "hear" or "see" certain bodily functions like pulse, digestion, body temperature, and muscle tension. The squiggly lines and/or beeps on the attached monitors reflect what's going on inside your body. Then you learn to control those squiggles and beeps. After a few sessions, your mind has trained your biological system to learn the skills.

9. Get a massage for chronic pain relief. Massage can help reduce stress and relieve tension — and is being used by people living with all sorts of chronic pain, including back and neck pain.

10. Eat a healthy diet if you're living with chronic pain. A well-balanced diet is important in many ways — aiding your digestive process, reducing heart disease risk, keeping weight under control, and improving blood sugar levels. To eat a low-fat, low-sodium diet, choose from these: fresh fruits and vegetables; cooked dried beans and peas; whole-grain breads and cereals; low-fat cheese, milk, and yogurt; and lean meats.

11. Find ways to distract yourself from pain so you enjoy life more. When you focus on pain, it makes it worse rather than better. Instead, find something you like doing — an activity that keeps you busy and thinking about things besides your pain. You might not be able to avoid pain, but you can take control of your life.

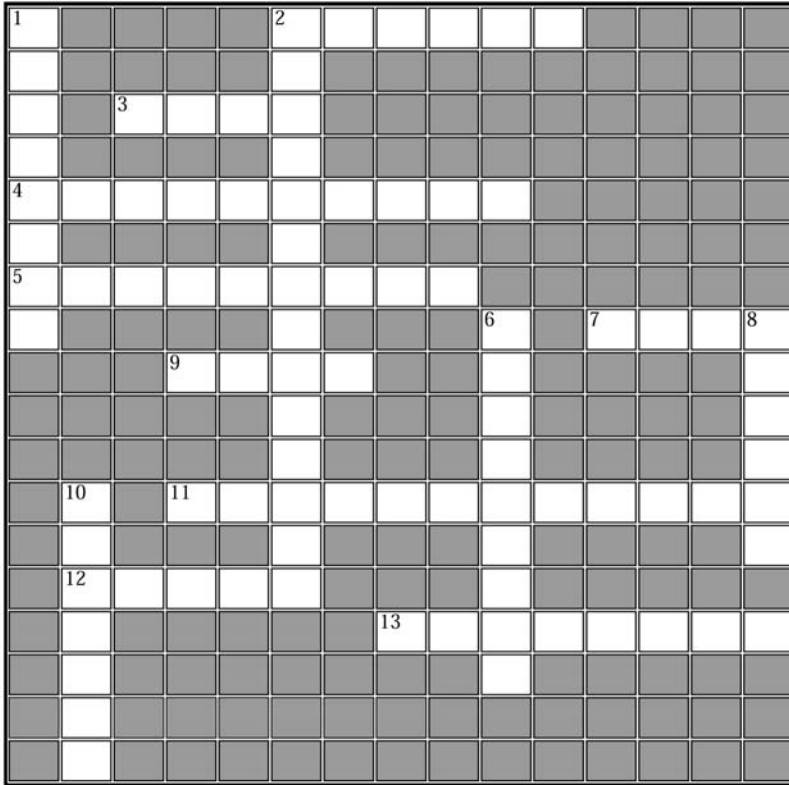
We would like to recognize several fundraisers held outside of the chapter during 2011.

On March 18, 2011 the **Deltones** (deltone.com), an A Capella singing group at the University of Delaware, donated the proceeds from ticket sales at their Sing-Off in memory of Kathleen Schetter who was a very active member of the Delaware Valley Chapter, but sadly lost her battle with scleroderma about 7 years ago. Her daughter, Erica Schetter, is currently a student at the University of Delaware and a member of the Deltones. We are honored and thankful for their generosity.

In the fall of 2010, the **215 Foundation** held its annual golf tournament at the Ramblewood Country Club in Mount Laurel, NJ. They kindly donated the proceeds from this tournament to the Scleroderma Foundation Delaware Valley Chapter, \$2800, recognizing the Scleroderma Foundation as the leading non-profit supporter of scleroderma research. We would like to thank the Frey family, Tim Keyser, and the entire 215 Foundation for their support and generosity.

Speaking Engagements

Christine Gaydos, Executive Director of the Scleroderma Foundation Delaware Valley Chapter, was recently a guest speaker at the Rotary Club of Maple Shade and the Rotary Club in Philadelphia. Speaking engagements such as these provide a wonderful opportunity to create awareness in the community and potential support at our events. If you belong to an organization that would be interested in learning about scleroderma and the work of our chapter, please contact Chris at 866-675-5545 or email at dvchapter@scleroderma.org.



ACROSS

- 2. Gastroesophageal _____ disease (GERD)
- 3. The ultimate goal of scleroderma researchers
- 4. Type of disease where the body attacks its own cells
- 5. Mission of the SFDV - part 1
- 7. Raynaud's disease causes pain upon exposure to _____
- 9. Type of fundraiser used to raise awareness of scleroderma
- 11. City holding the oldest scleroderma walk in the Scleroderma Foundation
- 12. Side of the heart affected in pulmonary arterial hypertension
- 13. Mission of the SFDV - part 3

DOWN

- 1. material deposited in the skin that creates hardness
- 2. Medical specialist who treats scleroderma
- 6. Mission of the SFDV - part 2
- 8. City hosting the 2012 National Scleroderma Conference
- 10. Type of scleroderma affecting only the skin

Answers on page 7

Spread the word on Scleroderma



Come join us for a beef and beer benefit in memory of Joseph Pane.

Help support the research on finding a cause and cure of Scleroderma.

**Saturday, February 4, 2012
at 7:00 PM
The Ballroom at Bridgemen's Hall
1160 Norcom Road,
Philadelphia, PA 19154**

Tickets are \$35.00 (in advance) and \$40.00 (at the door)

The night includes the following:

Buffet Dinner, Beer and Soda

Cash Bar Available

There will also be raffles, dancing, and an evening of fun.

Scleroderma is a chronic autoimmune disease. Similar to lupus, multiple sclerosis, it is a chronic –often progressive–disease in which the body's immune system attacks its own tissues. There are an estimated 300,000 people in the United States who are affected by Scleroderma. All proceeds and donations will go to the Scleroderma Foundation. This is a non-profit organization with a mission to find the cause and cure of Scleroderma.

**For tickets email at
sclerodermafund@aol.com**

Care for the Caregiver

Have you ever wanted to provide a special gift or break for your caregiver? Nancy's House, www.nancys-house.org, is a non-profit organization in Suburban Philadelphia providing weekend programs of rest, meals, classes for relaxation, massage therapy, and much more for those who look after their chronically-ill loved ones. For more information contact Nancy's house at 215-885-0753 or email at info@nancys-house.org.

Stepping Out to Cure Scleroderma

York Walk

More Photos available on [Picasa.com](#).
Search Scleroderma - York Walk

The 7th Annual York Walk was held on August 13, 2011. 170 participants, both walkers and volunteers, came out to beautiful John Rudy Park on a Saturday morning to support the scleroderma community south/central PA. In true York Walk tradition participants were treated to entertainment by singer/songwriter Dani Hoy, as well as the York Revolution mascot, Downtown, table sales from Cookie Lee and Tastefully Simple, over 30 raffle items, and a hot dog barbeque. Awards were given to the teams with the most walkers and most money raised in 2010.



Most Walkers on a team 2011 1st Place, Deb's Crusaders – 2nd Place, Team Valentin – 3rd Place, Kay's Krew

Most Money Raised in 2010 1st Place, High Noon Platoon — 2nd Place, Kay's Krew — 3rd Place, Team Wendy

We would like to thank our sponsors **Actelion and Giant Foods**, and our great volunteers who come together as team every year to create a fun event for everyone to enjoy.



Philadelphia Walk

More Photos available on [Picasa.com](#).
Search Scleroderma - Philly Walk

The 22nd Annual Philadelphia Walk is the largest fundraiser sponsored by the Scleroderma Foundation Delaware Valley Chapter and this year drew over 650 participants and raised over \$70,000. The Philly Walk takes place every year along Kelly Drive in Fairmount Park passing along the famous bathhouses and scenic river. The day starts out early at 6 AM when over 30 volunteers arrive to transform the Lloyd Hall gymnasium into a festival of entertainment, refreshments, raffles, scleroderma information, team photos,

and much more. Our **volunteers** make all this possible and we are so fortunate to have dedicated team “families” who come back year after year. Thank you for making the biggest walk the easiest walk.

Awards for the most walkers on a team and most money raised by a team in 2010 were presented at the end of the day

Most Walkers on a Team 1st Place, Team Bhagat — 2nd Place, Team Joey — 3rd Place, Team Dottie

Most Money Raised in 2010 1st Place, Team Cimini — 2nd Place, Team Burl-Cam — 3rd Place, Team Joey

We were most fortunate to have generous sponsors this year including **Actelion Pharmaceuticals, Merrill Lynch Wealth Management, Ewing/Cona Group, Genentech, Saul Ewing, and Healthmark Foot and Ankle** located in Media and Phoenixville, PA.

We would like to thank everyone who contributed to this year's event. **Mindy Schley and BK Foods** provided the amazing food and **Bernie's Pretzels** (Sharon Hill, PA) the Philly pretzels, **Navneet Verma and Pradeep Bhagat** organized and took all the team photos, and **Robin Levy** obtained and extravagantly wrapped the raffle items. **Charlie Danelutt** never lets us down and returned as our effervescent emcee. **Scott Ritchie** from Ocean Trophies in Spring Lake, NJ, provided all the award plaques.

The following story was the featured article in the August edition of *Suburban Life Magazine*.

Fighting to Ease the Pain

The Scleroderma Foundation Delaware Valley Chapter gives comfort and hope to Joey Lynn Barlow and other locals afflicted with a rare, debilitating disease

By Phil Gianficaro | Photography by Felicia Perretti

Joey Lynn Barlow's pain began slowly. At first, there were some aches here, some fatigue there. But the pain quickly grew to a thundering avalanche of misery every hour and every day.

Barlow, a Chester County-based single mother of two boys ages 14 and 12, bounced from doctor to doctor for an answer. She was only 38 years old and active—she had recently run in her first 5K race—so why, she wondered, was she feeling twice her age?

A litany of more than 40 blood and diagnostic tests followed over the course of a few months: CT scans, X-rays, colonoscopy, upper and lower GIs, complete blood analysis—the works. Was it Lyme disease? Rheumatoid arthritis? Lupus? Muscular dystrophy? Multiple sclerosis? ALS? Just what was at the root of her pain?

And then one day, in May of last year, Barlow answered her telephone and found out.

“I got your test results back,” she remembers her doctor saying. “You have scleroderma.”

Barlow's mental pain erupted. Because she had researched all the possibilities as doctors searched for a reason, she was all too familiar with scleroderma, which is a rare, progressive, incurable and possibly fatal autoimmune disease in which a person's immune system attacks the soft tissues, resulting in inflammation and damage.

Scleroderma comes from two Greek words: *sclero*, meaning hard, and *derma*, meaning skin. According to the American College of Rheumatology, 12 to 20 new cases of scleroderma per million are diagnosed in the United States each year. Approximately 300,000 Americans are currently battling the disease.

Scleroderma, which is more common among women, can be either localized (meaning it affects certain body parts) or systemic (affects all body parts), which is the type that ails Barlow.

Systemic scleroderma hardens and thickens the connective tissue that supports skin and internal organs, causing pain and/or swelling in the muscles and joints. It affects blood vessels and major organs, such as the heart, lung and kidneys. The disease typically targets those between the ages of 25 and 55. When Barlow was diagnosed, her age was almost exactly in the middle of those parameters.



The Scleroderma Foundation Delaware Valley Chapter helps raise funding for research on the cause and treatment of the disease; assists patients and their families in coping with the disease through mutual support programs; and raises public awareness of the disease through meetings, literature and other publicity activities.

“When doctors told me they think it might be rheumatoid arthritis, lupus or scleroderma, scleroderma was the one I didn't want,” she says.

But scleroderma is what it was. Barlow suddenly became Dorothy from “The Wizard of Oz,” her world spinning violently out of control.

“I had scleroderma,” she says. “I was panicking. I knew what it was and I

knew what could happen to me. I didn't know what to do or where to turn. I needed something or somebody to help me.”

Barlow found her something and somebody at the Scleroderma Foundation Delaware Valley Chapter, which is based in Cherry Hill, N.J. Soon after, the world that was spinning so wildly out of control finally began to slow down and take on some semblance of order.

“Finding that foundation was a godsend,” Barlow says. “They knew what I was going through, so they knew what I needed. They sent me information on the disease that was so easy to understand. They also hooked me up with reliable links online and with an online support group where once a week people just like me discuss what we're all going through. One doctor told me I should take Tylenol; that's what he thought about the disease.”

“If I didn't find the scleroderma foundation, I don't know what I would have done.”

Joey Lynn Barlow was approached last month by a co-worker, whose 22-year-old daughter was recently diagnosed with limited scleroderma.

“She needed some help,” Barlow says. “The first thing I told her was to call the Scleroderma Foundation Delaware Valley Chapter.”

Barlow also told the co-worker not to hesitate to contact her whenever she or her daughter feels the need. Barlow says the co-worker is not a close friend. But now, given their common battle, they're likely to bond like family.

Phil Gianficaro is an award-winning writer based in Doylestown.

Felicia Perretti is a freelance photographer based in Roslyn.

SFDV Events in 2011

With the end of 2011 drawing near I am pleased to reflect on the many events and places in which the Scleroderma Foundation Delaware Valley Chapter has participated including 7 fundraising events and 15 educational/awareness events. 2012 will no doubt be as busy – new events at this time include a car show in Wilmington, Delaware, and Scleroderma Day at the Camden River Sharks. We are thankful for all those who donated, volunteered, came up with ideas, or simply checked in on Facebook, Twitter, or email. There is always room for more...please feel free to contact the office if you have any ideas or would like to volunteer for a fundraiser or health fair.

March: Seminar with Lupus on Overlap syndrome in African-Americans; Grotto's Pizza fundraiser

April: Delaware 5K

May: Seminar in Allentown, PA on PAH; Tyler park Health Fair

June: PECO Crown Lights; Manasquan Shore Walk; MacCutcheon Lacy Golf Tournament

July: National Conference; Stronghold Church Health Fair

August: York Walk; Blue Claws Game (Lakewood, NJ); Presentation at Rotary Club (NJ)

September: Teri's Run; 1st Scleroderma in African-Americans seminar in Baltimore, MD; Camden County Health Fair; Rotary Club (Philadelphia)

October: Philadelphia Walk; Joint chapter seminar; Lupus Health Fair

November: Thanksgiving Parade

December: Annual Appeal

We are also very pleased to thank our walk and educational seminar sponsors who include:

Thank You to Our Sponsors!



Disclaimer: The Scleroderma Foundation in no way endorses any drugs or treatments reported in this newsletter or at SFDV sponsored meetings. Information is provided as a resource to be used with discretion. Because the manifestations and severity of scleroderma vary among individuals, personalized medical management is essential. Therefore, it is strongly recommended that all drugs and treatments be discussed with one's physician to assure proper evaluation and treatment.

Support Group Meeting Locations

DELAWARE

Wilmington, Delaware (North Delaware)

Kathleen Sammons, 302-482-2890, waffy606@aol.com or Angie Crowl, 302-425-5054, anglcrowl@aol.com
Once a month on Wednesdays at 6:00 pm – next meeting January 18
Woodlawn Library, 2020 West 9th Street
Wilmington, DE 19805
302-571-7425

NEW JERSEY

Cherry Hill, New Jersey (Burl-Cam)

John Keegan, 856-767-4783, johnkeegan@comcast.net 2nd Thursday of every other month starting in January at 1:30 pm
385 Kings Highway North, Cherry Professional Building, Cherry Hill, NJ 08034
856-779-7225

Warren, New Jersey (Watchung Hills)

Ellen Waldstein, 908-647-7266, ellw@optonline.net
Chris Frascella, 908-604-6054 (co-leader)
Tuesday at 2:00 pm, quarterly
Trinity United Church
118 King George Road, Warren, NJ 07059
732-469-5044

Woodbury, New Jersey

Mary Nuzzo, 856-582-6456, marynuzz@msn.com
1st Tuesday of the month, quarterly at 7:00 pm
Underwood Memorial Hospital
509 North Broad Street, Woodbury, NJ 08096
856-845-010
Please contact support group leader prior to attending meeting.

PENNSYLVANIA

Doylestown, Pennsylvania

Mary Gocek, 908-256-3408, marygocek@gmail.com
4th Monday of each month at 6:30 pm (except December)
Doylestown Hospital, 1st floor – North Wing – Conference Room B
595 West State Street, Doylestown, PA 18901
215-345-2200

Langhorne, Pennsylvania (Bucks County)

Telephone contacts for support:
Ilene Nusblatt, 215-321-1670, inusblatt@comcast.net
Sharon Durham, 215-638-2771

Philadelphia, Pennsylvania

Joyce Roby-Washington, 215-474-0259 or 267-516-6987, joycerw757@msn.com
2nd Wednesday of the month at 1:30 pm
Presbyterian Medical Center, University of Pennsylvania Health System
39th and Market Streets,
Wright Saunders Building
Gardner Conference Room 128-C
Philadelphia, PA 19104
215-662-8000

Reading, Pennsylvania

Dawn Batzel, 610-287-1445, happy81070@verizon.net
2nd Saturday of every other month at 10:00 am
Reading Pediatrics office
40 Berkshire Court, Wyomissing, PA 19610
610-374-7400

Williamsport, Pennsylvania

Jayne Young, 570-323-4228, weyclu@sunlink.net
Gayle Bullock, 570-398-0551 (co-leader)
1st Wednesday of the month at 1:00 pm (except January, February, July & August)
Life Center in the Lycoming Mall
300 Lycoming Mall Cir #3021, Muncy, PA 17756
570-546-6879
June and December meetings held at 1:15 pm at Grace Buffet, 811 N. Loyalsock Ave., Montoursville, PA 368-8666

York, Pennsylvania

Kathleen Gaskell-Blankenship, 717-428-1464, karlkathleen@earthlink.net
Meets quarterly on Wednesdays at 7:00 pm – next meeting February 1
Elmwood Mansion Conference Center
400 Elmwood Blvd. (Corner of S. Belmont St & Elmwood Blvd), York, PA 17402
800-436-4326



E-mail Support Group

like. If you are interested in being part of an email support group, please contact the office at 856-779-7225 or via e-mail at cferara@scleroderma.org.

We have started an e-mail support group for those patients and families that are not close to one of our existing support groups or those who would like to participate in addition to attending a support group. There is a weekly topic of discussion by email and everyone is free to comment or ask a question at any time. You can participate as little or as much as you

Support Group Leaders Needed

We are always looking to expand our support groups into new areas. Please contact our office if you are interested in becoming a Support Group Leader.

Delaware

Southern DE Area

New Jersey

Cape May Area
Co-leader for Ocean County/
Toms River Area
Monmouth County Area
New Brunswick Area

Pennsylvania

Carlisle/Harrisburg Area
Lehigh Valley Area
Delaware County Area
Norristown Area

- Down**
- Across**
1. collagen
 2. reflux
 3. cure
 4. autoimmune
 5. education
 6. awareness
 7. cold
 8. Dallas
 9. walk
 10. morphea
 11. Philadelphia
 12. right
 13. research

**NEWSLETTER OF THE SCLERODERMA FOUNDATION
DELAWARE VALLEY CHAPTER
385 KINGS HIGHWAY NORTH
CHERRY PROFESSIONAL BUILDING
CHERRY HILL, NJ 08034**

PLANNING AHEAD

February 4 – 7:00 pm Beef and Beer benefit in memory of Joseph Pane, The Ballroom at Bridgemen’s Hall, 1160 Norcom Road, Philadelphia, PA

March – Educational seminar in Philadelphia

April 15 – Car show and “Stepping Out to Cure Scleroderma” Run/Walk, Wilmington, Delaware (rain date for car show is April 22)

June – “Stepping Out to Cure Scleroderma” Walk, Manasquan, NJ
MacCutcheon/Lacy Golf Outing

Check our website at scleroderma.org/chapter/Delaware_valley for news and information. Check out our Facebook page for frequent postings at www.facebook.com/pages/Delaware-Valley-Chapter-for-Scleroderma-Foundation.

July – National Conference in Dallas, TX

August – “Stepping Out to Cure Scleroderma” Walk, York, PA




September – Teri’s Run, Downingtown, PA

October – “Stepping Out to Cure Scleroderma” Walk, Philadelphia, PA, Educational seminar in NJ

November – Thanksgiving Parade

TBD – Scleroderma Day at the River Sharks, Camden, NJ

MISSION STATEMENT

-  To help patients and their families cope with Scleroderma through mutual support programs, peer counseling, physician referrals and educational information.
-  To promote public awareness and education through patient and health professional seminars, literature and publicity campaigns.
-  To stimulate and support research to improve treatment and ultimately find the cause and cure of Scleroderma and related diseases.

SFDV Office

Scleroderma Foundation
Delaware Valley Chapter
385 Kings Highway North
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Cherry Hill, NJ 08034
856-779-7225
866-675-5545
DVchapter@scleroderma.org
www.scleroderma.org/chapter/delaware_valley

