

Subject: Become a Member Today to Receive the Scleroderma Voice!

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SCLERODERMA FOUNDATION

SUPPORT • EDUCATION • RESEARCH

eLetter #573 | September 26, 2014

Become a Member Today to Receive the Scleroderma Voice!



One of the benefits of membership to the Scleroderma Foundation is a subscription to our member magazine, the "Scleroderma VOICE." Published four times each year, each issue includes patient profile stories, tips for improving your quality of life while living with scleroderma, research and treatment updates and more! The winter issues will roll out in November, so become a member today in time to get your copy.

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The ADA - Your Employment Rights as an Individual With a Disability



The Americans with Disabilities Act of 1990 (ADA) makes it unlawful to discriminate against an employee who is a qualified individual with a disability. The ADA also outlaws discrimination against individuals with disabilities in State and local government services, public accommodations, transportation and telecommunications. This online

booklet explains the part of the ADA that prohibits job discrimination.

[Read more at EEOC.gov >>](#)

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Ask the Pharmacist: Raynaud Phenomenon



Raynaud Phenomenon is the most common early symptom of systemic scleroderma. It is present at one time or another in about 90 percent of patients. Raynaud Phenomenon physically presents itself when the fingers or toes are exposed to cold; tiny blood vessels constrict and shut off blood flow. The fingers turn a bright white color and then

turn bluish or purplish in color after the blood starts flowing again. This can cause numbness when the blood flow is reduced and if it is severe enough, you can end up with ulcers on the digits or even loss of fingers and toes. Many people may have mild Raynaud Phenomenon and don't even know it.

[Learn more about Raynaud Phenomenon at Fox CT >>](#)

Caregiver Guilt and Finding Balance



Are caregivers meeting their own needs? Caregivers often neglect their yearly check-ups although they would never skip one for their loved ones. Caregivers often put aside their own emotions as they devote their energy to their loved one. Caregivers put off buying themselves new clothes, or items needed because it is so hard to get to a store by yourself and for yourself. When attention is paid to caregiver needs, the caregiver often thinks "Am I doing enough for my loved one?" and this starts the guilt process.

[Read the entire article at Caregiver.com >>](#)

Disclaimer: The Scleroderma Foundation in no way endorses any drugs, treatments, clinical trials, or studies reported in the eLetter. Information is provided to keep the readers informed. 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 the reader's physician(s) for proper evaluation and treatment.

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300 Rosewood Drive, Suite 105, Danvers, MA 01923 tel: 800-722-HOPE (4673)
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