

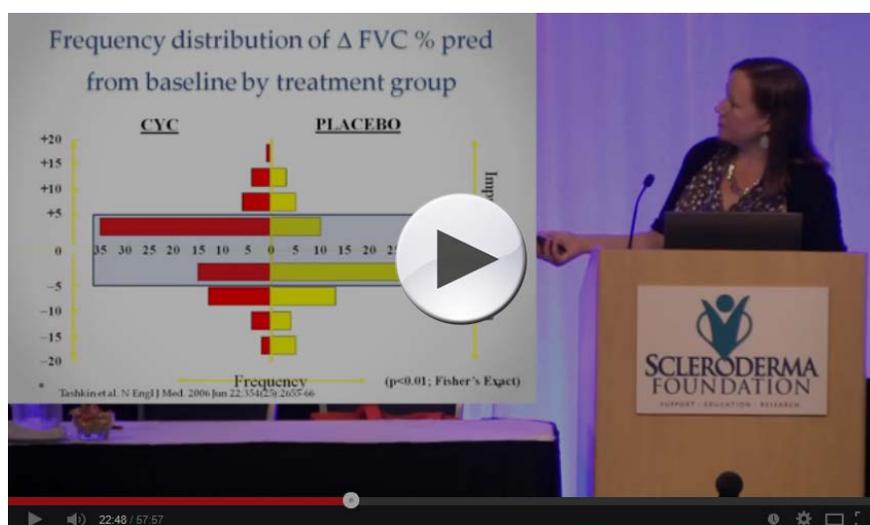
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SCLERODERMA FOUNDATION

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eLetter #587 | December 26, 2014

Video: Prediction of Progression and Complications in Scleroderma



Systemic sclerosis is a complex, multisystem disease with a significant variability from patient-to-patient. This session, presented by Dr. Laura Hummers, focuses on what is known about ways we may better predict which scleroderma patients will experience specific complications in the future and which patients will have progression of common manifestations.

[Watch the video on YouTube >>](#)[Go to the Scleroderma Foundation's YouTube channel to view more Conference videos >>](#)

2014 Drug Approvals: Speeding Novel Drugs to Patients Who Need Them

2014 is shaping up to be a strong year for novel drug

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approvals. With a few weeks left in December, the Center for Drug Evaluation and Research (CDER) has so far approved 35 novel new drugs in 2014 compared to 27 in 2013. Many of these new products offer significant clinical value to the care of thousands of patients with serious and life-threatening diseases.

[Read the article at FDA.gov >>](#)

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Doing Kegel Exercises to Improve Bowel and Bladder Functions



Pelvic floor muscle exercises, also known as kegels or kegel exercises, are one of the best ways to improve and maintain bowel and bladder functions. Pelvic floor muscle exercises can help restore muscle function before it is permanently lost and can also lessen the symptoms of incontinence. Like any exercise, it may be difficult at first to know that you are performing kegels

properly, but with a daily commitment they become instinctive.

[Learn more about kegel exercises at the National Association for Continence >>](#)

Scleroderma Foundation National Office Holiday Hours

The Scleroderma Foundation National Office will be closed on Thursday, January 1, 2015 for New Year's Day. It will re-open for normal business hours on Friday, January 2.

From everyone at the National Office, we wish you all a happy New Year!

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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