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SCLERODERMA FOUNDATION

SUPPORT • EDUCATION • RESEARCH

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Low Income Home Energy Assistance Program



Winter is baring down on us once again, and no one should be left out in the cold. The Low Income Home Energy Assistance Program (LIHEAP) assists eligible low-income households with their heating and cooling energy costs, and, if the state chooses, to weatherize homes. In order to qualify for this benefit program, candidates must have an annual household income (before taxes) that meets specified income levels.

[Visit Benefits.gov to learn more about LIHEAP and how to apply >>](#)

Patient Advocate Foundation Pediatrics Resource Center



The Patient Advocate Foundation (PAF) provides services to parents of patients diagnosed with life-threatening illnesses. Through assisting young patients with their diagnosis, the PAF has assembled a comprehensive list of pediatric resources to address issues commonly identified by parents of young patients.

[Visit the Patient Advocate Foundation website to learn more >>](#)

Talking With Your Doctor About Bowel Control

There are many reasons patients may be embarrassed to talk about bowel control issues with their doctors, but you don't

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have to be. It is important to be open and honest with your doctor about bowel issues to better treat them. Here are some topics to keep in mind when talking to your doctor about bowel control issues.

[Learn more at the National Institutes of Health >>](#)

Probiotics: What They Are and What They Can Do For You



Despite the existence of probiotics over the past several decades, the number of products with probiotics being produced by manufacturers have only recently flooded the market. Everything from yogurt to chocolate and granola bars to powders and capsules are available, and the sheer number can overwhelm even the most conscientious of shoppers. But

just what are probiotics, and what can they do for you?

[Learn more about probiotics at the American Gastroenterological Association >>](#)

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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