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SCLERODERMA FOUNDATION

SUPPORT • EDUCATION • RESEARCH

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Visit the Scleroderma Foundation CafePress Store



Raising awareness for scleroderma in style! Visit our store on CafePress at www.cafepress.com/sclerodermafoundation to browse our selection of Scleroderma Foundation merchandise. Available items include t-shirts, tote bags, hoodies, and much more! A portion of each sale benefits the Scleroderma Foundation. Buy someone a gift, or get something for yourself!

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Free/Low-Cost/Sliding Scale Medical Clinics



NeedyMeds hosts a database of 12,969 clinics that offer medical services (as well as some that also offer dental services) and are free, low cost, low cost with a sliding scale based on income, or offer some type of financial assistance. You can find clinics on the NeedyMeds website by either entering your zip code or selecting your state from a drop down

menu.

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Exercise Helps Battle Depression in Rheumatic Diseases

Exercise may curb depression in adults with arthritis and other rheumatic conditions. This finding comes from a systematic review with

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meta-analysis conducted by researchers at West Virginia University, Morgantown, and the Centers for Disease Control and Prevention (CDC), Atlanta.

Given the improvement in depressive symptoms and other outcomes with exercise, and the lack of adverse events, "it would appear plausible to suggest that exercise might be a valuable addition to the treatment of adults with arthritis

and other rheumatic conditions," they wrote online in *Arthritis Research and Therapy*.

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

How to Be a Friend to Someone Who's Sick or Grieving



When difficulties arise, friendships are often strained to their limits. Some people can't handle a friend's illness or bereavement and simply fade away. Others may rely on insensitive clichés and generalizations to communicate, leaving the sick or grieving person feeling infantilized or disrespected. In this article there are some useful tips on

how to be a better friend to someone who is going through a difficult time, whether it's illness or loss.

[Read the article at The Age >>](#)

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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