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SCLERODERMA FOUNDATION

SUPPORT • EDUCATION • RESEARCH

eLetter #608 | May 22, 2015

Step Out for Scleroderma in 2015



With June just around the corner, walk season is upon us! There are already over 50 walks scheduled for this year across the US and there are plenty more on the way. These events help raise thousands of dollars to provide essential support and educational programs, and other resources for people living with scleroderma and their family and friends.

When you walk, you support the Scleroderma Foundation and the hundreds of thousands of adults and children who cope with this disease every day.

[View the full list of Stepping Out walks >>](#)

Communicating With Your Doctors: A How-To Guide



Communicating effectively with your doctors when you have chronic pain, chronic illness, or a disability is an important skill to learn. These are a few simple tips to help with communicating with medical professionals, from knowing what your conditions are to helping you advocate for yourself.

[Read the entire article at PsychCentral >>](#)

7 Ways to Ease Fibromyalgia Pain and Fatigue

If you have fibromyalgia, you know that life is 10 times harder. The complex chronic pain disorder affects every part of your day. You're tired, achy and can't think straight. So how can you cope?

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From exercising to herbs and supplements, here are 7 ways to tame symptoms.

[Read the entire article at livescript.com >>](http://livescript.com)

Maintaining Your Health



While your doctors, nurses, and other care providers will help you to manage your disease, you are your most important advocate. You are the center of your treatment.

People who take an active role in their own care frequently have better results in the long run. The Pulmonary Fibrosis Foundation offers a list of steps you can

take to make sure you maximize your care.

[Read the list at PulmonaryFibrosis.org >>](http://PulmonaryFibrosis.org)

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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