

**Subject:** Announcing the Opening Keynote Speaker for the 2015 National Patient Education Conference

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# SCLERODERMA FOUNDATION

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## Announcing the Opening Keynote Speaker for the 2015 National Patient Education Conference



Cindy Coney, an internationally recognized speaker and former national board chair of the Lupus Foundation of America, was diagnosed with lupus in 1980. Cindy has since assisted thousands living with chronic illness in moving beyond “coping” with limitations to discovering their own unsinkable spirits. Delivering compelling keynote addresses and trainings around the world, she dedicates her life to helping children and adults recapture joy and fulfillment to live the best life possible.

*Unleash Your Unsinkable Spirit* is a keynote for patients with chronic illness and those who love and care for them. Receiving a diagnosis of a life-challenging illness can be devastating to both patients and their families. Yet she refuses to let this disease take over her life. She likes to say it affects her, but does not define her!

Drawing on Cindy's personal zest for living and expertise in resiliency, this uplifting keynote address focuses on finding and strengthening the unsinkable spirit, which lies within each of us. Cindy teaches how to make the successful transition from a healthy “old life” to a fulfilling “new normal.” Through stories of acceptance and optimism, Cindy leads the audience on a journey of hope that will be remembered and used, well beyond the conference room doors. *Learn more about Cindy, access resources or read her blog at [CindyConey.com](http://CindyConey.com).*

**Join us for Cindy's Opening Keynote Address on Friday, July 17, in Nashville!**

**[Register for the conference online](#) or call our office toll-free at (800) 722-4673!**

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## Sildenafil Shows Benefits in Treating Digital Ulcers in Systemic Sclerosis



A new study recently published in the journal *Annals of the Rheumatic Diseases* revealed that the drug sildenafil can help on the healing of digital ulcers in patients with systemic sclerosis. Digital ulcers are a common complication in systemic sclerosis patients that result from microangiopathy, where the walls of small vessels become thick and weak, slowing blood flow. Digital ulcers can be very painful and lead to open sores on fingers and toes, affecting the patient's ability to perform daily tasks and their quality of life.

Sildenafil, also known as Viagra, is a drug used in the treatment of erectile dysfunction and pulmonary arterial hypertension. The drug acts by inhibiting phosphodiesterase type 5 (PDE5), an enzyme that promotes the degradation of cGMP (cyclic guanosine monophosphate), which is a molecule that regulates blood flow. Sildenafil has vasodilation properties and has been reported to induce an increase in blood flow velocity in digital capillaries.

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

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## Disability Resources



Social Security pays disability benefits to you and certain members of your family if you have worked long enough and have a medical condition that has prevented you from working or is expected to prevent you from working for at least 12 months.

[Learn about how to apply online for disability benefits at the official Social Security website >>](#)

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## Helpful Things to Say to Someone in Chronic Pain



Supporting someone in chronic pain can be difficult. There is nothing that can be done to ease someone's pain, and sometimes it leaves friends and family at a loss for words. There are no magic words or actions, but there are suggestions for things to say that could possibly help your loved one feel better. Here is a list of helpful things to say to

someone in chronic pain.

[Read the entire list at the PsychCentral blog >>](#)

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**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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