

25 Things to Help Scleroderma Awareness

Find a way to spread the word about scleroderma, and educate those around you. Take action today!

1. Become a Scleroderma Member
2. Find a "Stepping Out to Cure Scleroderma" walk-a-thon in your area
3. Call your congressional representative and urge them to support the "Scleroderma Research and Awareness Act."
4. Share your story with us and become a Scleroderma Foundation Champion
5. Write a letter to the editor to your local newspaper
6. Share your scleroderma story with your social media! Even post a video on Youtube!
7. Attend the National Patient Education Conference
8. Make a gift! In honor of someone special to the Tri-State chapter
9. Offer old issues of the Scleroderma Voice or Scleroderma Exchange to your local library
10. Contact your newspaper health or life editor and ask them to write a story on scleroderma
11. Wear your Stepping Out to Cure Scleroderma T-shirts while running errands or to the gym
12. Share your story with your medical staff at your doctors offices
13. Spread the word though twitter #scleroderma
14. Join our online community on inspire.com
15. Friend Tri-State on Facebook
16. Schedule your echocardiogram
17. Join a Scleroderma Foundation Support Group. No support group around you? Start one!
18. Wear your teal to show support! Find awareness items here
19. Send Scleroderma foundation information to your doctors office so others may benefit
20. Call another scleroderma patient to see how they are doing
21. Text friends about scleroderma foundation events in your area
22. Share your skills and talents! Volunteer or start a special event by contacting us!
23. Let someone who has scleroderma know about our phone support by calling 1-800-867-0885
24. Have family and friend support you in a run or marathon though hope raiser!
25. Sign up for emails from the Tri-State Chapter

For further information about any of the above, please call us at (800) 867-0885 or send an email to sdtristate@scleroderma.org.

