

[View this message on our website.](#)[Homepage](#) | [Forward to a Friend](#) | [Make a Donation](#)

# SCLERODERMA FOUNDATION

SUPPORT • EDUCATION • RESEARCH

eLetter #541 | February 7, 2014

## PROMIS - Quality of Life Survey



Vivek Nagaraja, MD and Dinesh Khanna, MD, MSc at the University of Michigan Health System, are conducting a piece of research called PROMIS (Patient Reported Outcomes Measurement Information System) in rheumatology. The research involves an online survey catered to patients with various rheumatologic conditions. Interested

patients are highly encouraged to take this survey as it provides important information about the burden of their rheumatologic condition on different aspects of life. This survey is completely voluntary and confidential.

[Click here to take the survey >>](#)

[View further instructions on taking the survey >>](#)

## Registration for PHA's 2014 Conference is Now Open



Since its inception, the Pulmonary Hypertension Association has served as the center point of the pulmonary hypertension community's progress toward new research and treatments, increased awareness, education and support for the people who live and work with this disease on a daily basis.

PHA's International PH Conference and Scientific Sessions is the largest gathering of the pulmonary hypertension community in the world, and the 2014 Conference promises to be no different. Bringing together patients, caregivers and family members, nurses and other allied health professionals, physicians, researchers and

[Donate](#)

### Quick Links

[Advocacy](#)[Contact Us](#)[Become a Member](#)[About Scleroderma](#)[Online Chat](#)[Store](#)[Home](#)

leaders of PH associations from around the globe, Conference will provide three days of education, networking and support for the pulmonary hypertension community.

The PH Conference and Scientific Sessions will be held June 20-22 at the JW Marriott in Indianapolis, Indiana.

[Learn more and register for the conference at the PHA website >>](#)



## Yoga in Rheumatic Diseases



Yoga may be well suited to some individuals with specific rheumatic disorders. Regular yoga practice can increase muscle strength and endurance, body awareness, and balance, with emphasis on movement through a full range of motion to increase flexibility and mobility. Additional beneficial elements of yoga include breathing, relaxation, and meditation, which can reduce stress and anxiety and promote a sense of calmness, general well-being, and improved quality of life.

[Read the clinical article at mdlinx.com >>](#)

## Organization Tips for Parents of Children with Medical Conditions



As most parents know, organization can be a great help in keeping your home together, children on track, and sanity intact. For the parent of a medically-complex child, this can be a bit more complicated. Keeping everything organized doesn't end at putting blocks in a bin and keeping a calendar for lessons – it can include dozens of appointments, storage for and tracking of equipment and supplies, a nursing schedule, and a variety of other day to day tasks involved in caring for a child with a medical condition.

[Read the entire article at Pediatric Home Service](#)

>>

POWERED BY  
**blackbaud**

[Unsubscribe](#) | [Visit our web site](#) | [Contact Us](#) | [Donate](#)  
300 Rosewood Drive, Suite 105, Danvers, MA 01923 tel: 800-722-HOPE (4673)  
© 2014 All rights reserved.