

Subject: Get Seen in an Upcoming Awareness Campaign

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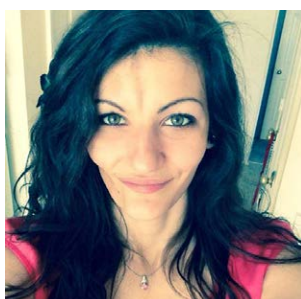


SCLERODERMA FOUNDATION

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eLetter #559 | June 13, 2014

Get Seen in an Upcoming Awareness Campaign



This year, during Scleroderma Awareness Month, we want people affected by the disease to share a “selfie” online and help put an end to “Sclero-What?” We’ll compile the photos to use in an upcoming poster series, which will be used to further education and conversations about the disease. “We want to share the courageous beauty of the scleroderma community with people all over the world, in an effort to educate them about the truly difficult and life-altering

circumstances that this disease can cause,” said Foundation CEO Robert J. Riggs.

So far, we’ve received more than a hundred submissions. But, we want more to showcase! Send us your Scleroderma Selfies using the hashtag #sclerodermaselfie on Twitter, Facebook or Instagram. You also can email your snapshot to mystory@scleroderma.org. We may even share your photo on one of the social networking sites!



For more information about how you can join the fight to end Sclero-What? during Scleroderma Awareness Month, please visit www.sclerodermaawareness.org today! You also can sign our pledge at www.hardword.org.

Download Free New Pulmonary Fibrosis Brochure

Did you know that we offer a large selection of free brochure downloads right on our website? They are useful resources in helping understand more about scleroderma and the many ways it can affect patients,



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PULMONARY FIBROSIS
IN SYSTEMIC SCLEROSIS:
DIAGNOSIS AND
MANAGEMENT



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whether physically or mentally. They cover a wide variety of topics, including dental care, coping methods, emergency information, specific afflictions such as Raynaud Phenomenon and Pulmonary Hypertension, along with many more. A few of our brochures are even available in Portuguese and Spanish!

We've recently added a new brochure on pulmonary fibrosis in scleroderma to our library. Pulmonary fibrosis is the formation of excess scar tissue in the lungs, which makes it difficult for the lungs to work properly.

[Download the brochure to learn more.](#)

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The Questionable Link Between Saturated Fat and Heart Disease



For decades, Americans have been advised about the correlation between saturated fat and heart disease. However, a study published in March in the journal *Annals of Internal Medicine* recently concluded that saturated fat does not actually cause heart disease. The new study's conclusion shouldn't surprise anyone familiar with modern nutritional science, however. The fact is, there has never been solid evidence for the idea that these fats cause disease. We only believe this to be the case

because nutrition policy has been derailed over the past half-century by a mixture of personal ambition, bad science, politics and bias.

[Read more at the Wall Street Journal >>](#)

Top 5 Regrets People Reveal on Their Deathbed



When faced with their own mortality, people can grow and change to a remarkable degree. A nurse in palliative care witnessed the last few weeks of many of her patients, and observed much of that growth in them. When she questioned them about any regrets they had or anything they would do differently, common themes surfaced

again and again.

[Read more at Daily Health Post >>](#)

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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