

Subject: Check Out Our Glossary of Scleroderma Terms

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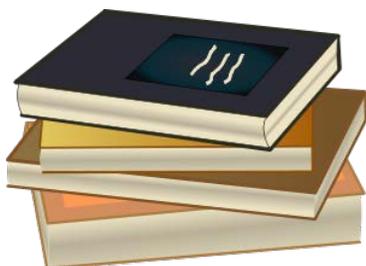


SCLERODERMA FOUNDATION

SUPPORT • EDUCATION • RESEARCH

eLetter #570 | September 5, 2014

Check Out Our Glossary of Scleroderma Terms



Let's face it, there are a lot of complicated words associated with scleroderma. It can be difficult to keep track of all the different medical terms and their definitions, let alone try to explain them to someone who has never heard them before. Luckily, the Scleroderma Foundation has a handy little glossary of terms and definitions available on our website. Who knows, maybe you'll

learn something new!

[Browse the scleroderma glossary on Scleroderma.org >>](#)

For Grace Hosts 7th Annual Women in Pain Conference and Live Webcast



For Grace will host its 7th Annual Women In Pain Conference at 9:00 a.m. Pacific Friday, September 12, at the California Endowment's Center for Healthy Communities in downtown Los Angeles and via live webcast titled, "Accepting Pain: Our New Normal." The conference will bring together hundreds of women in pain and their caregivers along with leaders in pain management and advocacy to explore chronic pain and how accepting one's "new normal" will improve well-being.

For Grace is an organization founded in 2002 with the main goal to increase awareness and education for women challenged by chronic pain.

[For more information and to register, visit ForGrace.org >>](#)

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There are many reasons your energy may fluctuate throughout the day: medication side effects, pain that wears you out, depression, poor sleep and even low activity levels. But you may be surprised to learn that some of your eating habits can sap your energy, too. Get on the right track with these smart eating tips from the Arthritis Foundation for an energy boost.

[Read the list at the Arthritis Foundation >>](#)

Raynaud's Association - Frequently Asked Questions



Many people have lots of questions about Raynaud Phenomenon, and thankfully the Raynaud's Association has a handy guide to Frequently Asked Questions to help answer them all. The Raynaud's Association is a national non-profit organization that supports and educates

millions of people living with Raynaud Phenomenon, an exaggerated sensitivity to cold temperatures.

[Read the FAQ at Raynauds.org >>](#)

[You can also download this printable PDF >>](#)

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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