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SCLERODERMA FOUNDATION

SUPPORT • EDUCATION • RESEARCH

eLetter #572 | September 19, 2014

ATS Seeks Scleroderma Patients With Lung Disease to Take Survey



The American Thoracic Society (ATS) and the European Respiratory Society (ERS) seek scleroderma patients who have been diagnosed with lung disease (pulmonary fibrosis or pulmonary hypertension) to take a brief survey.

ATS/ERS developed this brief survey for patients with respiratory disease in order to seek patients' input into their knowledge of, access to, and experiences with pulmonary rehabilitation to help develop new policies in regards to its use. Despite

the well-established evidence demonstrating the benefits of pulmonary rehabilitation for patients, the actual practice of pulmonary rehabilitation remains underutilized worldwide. The intention of this survey is to help bridge the gap between the science of pulmonary rehabilitation and the real world delivery of its services.

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

Play an Active Role in Your Healthcare Through Clinical Trials



Clinical trials involve research using human volunteers intended to add to medical knowledge. Participants receive specific interventions that include medical products, such as drugs or devices, procedures, or changes to participants' behavior. Clinical trials are at the heart of all medical advances because their purpose is to look at new ways to prevent, detect, or treat disease.

In a trial, researchers strive to determine if a new treatment is safe and effective.

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[Read more about clinical trials at PainPathways.org >>](#)

Tucson Support Group: Scleroderma Education and Wellness Day



On Saturday, October 18, the Tucson Scleroderma Support Group will hold its Scleroderma Education and Wellness Day for patients and families. The Education and Wellness day will be at the Casas Adobes Congregational Church, 6801 N. Oracle Road, Tucson, AZ 85704.

Presenters at the event will be Laurie Bergstrom, M.D., rheumatologist at Catalina Pointe Arthritis and Rheumatology, Tucson; Franz Rischard, D.O., pulmonologist and director, Pulmonary Hypertension Program, University of Arizona Medical Center, Tucson; and Ann Marie Chiasson, M.D., internist and alternative medicine, UAMC Department of Integrative Medicine, Tucson.

Lunch will be provided. Registration for the event is free through Tuesday, September 30, and will be \$10 per person beginning Wednesday, October 1.

To register, call 520-742-0199 or email mattyh42@q.com.

[Download the event flier to learn more >>](#)

5 Ways Chronic Pain Impacts Mental Health



Chronic pain, while known for causing immense physical problems, is also a great harm to the mental health of those afflicted with it. The constant stress of chronic pain can exacerbate or even create mental health issues, including depression and insomnia, due to limiting a person's ability and movement. Bringing awareness to how chronic pain impacts mental health can help some people find relief.

[Learn more at EmpowHer.com >>](#)

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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