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SCLERODERMA FOUNDATION

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Find the Scleroderma Foundation online and connect with others via social media! Like us on [Facebook](#), follow us on [Twitter](#), watch National Conference videos on [YouTube](#), or visit our [Pinterest](#) for useful tips and ideas. You can also visit our [Inspire community](#) and connect with members from all over the world to discuss topics ranging from advice for

choosing a doctor to what food to eat to help alleviate scleroderma symptoms.

[Make sure to check where your local chapter is available on social media and join in the conversation!](#)

Free Teleseminar: A Physician's View on Dealing with the Emotional Aspects of Scleroderma



Please join the Scleroderma Foundation of Southern California for their next teleseminar on Wednesday, January 14, 2015 at 1:30 p.m. PST, titled "A Physician's View on Dealing with the Emotional Aspects of Scleroderma - Including How to Talk to Your Family, Friends, and Co-workers." The webinar will be presented by Dr. Swati Medhekar, rheumatologist at Kaiser Permanente in Irvine, CA.

To join the teleseminar, call 1-877-216-1555 and enter the passcode: **981555**

We look forward to you joining us!

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Questions? Please contact Karen Gottesman at
karengottesman@scleroderma.org

ATS Patient Information Series: Breathlessness



Another downloadable pamphlet in the American Thoracic Society's (ATS) Patient Information Series, this pamphlet is about the causes of breathlessness and possible treatments for it. Put simply, breathlessness describes discomfort or difficulty with breathing. Breathlessness may come on suddenly, without a known reason, or it may happen with common, even light activities.

[Download the pamphlet here >>](#)

16 Foods That May Help Fight Acid Reflux



Acid reflux disease is caused by stomach acid coming up from the stomach into the esophagus. This can lead to heartburn, chest pain, nausea, and difficulty swallowing. Acid reflux is painful and has many risk factors, including eating large meals, snacking close to bedtime, and inflammation from food sensitivities.

Certain foods can help fight acid reflux and its painful symptoms. It's helpful to keep in mind that every person with acid reflux has different triggers, and what may soothe one person may cause a painful reaction in someone else.

[Read the entire list at Emaxhealth >>](#)

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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