

Subject: Find a Local Scleroderma Support Group

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# SCLERODERMA FOUNDATION

SUPPORT • EDUCATION • RESEARCH

eLetter #591 | January 23, 2015

## Find a Local Scleroderma Support Group



Joining a scleroderma support group, such as one affiliated with the Scleroderma Foundation, enables scleroderma patients and/or their caregivers or loved ones to meet and exchange information with others who have similar problems, as well as to learn more about the disease. Currently there are scleroderma support groups in 43 states and the District of Columbia, all helpfully listed [right at our website](#). Our online [Inspire support group community](#) is also a

convenient way to stay in touch with other scleroderma patients from the comfort of your own home.

[Visit our website to find a support group near you >>](#)

[Join our online discussion board at Inspire.com >>](#)

## GEN Infographic: Fighting Autoimmune Diseases



The complex and frequently overlapping symptoms of autoimmune diseases make them exceedingly challenging to diagnose, potentially leading to late or incorrect diagnoses and failed treatments. However, a personalized approach could offer a solution. This infographic offered by GEN illustrates how a personal approach to fighting autoimmune diseases could be more

effective.

[View the infographic at GENengnews.com >>](#)

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## Arthritis Tools Guaranteed to Make Life Easier



When using your hands is painful it can be difficult to complete even the simplest tasks; unscrewing a jar lid, getting in and out of the car, doing up buttons and zippers, just to name a few. Luckily, the American Grandparents Association has compiled a list of some of the many tools that can help you reduce hand pain from everyday motions.

[Read the list at Grandparents.com >>](#)

## How to Save Money When You Have an Autoimmune Disease



Chronic conditions such as autoimmune disorders are incredibly expensive to treat, and because no autoimmune disorder is curable, they usually come with a lifetime of medical expenses. Patients with certain autoimmune disorders are at higher risk of developing additional disorders. This only increases costs, sometimes doubling drug and specialist expenses as each disorder

requires different treatments.

These high costs make it essential that you have the right health insurance. Here are the factors you need to consider to make sure you have the proper coverage for your condition.

[Read the entire article at EverydayHealth.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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