

Subject: Friday, February 28th is Rare Disease Day 2015

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# SCLERODERMA FOUNDATION

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eLetter #596 | February 27, 2015

## Friday, February 28th is Rare Disease Day 2015



*Rare Disease Day*®

Rare Disease Day, which takes place on the last day of February each year, is an international effort to raise awareness amongst the general public and decision-makers about rare diseases and their impact on patients' lives. The campaign targets primarily the general public and also seeks to raise awareness amongst policy makers, public authorities, industry representatives, researchers, health professionals and anyone who has a genuine interest in rare diseases.

You can get involved by participating in any of the many events happening around the country to build awareness for people living with a rare disease and their families, or you can start an event of your own!

[Learn more about Rare Disease Day and find an event near you at RareDiseaseDay.us >>](#)

## Apply for a 2015 National Conference Scholarship



Thanks to the generosity of donors, the Scleroderma Foundation is able to provide scholarships for individuals who may otherwise not be able to attend our annual National Patient Education Conference. Scholarships for the 2015 National Conference in Nashville, Tennessee are now available to adult patients, children with scleroderma, and parents/caregivers of juvenile patients. Scholarships awarded to juvenile patients aged 5-17 will also include funds for an adult to accompany them.

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**The deadline to submit your application is 5:00 p.m. Eastern Friday, March 27, 2015.** Please [visit our website](#) to learn about the application requirements and guidelines, and to [download the application](#). If you have questions, please call Tracey O. Sperry at (800) 722-4673 or email [tsperry@scleroderma.org](mailto:tsperry@scleroderma.org).

[Learn more about scholarship opportunities >>](#)

[Learn more about the Conference and register >>](#)

Would you like to receive more information about the 2015 National Patient Education Conference in Nashville? [Sign-up for our email alerts >>](#)

## Scleroderma Foundation Inspire Community Infographic



We at the Scleroderma Foundation would like to offer congratulations to all of you in creating a growing, global scleroderma community through Inspire. In anticipation of Rare Disease Day 2015 on Friday, February 28, check out this infographic for a visual guide to how the Scleroderma Foundation online community has thrived and grown in the last few years. The Scleroderma Foundation and Inspire would like to thank all of you for helping further our mission to spread scleroderma awareness!

[View the Scleroderma Foundation/Inspire infographic >>](#)

[Join the Scleroderma Foundation Inspire Online Community >>](#)

## Meditation for a Good Night's Sleep



A recent study has found that you may be able to significantly improve your ability to get a restful night of sleep by practicing a common form of meditation. About 50 older adults with moderate sleep problems were recruited for the study and assigned to follow one of two programs.

In one group, the adults learned behaviors that could help them develop good sleep hygiene, like establishing a regular bedtime routine and avoiding caffeine and alcohol before bed. The other group underwent a program on mindfulness

meditation, the nonjudgmental awareness of the thoughts and feelings drifting through one's mind. It was found that the people who learned the mindfulness approach had greater improvements in sleep quality and fewer symptoms of insomnia, depression, and fatigue than those who received standard care.

[Read the entire article at the New York Times >>](#)

**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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