

Subject: Education Equals Empowerment. Attend the National Conference!

[View this message on our website.](#)

[Homepage](#) | [Forward to a Friend](#) | [Make a Donation](#)



SCLERODERMA FOUNDATION

SUPPORT • EDUCATION • RESEARCH

eLetter #602 | April 10, 2015

Education Equals Empowerment. Attend the National Conference!



Don't miss out on the once-in-a-lifetime experience of the 2015 National Patient Education Conference presented by the Scleroderma Foundation. This year's event will be held in Nashville, Tennessee at the Sheraton Music City Hotel. As a conference attendee, you'll receive insightful, meaningful educational and research-related information in a supportive environment. We are proud to offer more than 50 workshops, dozens of exhibitors and the chance to meet other patients and caregivers from around the world. This is an experience that you don't want to miss! Check out the opening keynote on pulmonary arterial hypertension from last year's Conference in Anaheim, CA to get an idea about what sort of material you can look forward to.

[Watch last year's opening keynote on Youtube >>](#)

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

Talking With Your Doctor Presentation Toolkit

Donate

Quick Links

[Advocacy](#)

[Contact Us](#)

[Become a Member](#)

[About Scleroderma](#)

[Calendar of Events](#)

[Online Chat](#)

[Store](#)

[Home](#)

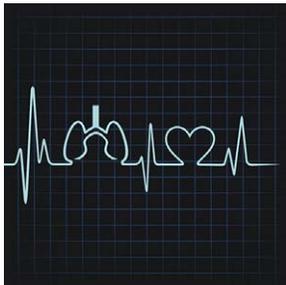




Help people make the most of their medical appointments with the *Talking With Your Doctor* Presentation Toolkit. It's easy to use - you don't need any special expertise or training. The presentation features tips for how to get ready for a doctor's visit, effectively talk with a clinician about health concerns, make collaborative decisions about treatment, and remember what was discussed following the appointment.

[You can download the entire Presentation Toolkit from the National Institute on Aging at NIH.gov >>](#)

ATS Patient Information Series: Pulmonary Rehabilitation



Another downloadable pamphlet in the American Thoracic Society's (ATS) Patient Information Series, this pamphlet is about pulmonary rehabilitation. Pulmonary rehabilitation is a program of education and exercise that helps patients manage breathing problems, increase stamina, and decrease breathlessness.

[Download the pamphlet from the American Thoracic Society >>](#)

Healing Through Humor: Laughter Therapy is an Effective Pain Reducer



While it may be difficult to keep a positive attitude when dealing with chronic pain or illness, laughter can be an effective way to help keep up your mood. Darisse Smith is a chronic pain sufferer who discovered how laughter could help her through her pain and her emotions towards it.

[Read Darisse Smith's article at NationalPainReport.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.



[Unsubscribe](#) | [Visit our web site](#) | [Contact Us](#) | [Donate](#)
300 Rosewood Drive, Suite 105, Danvers, MA 01923 tel: 800-722-HOPE (4673)
© 2015 All rights reserved.