



# Scleroderma, the basics

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# What is scleroderma

- Sclero: fibrotic; dermat: skin => fibrotic skin
- When you have scleroderma your skin tightens or hardens and thickens
- But, Scleroderma is not only a skin disease, it can affect:
  - Lungs
  - Gastrointestinal tract
  - Vessels
  - Kidneys
  - Etc.

# Types of scleroderma

- Localized scleroderma (skin disease only)
  - Morphea
  - Linear scleroderma
- Systemic sclerosis (SSc, but we also call it scleroderma!)
  - Diffuse scleroderma
  - Limited scleroderma
  - Scleroderma *sine* scleroderma!!

# Localized scleroderma - Morphea



# Localized scleroderma - En Coup De Saber



# Localized scleroderma - linear scleroderma



# Systemic sclerosis

- >90% of Systemic sclerosis (scleroderma) patients have all 3 of following:
  - Raynaud's phenomenon
  - + ANA (lab test)
  - Sclerodactyly (skin thickening of the fingers)





# Limited and Diffuse SSc— Skin Involvement



Limited



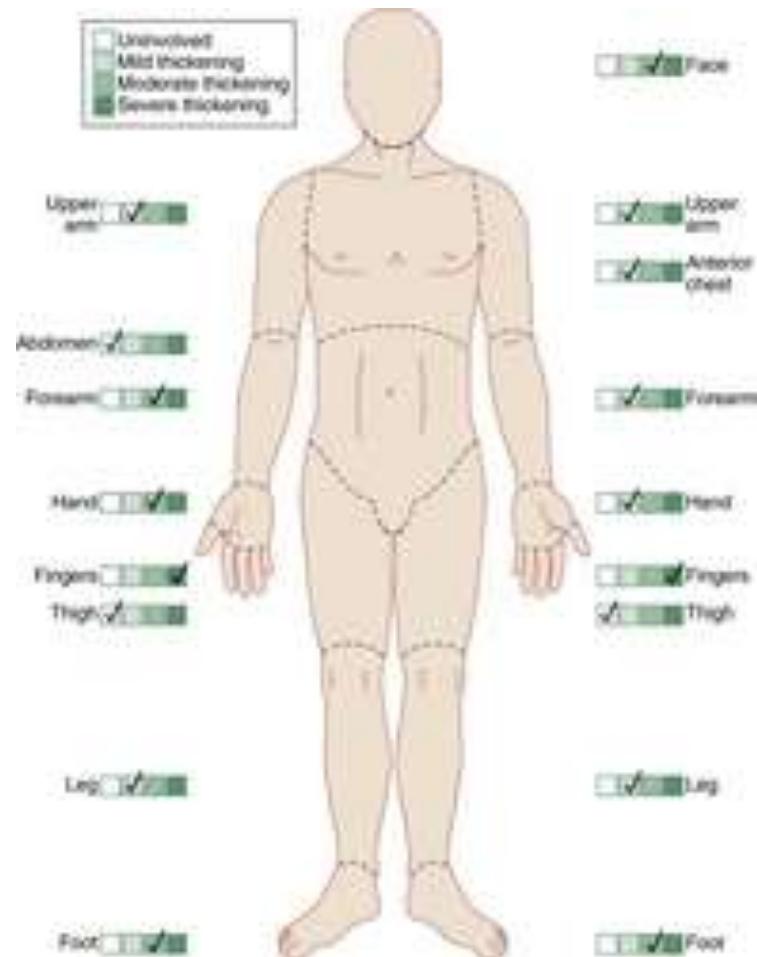
Diffuse



# Diffuse vs limited Scleroderma

- Diffuse
  - Lung fibrosis 15%
  - Heart 10%
  - Kidney (15%)
  - Large joint contractures
  - Scl70 Ab
- Limited
  - Lung fibrosis less common
  - Pulmonary hypertension more common (15%)
  - Anti Centromere Ab

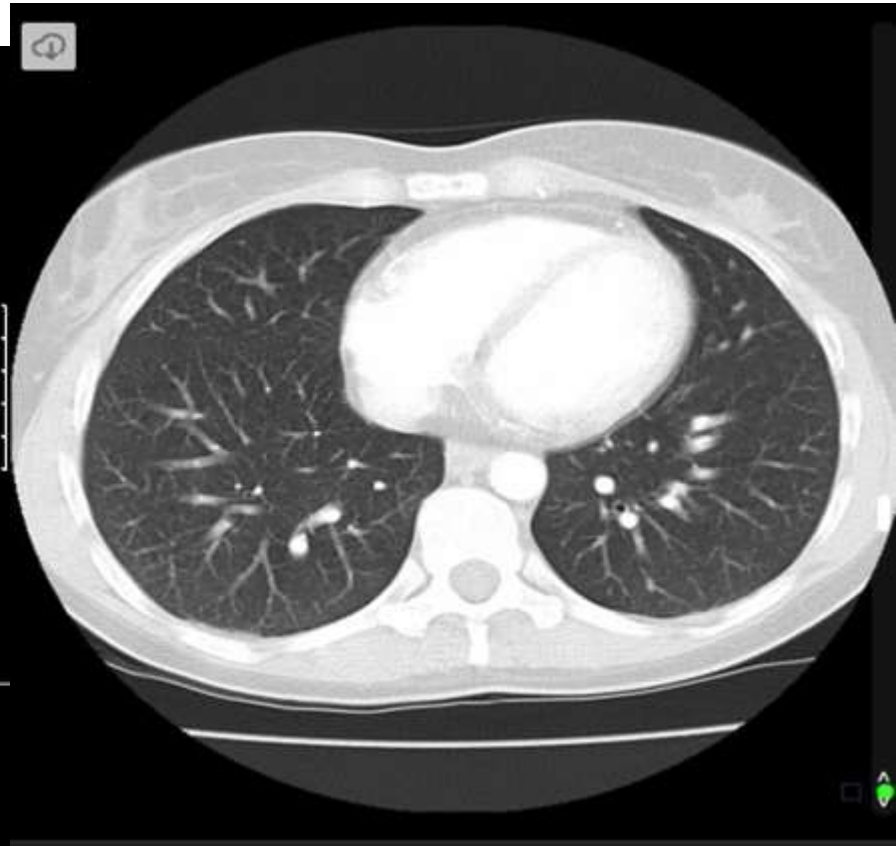
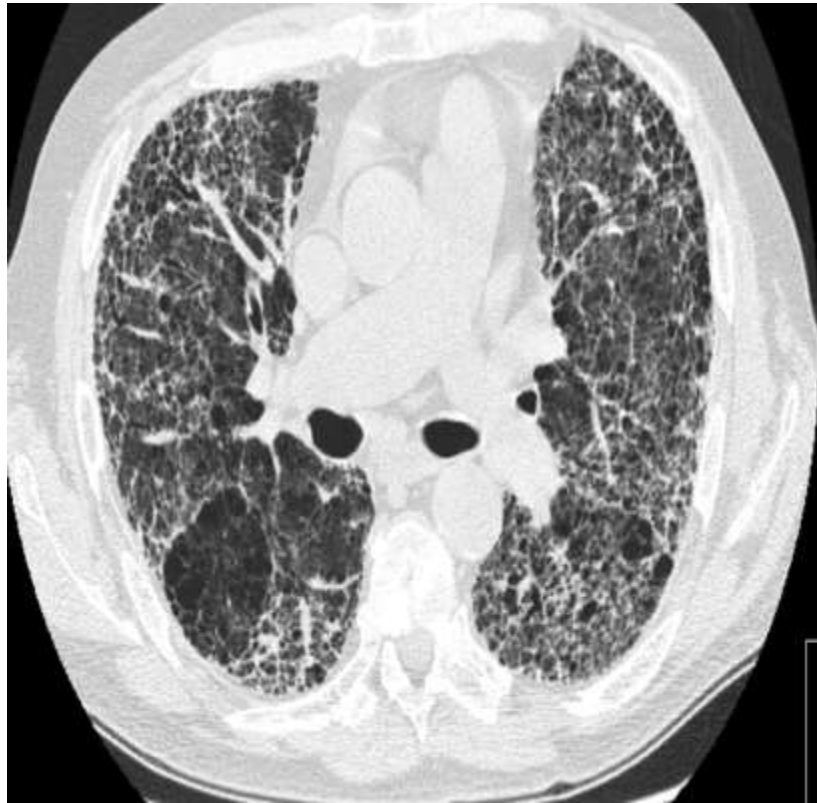
# Diffuse scleroderma



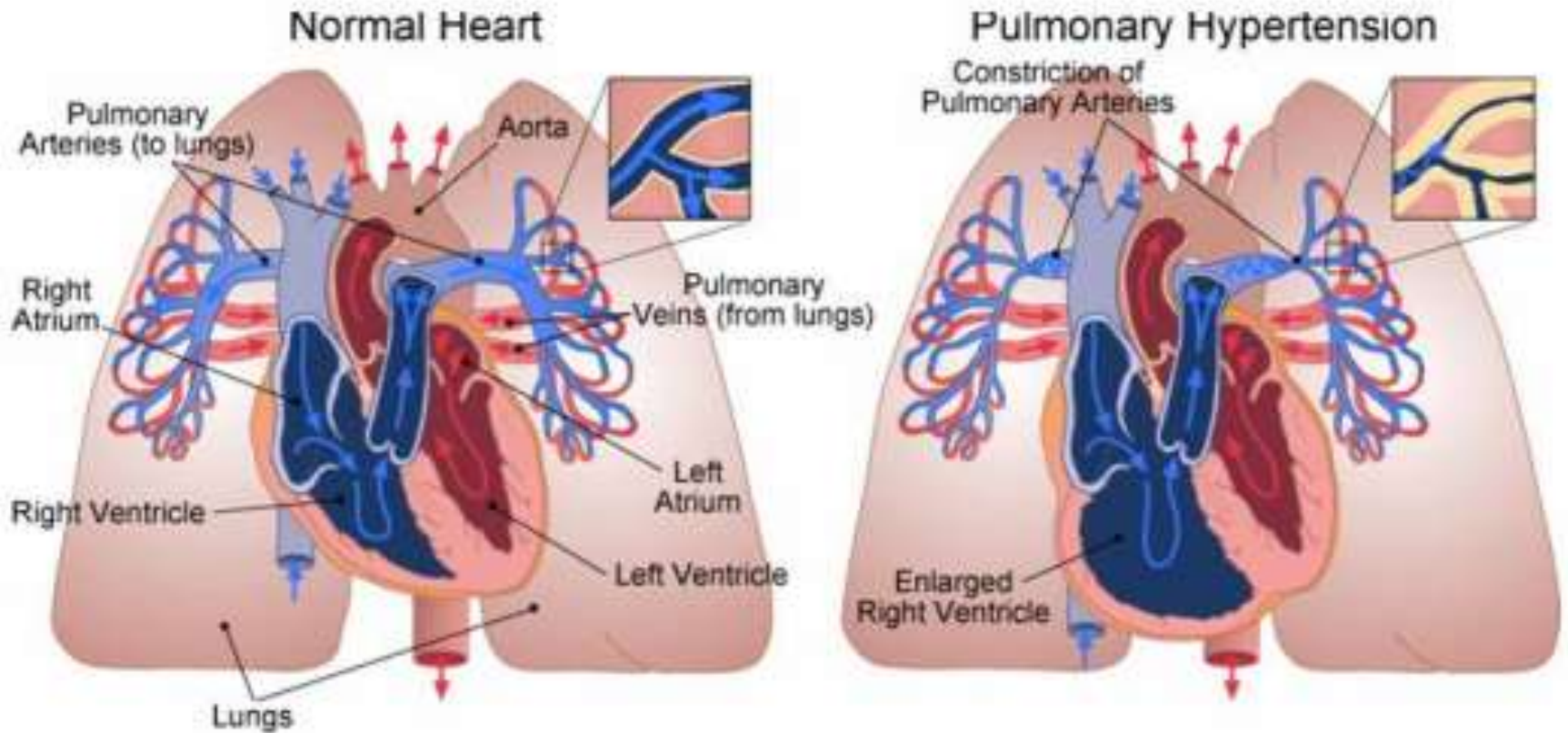
# Diffuse Scleroderma



# Interstitial lung disease in scleroderma

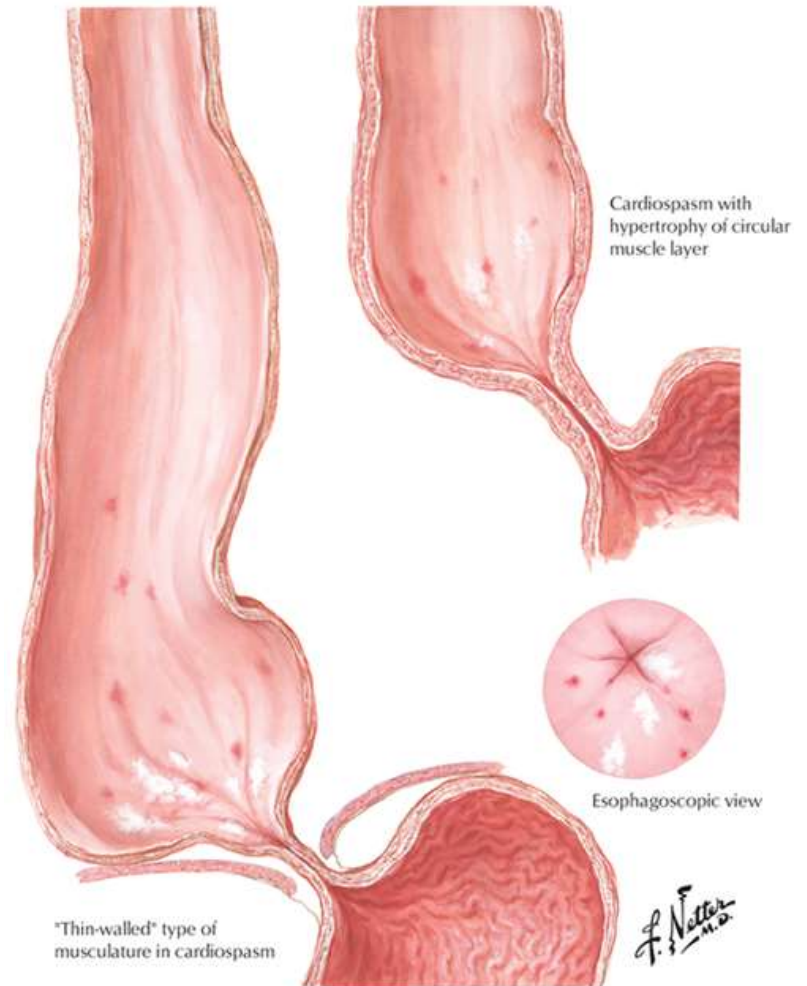


# Pulmonary hypertension



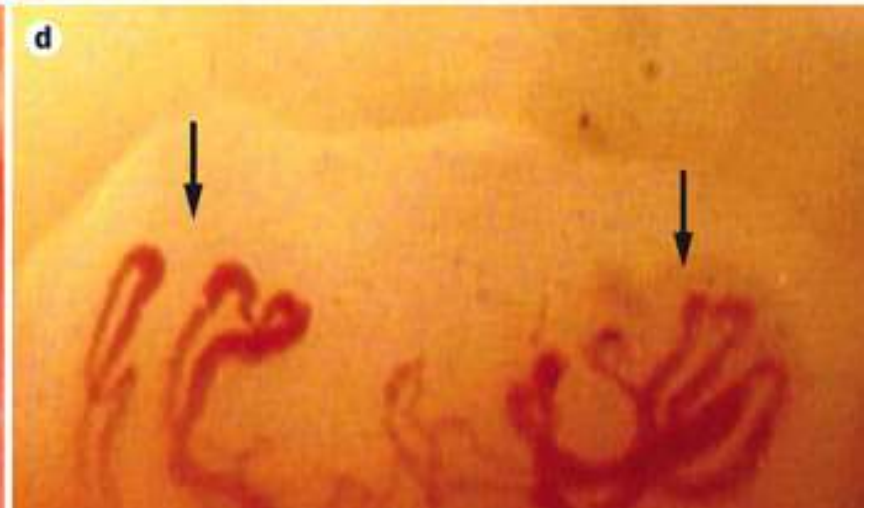
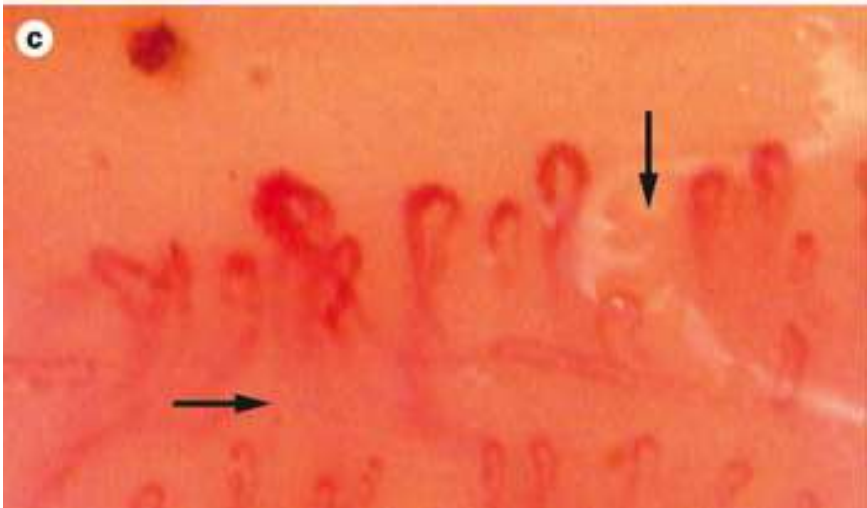
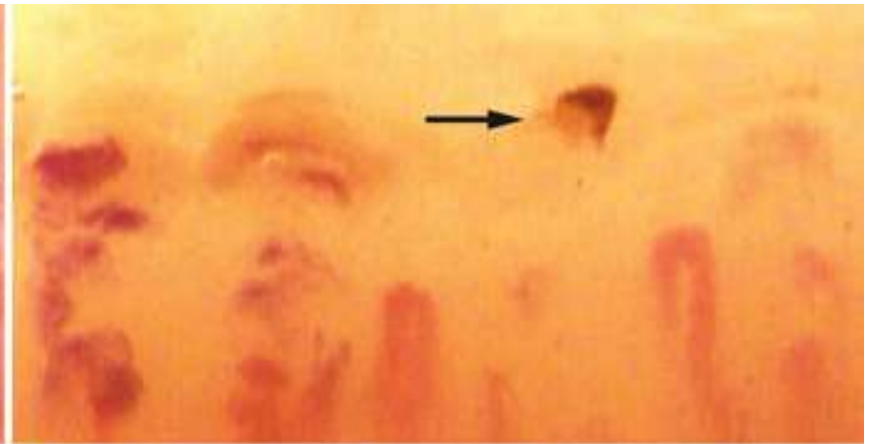


# Gastrointestinal involvement in scleroderma

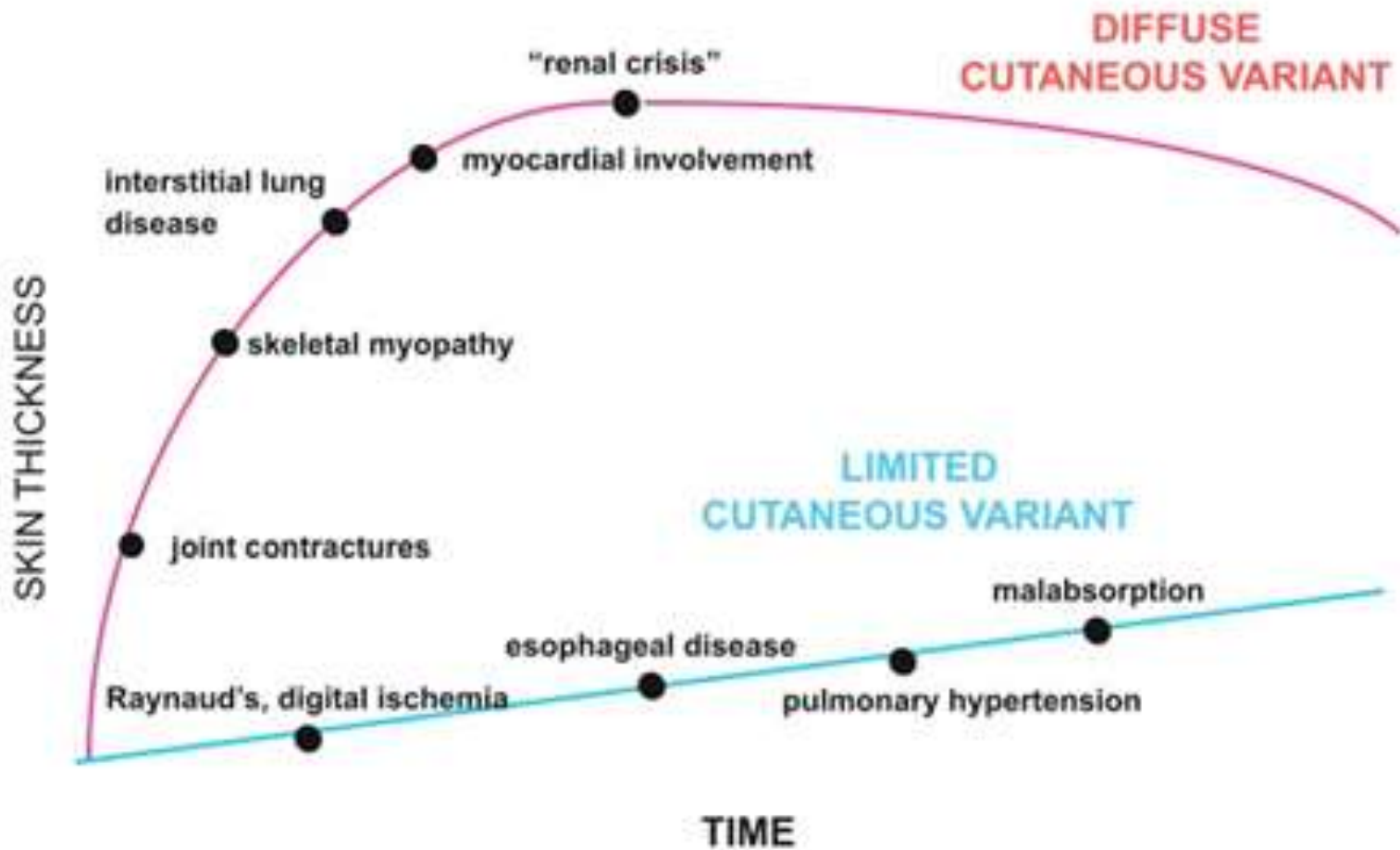




# Nailfold capillaries in scleroderma



## Usual Timing of Problems in Patients with SSc



# What to expect when you visit your doctor

- Evaluation of the extent of skin fibrosis
- Listening to the lungs and heart
- Blood pressure measurement (hopefully you also do it at home twice weekly)
- Annual echocardiogram
- Annual CT scan for the first few years, then as needed
- Treatment directed to type of organ involvement

# In Scleroderma, One Size Does Not Fit All!



# Thank you

Any Questions

