We’re *stampeding* scleroderma

**AT THE DETROIT ZOO.**

Mark your calendar and save the date. We’re headed back to the Detroit Zoo on Sunday, June 5 for our annual Stampede Scleroderma event.

This year, participants can choose from a 5k or 10k around Huntington Woods, a 1-mile fun run, or a family friendly zoo walk. As always, all event registration will come with free, full-day admission to the Detroit Zoo.

Prizes will be awarded to the top runners, and runners who cross the finish line will receive a custom medal. And as an added bonus: Register before April 17 to be guaranteed your free T-shirt and save $5. When you register early, prices range from $15 for the 1-mile fun run, $30 for the 5K and zoo walk, and $35 for the 10K.

On the day of the event, runners and walkers will enjoy activities held outside the zoo gates before their race (instead of under the pavilion). Bid on tin can raffle items, meet Michigan’s most famous mascots, get charged for the day with free snacks, shop the Scleroderma Foundation Michigan Chapter’s store, enjoy live entertainment and spend some quality time in the children’s zone.

Leading up to Stampede Scleroderma, we invite you to help us raise the awareness and funds scleroderma so desperately needs. Last year, many of you participated in our incentive program—raising more than $50,000 for our Chapter. This year, we hope you’ll help us do the same. That’s why once again, we’ve set our fundraising goal at $50,000.

To qualify for the 2016 incentive program, encourage your friends and family members to make individual pledges online (and note that registration fees will not be calculated into the final fundraising totals). Whether you raise enough money to make it to our Galloping Gazelle, Gator Giver or Gorilla Master level, you’ll get great swag from the Chapter and great appreciation from patients statewide. Talk about a win-win situation.

Ready to register for Stampede Scleroderma and start fundraising for the cause? Visit scleroderma.org/StampedeScleroderma to sign up today. We look forward to seeing you, and we’re eager to continue working as a team to help stampede scleroderma.
A warm welcome to two new members of our medical advisory board

The Michigan Chapter is thrilled to welcome two new medical advisory board members: Dr. Ashraf Sadeghi-Girgis, a naturopathic medicine specialist and a certified stress management therapist, as well as Dr. Charles Solon, a podiatrist.

Dr. Girgis’s story starts in Iran where she earned her Bachelor of Science in nursing. For the next 15 years, Dr. Girgis’s education and experience spanned internationally as she worked as a critical care nurse in Europe, the U.S. and Africa. These experiences allowed her to see the first-hand connection between mental care and physical health, and they motivated Dr. Girgis to become a stress management therapist and consultant.

In 2011, Dr. Girgis founded Cure Naturally in Grand Rapids, where she continues to practice holistic medicine to cure stress, cardiac disease and a host of other illnesses. Aside from operating Cure Naturally, Dr. Girgis has given numerous seminars and radio talks. She’s also written and published several articles surrounding a variety of topics, including food, herbs and lifestyle. Dr. Girgis serves as a member of the American Institute of Healthcare Professionals.

Dr. Solon also works out of Grand Rapids at his clinic, Grand Rapids Podiatry. Dr. Solon has been working with a dedicated team since 1986 to bring his patients cost-efficient, high-quality medical care in a compassionate environment. Dr. Solon’s extensive training and experiences have allowed him to identify, treat and prevent both common and complex conditions of the foot, ankle and other lower extremities.

It is with open hearts and much excitement the Michigan Chapter officially welcomes the passion and expertise of both Dr. Girgis and Dr. Solon. We know their expert advice and guidance will bring strength to the Chapter, its patients and the community.

Spice up your fight AGAINST INFLAMMATION

Inflammation is the ugly sidekick of many chronic, autoimmune diseases. While it’s important to talk with a trusted physician about anti-inflammatory medications, you don’t have to rely solely on prescription drugs to help alleviate the pain. Rather, turn to your diet and taste the relief of these anti-inflammatory spices while adding some zest to your favorite meals.

**CLOVES:** A staple in the Mediterranean and Indian cuisines, cloves lower levels of oxidized LDL cholesterol (the “bad” cholesterol), which is an inflammatory spark.

**TURMERIC:** Researchers at the University of Texas M.D. Anderson Cancer Center found that curcumin, the active ingredient in turmeric, may have antibacterial, anticancer and anti-inflammatory properties that could help with alleviating rheumatoid arthritis. Turmeric is also known as a cooling spice, which may help fight the heat radiated from inflammation.

**CINNAMON:** Fight inflammation while warming up on blustery winter nights with the comforting spice of cinnamon. It’s recommended, however, that people take no more than six grams of cinnamon per day, as too much can be harmful to one’s health.

**GARLIC:** Even better than warding off vampires, a 2013 study published in the journal of Food and Chemical Toxicology found garlic inhibits the production of cytokines, an inflammatory substance in the body.

**GINGER:** Ginger is believed to offer free radical protection, thanks to its active phenolic compound, gingerol. Ginger has also been shown to suppress inflammatory compounds.
Our educational conferences are coming up, & prices are going down.

In 2016, we will be offering three educational experiences, and we are excited to announce that the price for attending has been reduced to $20—thanks to the generous donations of Michigan Chapter supporters.

Let’s Talk Scleroderma will be held on April 30 in Novi, How to Dance in the Rain will be held on July 16 in Lansing and Face to Face with Scleroderma will be held on September 10 in Clinton Township. These educational experiences offer networking opportunities for people living with scleroderma, caregivers, family members and friends.

Whether you are newly diagnosed or have had scleroderma for many years, participating in educational experiences is a great way to learn about the disease and become connected with others that are dealing with scleroderma.

Need-based scholarships are available for first-time attendees and those who cannot attend without financial assistance. Applicants should contact the Michigan Chapter at least three weeks prior to the conference to determine qualification guidelines and scholarship availability. To contact the Michigan Chapter, please call (248) 595-8526 or email us at MIChapter@scleroderma.org.

Gastroparesis is a condition that paralyzes the stomach and prevents it from emptying food properly. This is due to damage of the vagus nerve, which regulates the digestive system.

Among the many symptoms of gastroparesis is pruritus, or severely itchy skin. The best way to treat pruritus is to treat the underlying condition first, which, in this case, is gastroparesis. And while you can’t officially cure this chronic disease, you can take steps to manage it.

One of the best ways to manage gastroparesis is by modifying your diet. Indiana University Health recommends eating six smaller meals a day as opposed to three larger meals. Why, you ask? The smaller meals will help reduce bloating and digestive discomfort, and they help the stomach to empty faster. Avoiding high fat and high fiber foods is also recommended.

Additionally, protecting your skin will help to alleviate the effects of pruritus. Applying a daily moisturizer to prevent dryness, using sunscreen to protect against sunburns, bathing in warm water and using a humidifier in your home to control dry air are all affective ways to keep skin at its healthiest.

Depending on pruritus’ severity, your doctor may also prescribe an antihistamine or topical steroid to relieve the itch.
LETTER from LAURA

{Scleroderma Foundation Michigan Chapter Director}

Greetings!

As we welcome in a new year, the entire board of the Michigan Chapter, myself included, is dedicated to meeting our goals of providing support for scleroderma patients, spreading awareness through education and funding research toward a cure.

Our board is comprised of community members, scleroderma patients and those who have friends and family members who are afflicted with the disease. Each member volunteers their time and talent. Some have dedicatedly served in their position for more than nine years.

In November, our board met to strategically plan our growth goals over the next year, three years and five years. This brought inspiring and thought-provoking conversation about the Chapter’s vision and how the board desires to structure the educational programs, patient services and outreach to the medical community.

In the planning session, we conversed about our current database and our desire to maintain accurate records. According to researchers, about 53 percent of donors leave an organization because of ineffective communication. In order for the Chapter to remain in touch with all of our members, we are asking you let us know when there is a change in your address. Please also alert us if you no longer wish to receive our mailings, and we will remove you from the database.

We also greatly appreciate when you connect us with family, friends and co-workers who wish to receive our mailings. Our only request is you gain permission from each referral prior to sharing their contact information. We ask this out of respect to every individual’s privacy, and to assist us in assuring that everyone in our database desires to be there.

The Michigan Chapter is fully dedicated to mobilizing the efforts in finding a cause and cure for scleroderma, and we couldn’t do so without the strong, continuous support of our community. It’s because of this support that we look ahead to 2016 with great excitement and determination for another successful year. Thank you for helping us help one another!

Wishing you a happy and healthy 2016,
Laura Dyas
Does laughter produce the same brain wave frequencies as meditation? According to Lee Berk, associate professor of pathology and human anatomy at Loma Linda University, it does.

Laughter also works as an antidepressant and an anti-inflammatory—all while reducing the risk of heart disease.

“There’s no reason it shouldn’t be prescribed by doctors as part of a gamut of healthy lifestyle changes,” said Berk. “Unlike food and exercise, you can’t O.D. on laughter—at least I haven’t seen it!”

Sewing laughter into one’s life adds tremendous value to each day and is worth the conscious effort. If you’re in need of a whole-hearted belly laugh, or would like to laugh more often, try these laughter therapy techniques.

CONTAGIOUS LAUGHTER: We all have that friend whose laughter ignites a wildfire of hilarity within us. You’ve enjoyed this experience on more than one occasion, and can hear his or her laugh echo through your head at any given moment. Close your eyes and picture this person. Remember their laugh and relive it for a few minutes, releasing your stress and negative energy in the form of laughter.

STORY LAUGHTER: Remember the time you laughed so hard you cried? Don’t keep that golden moment hidden in your mind. Share it! Tell your favorite funny story to anyone who will listen. You may start laughing before the story is even over, and will probably laugh harder when your friend starts laughing, too. Spread the joy and revel in each other’s laughter.

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LAUGHTER FROM EYE CONTACT: Make eye contact with someone. When their eyes meet yours, just burst out laughing. They probably will too, and neither of you will actually know why.

SITUATIONAL COMEDY: Professor Robin Dunbar of Oxford University led laughter therapy research and believes uncontrollable laughter releases endorphins into the body, which generate mild euphoria and dull pain. “It’s exactly what happens when we say, ‘I laughed until it hurt.’ It seems to be extremely painful, and it’s that pain that produces the endorphin effect.”

The best part of situational comedy is that it’s available with the click of a button! Dunbar saw the endorphin effect in participants who watched slapstick and situational comedies such as “Friends” or “Mr. Bean.”

Everyone could use a good laugh.
The problem with P.P.I.’s

If you suffer from gastroesophageal reflux (or GERD), you’re extremely familiar with P.P.I.’s, or proton pump inhibitors. P.P.I.’s reduce acid production in the stomach so that if stomach juice backs up, it’s less irritating to the esophagus, and the esophagus can begin to heal.

Common P.P.I.’s include omeprazole (Prilosec), esomeprazole (Nexium), lansoprazole (Prevacid) and rabeprazole (Aciphex). These drugs are the third highest-selling drug category in the United States, but in 2010, the Food and Drug Administration released several warnings about their long-term and high dosage use.

Side-effects of P.P.I.’s surface an entire host of other ills, including malabsorption of essential nutrients, including calcium, vitamin B12 and magnesium. The malabsorption can become so severe that it increases the risk of bone fractures. It has experts recommending that older adults only use P.P.I.’s for the shortest duration possible.

 Increased risk for pneumonia, weakness, anemia, muscle spasms and tremors can also develop out of long-term P.P.I. use. However, more commonly reported side-effects include headache, nausea, diarrhea, constipation and abdominal pain.

While the need for P.P.I.’s may seem high due to prescription statistics in the U.S., P.P.I use isn’t always necessary. According to Dr. Greg Plotnikoff, a physician who specializes in integrative therapy at the Penny George Institute for Health and Healing in Minneapolis, “Taking P.P.I.’s changes the ecology of the gut and actually allows overgrowth of some things that normally would be kept under control.”

In fact, many people with GERD can avoid using a P.P.I. simply by changing their diets and avoiding highly acidic foods.

If you or someone you know has experienced any of these side-effects, it may be time to talk with your doctor or a homeopathic physician about alternative treatments for GERD.

The side effects of Thalidomide and other potential scleroderma medications

Thalidomide, a medication researchers have been looking into as a potential drug for scleroderma patients, was mentioned in the summer edition of the Michigan Insider. It is important to note Thalidomide has many side effects, as do most medications. Its most widely-known side effect is birth defects, which has been documented numerous times.

For more information on the scleroderma medications and treatments, please consult your physician. It’s always necessary for patients to thoroughly discuss all medications and treatments with their medical team to ensure they are receiving proper treatment for their own, individual needs. It is also necessary to adequately research all prescriptions, side effects and potential interactions with any other medications you may be taking.

The Scleroderma Foundation brings to the forefront all new research and advancements in treatments for scleroderma patients, but we do not endorse any of these treatments.

Playing with probiotics and prebiotics

Our bellies are the heart of our health. From how we digest and absorb food and nutrients to feeling comfortable in our bodies every day, the GI tract is responsible for it all.

Probiotics and prebiotics are friends of our GI tract and work to keep it happy and healthy. Simply put, probiotics are live microorganisms that live in our gut and administer health benefits to our bodies, and prebiotics are the food that probiotics eat. Together, prebiotics and probiotics work to increase healthy gut bacteria and eliminate the bad bacteria. Doing so reduces the risk of infection, enhances the immune system and regulates bowel movements.

The demand for probiotics and prebiotics has just recently skyrocketed in America, as research continues to support the health benefits behind them. Until recently, probiotic and prebiotic foods have been most commonly found in Japan and Europe.

While you can find both in the form of a dietary supplement, probiotics can also be found in most fermented dairy products, such as yogurt and soft cheeses, and popular dishes like sauerkraut, miso soup, kefir and sourdough breads.

Prebiotics occur naturally in plants, so garlic, onion, and any leek or root vegetable will be potent with prebiotics. Asparagus, artichokes, cabbage, bananas and bran are also all nutrient-dense, prebiotic foods that add lots of flavor and nutrition to any meal.
Superfoods for a super you

Chips, soda and desserts vs. fruits, veggies and proteins.

For better or for worse, all of these foods affect our overall health. When living with chronic illnesses such as scleroderma, a nutrient-dense diet is essential for managing symptoms and enjoying a quality lifestyle.

While there’s no “one diet fits all,” creating and maintaining a well-balanced diet rich in superfoods can help alleviate inflammation in the body, restore lost nutrients, strengthen overall immunity and provide longer-lasting energy throughout the day.

Most superfoods are packed with antioxidants, which fight inflammation. Antioxidants also have a low glycemic index, which will protect the body from sugar spikes.

Antioxidant rich foods include colorful berries such as blueberries, strawberries, and cherries, teas like oolong, green, and white, and vegetables like broccoli, which is high in liver-detoxifying nutrients. You can even sneak antioxidants into your dessert with dark chocolate, unsweetened dried fruits or a glass of red wine.

Superfoods are also rich in omega-3 fats, which alleviate arthritis, lower cholesterol and aid in brain health. Walnuts, flaxseed and salmon are very high in omega-3 fats, and they’re easy to add into your daily diet.

Nutrition expert and author David Katz reminds us that the change to a healthier diet doesn’t have to happen all at once.

“Pick three things you can do each day, do it consistently, and it will become a habit,” said Katz.

Tossing berries into your morning oatmeal or yogurt, topping your veggie-loaded salad with walnuts, and stirring sauces made from cauliflower or sweet potato into your dinner are all simple swaps for integrating more superfoods into your diet and living a better nourished life.
RECIPE for HEALTH

LET YOUR DIET do the detox

In today’s world, it’s easy to expose yourself to a variety of toxins. From air and water pollution to chronic stress and GMOs, it seems like toxicity is unavoidable. And while detoxifying yourself may seem like a bandwagon fad, it’s actually easier and more necessary for a healthy lifestyle than you may believe.

Contrary to popular magazines and commercials, detoxing doesn’t take expensive supplements and days of juicing, but rather just a stock of your favorite foods and a few extra minutes of meal preparation. The next time you’re grocery shopping, pick up a few of these natural detox foods to help you embody personal wellness at every meal.

AVOCADO: Guacamole, anyone? Avocado is rich in monounsaturated fats and fiber, both for which your colon and digestive tract will thank you. Avocado is also a liver cleanser, and it contains glutathione, a compound that blocks the absorption of toxin-carrying fats that can cause oxidative damage.

BEETS: Brighten your day with the deep, antioxidant-rich colors of beets. Beets have cancer-fighting and anti-inflammatory properties. They also promote healthy cell structure in the liver—your body’s detox powerhouse.

FENNEL: Fennel is calorically low but nutrient dense, overflowing with numerous vitamins and anti-inflammatory properties.

ONIONS AND GARLIC: Onions and garlic have powerful immune-boosting and antibacterial powers thanks to a stock of glutathione, one of the liver’s favorite antioxidants.

GINGER: Rev your metabolism and flush away waste with the potency of ginger. Columbia University found that ginger helps keep your appetite in check.

YOGURT: A light and savory snack to enhance your immunity and keep your gastrointestinal tract intact. The probiotics in yogurt aid in digestion and boost the body’s natural responses.

Greek yogurt chicken salad

As a super yummy dish for a superfood diet, this Greek yogurt chicken salad is glowing with nutrients from antioxidants, healthy fats, protein and, best of all, flavor. It’s also a quick dish to make ahead of time for busy days, or just to enjoy as a hassle-free meal.

Ingredients:
- 1 chicken breast, cooked, chilled & shredded
- 1 small apple, diced
- ¼ cup roasted almonds or walnuts, chopped
- 2 green onions, sliced
- 1/4 cup Greek yogurt
- 1 Tbsp. mustard
- Sea salt and pepper to taste

Directions: Mix together and enjoy!
In today’s world of low-fat and fat-free everything, it’s easy to forget fat is actually an essential part of a healthy lifestyle. Not only do healthy fats lower cholesterol, they can lower the risk for cardiovascular disease. And that’s not all. They also transport vitamins and minerals throughout the body.

Now, when we talk about healthy fats, we’re talking about mono and polyunsaturated fats. These fats are the best to consume because they help to raise your good, high-density lipoprotein (HDL) cholesterol, which carries the cholesterol in your blood back to your liver to be broken down.

One of the best, most versatile sources of these mono and polyunsaturated fats comes from certain oils. Olive oil, canola oil, sunflower oil, peanut oil, and sesame oil are all monounsaturated fats, while soybean, corn, and safflower oils are polyunsaturated and just a tad more impactful.

Just a few tablespoons of these heart-healthy oils cooked into your favorite foods and snacks will provide a quick and sufficient intake of healthy fat. In fact, incorporating healthy fat into your diet is as easy as dressing your own salad with a quick, olive oil and vinegar dressing.

Still hungry? Pop some popcorn with canola oil, or drizzle some olive oil over a few slices of homemade bruschetta.

As you continue to experiment with these different oils and their unique tastes, you’ll find your own, personal way of including oils and their heart-healthy nutrients into your daily diet.

Remember to consult with a nutritionist to determine your individualized need for daily fat intake.

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**LIVING with SCLERODERMA**

**The nature of nutrigenomics**

Nutrigenomics can be described as the language food speaks to our DNA, and consequently, to our bodies. It’s the idea that our bodies are genetically pre-dispositioned to respond well to certain foods, but not to all foods.

For example, some people drink milk every day throughout their lives and harvest its nutritional benefits. While that works for them, the lactose-intolerant population has to avoid milk, because they don’t have the enzyme needed for milk’s digestion. This example extends itself over to victims of autoimmune diseases who need to eliminate foods that are typically inflammatory or trigger an inflammatory response.

Nutrigenomics play into the fact that diets need to be tailored to fit each person uniquely, despite his or her similarities with other people. Two females identical in height, age and weight could still metabolize completely different from each other.

According to David Mutch, a researcher at the University of Guelph in the field of nutrigenomics, “The idea that everyone will respond positively to any type of nutrient is probably incorrect. Nutrients have faced a problem that there is a lot of conflicting information in the public... That’s where nutrigenomics can help us sift through that conflicting data.”

While researchers continue to better understand the unique relationship every person has with food and health, one thing is for certain: you need to eat for you.

**Healthy oils for your heart**

In today’s world of low-fat and fat-free everything, it’s easy to forget fat is actually an essential part of a healthy lifestyle.

**Say GOODBYE to joint pain with fluidotherapy**

Fluidotherapy: fun to say and do.

As a healing technique, fluidotherapy is applied directly to the affected extremity—mimicking the massage properties of liquid through a heated air stream. The movement of the water then generates a heat that heals.

Patients who suffer from any kind of arthritis or osteoporosis could greatly benefit from fluidotherapy, as it facilitates ligament and joint movement in a heated environment. Other benefits include relief from joint pain and increased blood circulation.

If you already receive a type of heat or aqua therapy, you may want to consider trying fluidotherapy at least once, as it’s considered to be an acceptable alternative to other heat therapies.

As always, talk with your trusted physician about undergoing fluidotherapy before searching for a local treatment center.
Have you ever wondered why your membership is so important? Your membership shows that you are part of the scleroderma family, searching for the cause and cure of this often devastating disease. Your dues also help to make the following happen:

**PATIENT EDIFICATION PROGRAMS:** Throughout the state of Michigan, throughout the year. The Chapter’s 2016 programs include Let’s Talk Scleroderma on April 30 in Novi. How to Dance in the Rain on July 16 in Lansing and Face to Face with Scleroderma on September 10 in Clinton Township. These educational experiences offer networking opportunities for people living with scleroderma, caregivers, family members and friends.

**SUPPORT GROUPS THROUGHOUT THE STATE OF MICHIGAN:** Our goal is to have a meeting available for you within a short driving distance. Many meetings include speakers on a variety of topics of interest. If you have not yet attended a meeting, we urge you to do so. These are NOT your typical “support group” meetings. Our support groups are focused on updates and advancements regarding scleroderma and overlapping autoimmune diseases. Our support group meetings are educational, informative and FUN! The Chapter is also excited to announce that the monthly virtual support groups will be continued in 2016 to help bring updated information to those who cannot make it to meetings. Please visit scleroderma.org/michigan for more information.

**STARS PROGRAM (SHARING-TRUSTING-AND-REBUILDING):** Matches members with others in similar situations and needs —“If you have scleroderma...you need not feel alone.” Telephone support, computer support and friendship can help you whether you are newly diagnosed or you have had scleroderma for 20 years. Become a STAR and start living today! Reach out and call the Michigan Chapter.

**TELEPHONE SUPPORT:** Our professional staff is available to provide support, information and referral services to you five days a week. Our executive director is a licensed social worker and counselor available to help you and your family.

**NEWSLETTER AND WEBSITE:** The Michigan Chapter publishes a newsletter, The Michigan Insider. This informative publication provides updated medical articles and information about what the Michigan Chapter is doing to better serve your needs. Our website has information about our events, support groups and advocacy efforts. The Chapter also launched a blog in 2015 that features a new post each week. Topics include, but are not limited to, healthy recipes, helpful tips and tricks for patients and Michigan Chapter highlights. We encourage you to check it out at scleroderma.org/michigan.

**E-COMMUNICATIONS:** The Michigan Chapter sends out e-Communications to alert members of upcoming events, activities and advocacy efforts. To receive e-Communications, or to have your name removed from our mailing list, please send an email to MICHapter@scleroderma.org.

**PHYSICIAN AND MEDICAL PROFESSION INFORMATION COLLOQUIUMS:** The Michigan Chapter offers educational seminars and one-on-one interaction with scleroderma patients to medical professionals in the state in an effort to help educate them regarding the symptoms and experiences of patients.

**STATEWIDE RESOURCES FOR SCLERODERMA PATIENTS AND FAMILIES:** Scleroderma patients and their families have unlimited access to professional resources and referrals within the state of Michigan. Contact the Chapter at (248) 595-8526 to receive updated information.

**MEMBERSHIP IN THE NATIONAL SCLERODERMA FOUNDATION:** This membership provides quarterly issues of the national magazine, Scleroderma Voice, access to educational awareness programs and literature—plus, a discounted registration fee at the national conference.
Scleroderma needs a cure, and I want to help the Michigan Chapter by donating today.

Advocate…..$5,000 
Friend……$1,500 
Patron……$3,500 
Donor……$1,000 
Benefactor…..$2,500 
Contributor…..$500 
Other….. $_____________

Name: _______________________________________________________________________________________________________________________
Address: ____________________________________________________________________________________________________________________
City: _______________________________________________________________________ State: _____________________ Zip: _______________
Email: ____________________________________________________________________ Phone: ________________________________________

____ Please renew my membership dues, $25.00 for 2016. 
____ Please enroll me as a new member for $25.00.

This gift is made in honor of or in memory of :__________________________________________________________________________.

I would like to contribute on a monthly basis. Please send me envelopes. I will contribute $_____ per month for 2016 to further the Michigan Chapter’s mission.

Credit Card Information:

Number: ___________________________ Expiration Date: ____________ CVD Code: __________

Signature: ________________________________________________________________________________________________________________

To help the Michigan Chapter better serve our community, please share your relationship with scleroderma:

____ Patient
____ Family member
____ Friend
____ Medical professional
____ Concerned advocate for the scleroderma community with no prior relationship to scleroderma
____ Other (Be specific) ____________________________
EMAIL UPDATES

The Michigan Chapter needs your email address in order to maintain an updated and correct database. Michigan Chapter e-Communications alert members of upcoming events, activities and advocacy efforts. We ask that you please email the Chapter at MICHapter@scleroderma.org if you wish you receive e-Communications, have your name removed or if your information has changed.

REGISTER ONLINE for EVENTS!

The Scleroderma Foundation Michigan Chapter has made the online registration process for all of our 2016 events and conferences quick and easy for all who wish to attend. Simply visit:

c scleroderma.org/michigan