

ISN Donation and Order Form

We welcome members from all countries who are interested in scleroderma or related illnesses. The ISN is a registered nonprofit **501(C)(3)**.

- ISN Comprehensive Fund, Tackles Scleroderma on all fronts! I am donating \$_____ (U.S. funds) for scleroderma research, support, education and awareness.
- ISN Scleroderma Research Fund. Enclosed is my gift in the amount of \$_____ for research.
- My donation is in loving memory of:

ISN Membership

- Email Membership. Please register me for a free ISN membership Sclero eNewsletter! My email is:

ISN Voices of Scleroderma Books

Prices include shipping and handling.

- _____ Volume 1, \$14.99 (On Sale)
- _____ Volume 2, \$14.99 (On Sale)
- _____ Volume 3, \$14.99 (On Sale)

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Country: _____

Phone: _____

Email: _____

Total: \$ _____

*Please mail this form with payment
(in U.S. funds only, please) made out to:*

International Scleroderma Network
7455 France Ave So #266
Edina, MN 55435 USA

Thank You!

Systemic Scleroderma Symptoms

Please consult your doctor if you have two or more of the following symptoms, which are sometimes due to systemic sclerosis (scleroderma). Systemic scleroderma may disqualify a person for life and/or health insurance in some countries. Sometimes certain lab work or biopsy results may force an unwelcome diagnosis into the medical record.

Circulation

- Swelling of hands, feet and/or face
- Raynaud's: fingers and/or toes turn white or blue due to cold or stress
- Ulcers (sores) on fingertips or toes

Gastrointestinal

- Difficulty swallowing
- Heartburn (reflux)
- Constipation, diarrhea, irritable bowel syndrome

Heart, Lungs, Kidneys

- Shortness of breath
- Pulmonary (lung) fibrosis
- Aspiration pneumonia
- Pulmonary hypertension
- High blood pressure or kidney (renal) failure
- Right-sided heart failure

Muscles & Tendons

- Tendonitis, or carpal tunnel syndrome
- Muscle aches, weakness, joint pain

Excessive Dryness or Sjogren's Syndrome

- Excessive dryness of the mucus membranes (such as eyes, mouth, vagina), which is sometimes called Sjogren's Syndrome

Skin

- Tight skin, often on hands or face
- Calcinosis (calcium deposits)
- Telangiectasia (red dots on the hands or face)
- Mouth becomes smaller, lips develop deep grooves, eating and dental care become difficult

Many of these symptoms can occur by themselves or can be due to other things. Symptoms such as heartburn, high blood pressure, constipation and muscle aches are common in the general population. More unusual symptoms, such as pulmonary fibrosis or tight skin, may be more likely to lead to a diagnosis of systemic scleroderma.

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Brochure: What in the world is Scleroderma?
Reorder Form: SD-02-EN. Version 01-01-12 PDF.



www.sclero.org

What in the world is Scleroderma?

What is Scleroderma?

Scleroderma (sklare-oh-derma) means “hard skin.” This complex disease involves tightening and thickening of the skin, blood vessel damage, inflammation and immune system changes.

Around 100,000 people in the United States, mainly women ages 20-50, develop the systemic form of the illness which also involves the lungs, heart, kidney and intestinal tract.

Around 200,000 people in the United States, half of whom are children, develop localized scleroderma.

The cause of scleroderma is unknown and effective treatments are lacking. For systemic sclerosis, survival is related to how much organ damage each individual patient has. Modern medicine has made great strides in treating individual complications.

Scleroderma Research

Research is very active in many areas, including cause, the nature of the disease process, and attempts to develop treatments. Funding for research is vitally important and derives from the federal government, pharmaceutical companies, and from charitable donations.

Research has led to breakthroughs in treatment of lung and kidney problems, and survival is ever improving.

Medical science considers scleroderma to be the prototype disease of scarring or fibrosis. A breakthrough in scleroderma would lead to new understanding of other scarring diseases such as liver cirrhosis, heart and kidney failure and lung diseases.

Systemic Sclerosis

Systemic sclerosis (SSc, scleroderma, SD) begins with Raynaud’s phenomenon—poor circulation in the fingers. Some people then quickly progress to widespread tightening and thickening of their skin (**diffuse scleroderma**). In diffuse scleroderma, risk of early development of organ involvement is high. This disease impacts function, quality of life, comfort, cosmetic appearance and survival.

Around half of the people with systemic sclerosis have a slower, more benign form of the disease. In **limited scleroderma** (sometimes called CREST syndrome), skin thickening usually stays restricted to the fingers, hands and face. Organ involvement includes intestinal and lung, but is typically delayed until the second decade of disease.

Systemic sclerosis is highly variable in pace of development and severity of organ damage. Many persons have very mild disease, whereas others have rapidly progressive and overwhelming difficulties. No two people with scleroderma are alike, which makes studies of treatments difficult to interpret.

Localized Scleroderma

Localized scleroderma means that the disease is restricted to involvement of the skin only. The absence of organ involvement means that survival is normal.

The most common form of localized scleroderma is **morphea**—irregularly shaped patches of thickened skin. Localized scleroderma can also occur as **linear scleroderma** where a line of disease involves an arm, a leg or a side of the face. In children, the affected part of the body does not grow evenly so withered arms, distorted faces or shortened legs affect appearance and function.

ISN Offers Hope and Help

The nonprofit **International Scleroderma Network (ISN)** offers hope and help to those affected by scleroderma and related illnesses, as well as their caregivers and survivors.

ISN Scleroderma Research Fund

The ISN Scleroderma Research Fund is geared towards finding the underlying causes and treatments for scleroderma and related symptoms.

ISN Support Services

- ◆ Our **sclero.org** web site offers over 5,000 pages of medical and support information, in over 22 languages.
- ◆ Online Sclero Forums message board and chats provide top-notch, well-moderated support, 24 hours a day.
- ◆ Toll Free Phone (U.S.): **1-800-564-7099**. All other: **1-952-583-5735**.
- ◆ Email support: isn@sclero.org

ISN Book Series

We publish the highly acclaimed **Voices of Scleroderma book series**, with articles by world experts as well as stories from those affected by scleroderma throughout the world.

ISN Web Site Services

We also network and empower our worldwide scleroderma community. We offer to make and post free web pages for scleroderma organizations, support groups, and research studies, in all countries and languages. Join or support the ISN today!