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SCLERODERMA FOUNDATION

SUPPORT • EDUCATION • RESEARCH

eLetter #578 | October 31, 2014

Video: Scleroderma in African Americans



Studies have suggested that African Americans suffer from scleroderma and its complications more severely. In this session from the 2014 National Patient Education Conference in Anaheim, CA, Dr. Virginia Steen discussed the effects of scleroderma on the African American population.

[Watch the video on YouTube >>](#)

[Go to the Scleroderma Foundation's YouTube channel to view more Conference videos >>](#)

Stay tuned to the weekly eLetter as we share more videos from this year's Conference!

Applying for Public Housing Assistance

Public housing was established to provide decent and safe rental housing

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for eligible low-income families, the elderly, and persons with disabilities. Public housing comes in all sizes and types, from scattered single family homes to high-rise apartments. Visit the U.S. Department of Housing and Urban Development website for more

information about eligibility, how to apply and much more

[Visit HUD.gov for more information >>](http://www.hud.gov)

A Common-Sense Approach to Fighting In-Flight Germs



While it isn't necessary to perform strict disinfecting rituals before air travel, it is a good idea to be aware of which surfaces inside a plane are more likely to harbor the types of germs that could make you sick. Learn how you can protect yourself this cold and flu season.

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

How to Find the Positive in Negative Emotions



Three of the most common negative emotions felt by caregivers are anxiety, sadness and guilt. Each is painful in its own way, yet when experienced in moderation, each also can convey certain benefits. It's important for caregivers to accept and learn from their emotions.

[Read the article at AgingCare.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.



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