

Subject: The National Patient Education Conference is Just One Week Away!

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# SCLERODERMA FOUNDATION

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eLetter #615 | July 10, 2015

## The National Patient Education Conference is Just One Week Away!



The Scleroderma Foundation National Patient Education Conference in Nashville, TN is only one week away! We're looking forward to a productive and exciting weekend, and we hope you are too.

This year, we are proud to offer you our largest educational program ever with 67 presentations. More than half of this year's workshop sessions are being offered for the first time to our conference attendees. Check out the full list of workshop descriptions in the conference program book, now available to download at [www.scleroderma.org/programbook2015](http://www.scleroderma.org/programbook2015).

If you need it, the [Conference website](#) offers some [excellent resources for travel information](#). Also, be sure to keep up with all the action at our [Twitter](#) and [Facebook](#) pages. We'll keep you updated throughout the weekend with news, photos, and more!

See you there!

## National Underinsured Resource Directory



Patients that have current health insurance but are still struggling to meet the out-of-pocket cost demands are considered underinsured. The Patient Advocate Foundation offers a directory of resources for these patients. Users can generate a list of the potential organizations that may have programs to address their needs, in many different

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fields, such as medical equipment, medication assistance, support for caregivers, and dozens more.

[Visit the directory at PatientAdvocate.org >>](#)

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## Your Role as a Patient



There are a few simple things you can do to improve your experience as a patient. By asking questions, speaking up, and doing your homework, you can become a more effective advocate for yourself at the doctor's office. Learn more at the Association for Patient Experience to see what steps you can take to get the most out of medical visits.

[Read more at Patient-Experience.org >>](#)

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## Calcium and Vitamin D: Important at Every Age



The foods we eat contain a variety of vitamins, minerals, and other important nutrients that help keep our bodies healthy. Two nutrients in particular, calcium and vitamin D, are needed for strong bones. Calcium is needed for our heart, muscles, and nerves to function properly and for blood to clot.

Inadequate calcium significantly contributes to the development of osteoporosis. The body needs vitamin D to absorb calcium. This helpful publication by the National Institutes of Health offers a wealth of information on calcium and vitamin D.

[Learn more about the importance of calcium and vitamin D at NIH.gov >>](#)

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**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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