



"It's a lot easier to talk to someone when they know what you're going through ... You need someone to listen"

~ Katie Higgins



Stepping Out to Cure Scleroderma (Philadelphia, PA, above left.)

Stepping Out to Cure Scleroderma (York, PA, below)

Individual photos: support group leaders. Front page- "Strike Out Scleroderma"



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Educate
Advocate
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National
Scleroderma
Foundation

Delaware Valley



National Scleroderma Foundation
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What is Scleroderma?

Scleroderma is a chronic, often progressive autoimmune disease in which the body overproduces collagen. The body's immune system attacks its own tissues.

Scleroderma means "hard skin." This may be the first visible symptom of scleroderma, but there are often invisible symptoms when internal organs are damaged. Each person's path with scleroderma is different. The skin, esophagus, heart, lungs, and gastrointestinal tract are commonly affected.

Anyone can develop scleroderma. It is not contagious or genetic. Females outnumber males. In the U.S. over 300,000 people have some form of scleroderma. It is considered a "rare" disease. The disease is often more severe in African-Americans, Native Americans, and men. Early treatment is recommended as most organ damage is not reversible.

Advocacy is important.
We need funding for
research and recognition
from our government.

Below: June 29,
2021, declaration
"Scleroderma
Day"



Our Mission

The mission of the National Scleroderma Foundation Delaware Valley Chapter is to advance medical research, promote disease awareness and provide support and education to people with scleroderma, their families and support networks.

Services Offered

- **Support Groups** are important to help people with chronic disease feel less alone coping with their illness. We usually offer in-person and virtual support groups. Due to the COVID-19 crisis, all support groups are virtual. We offer a young adult's group (ages 18-30.) We also have general support groups. Information can be found on our website.
- **Membership dues** provide a vital pathway of communication with the scleroderma community, including subscriptions to "The Scleroderma Voice" and "The Pursuit," as well as notices of educational and fundraising events.
- **Non-medical advice**- we direct newly diagnosed patients to local Scleroderma Centers of Excellence.

Join Us !

You may join by sending in a check for a donation of \$25 (or more.) Remember to indicate "membership dues" on the check. You may also join online. We need and welcome your help at our fundraising and awareness events.