

Scleroderma Awareness Month

What is Scleroderma?

Often referred to as a single disease, Scleroderma is really a symptom of a group of diseases that involve the abnormal growth of connective tissue which supports the skin and internal organs. In some forms of Scleroderma, hard, tight skin is the extent of this abnormal process. In other forms, however, the problem goes much deeper, affecting blood vessels and internal organs such as the heart, lungs and kidneys.

Scleroderma is both a rheumatic disease and a connective tissue disease. The term rheumatic disease refers to a group of conditions characterized by inflammation or pain in the muscles, joints or fibrous tissue. Scleroderma is also an autoimmune disease where the body's immune system turns against and damages its own tissues.

What causes Scleroderma?

Scientists don't know exactly what causes Scleroderma but they are certain that people cannot catch it from or transmit it to others. It is not contagious.

Who Gets Scleroderma?

Although Scleroderma is more common in women, the disease also occurs in men and children and affects people of all races and ethnic groups.

How is Scleroderma Treated?

Currently, there is no treatment that controls or stops the underlying problem (the overproduction of collagen) in all forms of Scleroderma. Treatment and management focus on relieving symptoms and limiting damage. Treatment depends on the particular problems you have and must be prescribed or given by a doctor.

- Stretching exercises under the direction of a physical or occupational therapist are extremely important to prevent loss of joint motion.
- Exercise regularly. Ask your doctor or physical therapist about an exercise plan that will help you increase and maintain range of motion in affected joints.
- Use medication as recommended by your doctor to help relieve joint or muscle pain. If pain is severe, speak to a rheumatologist about the possibility of prescription-strength drugs to ease pain and inflammation.
- Learn to do things in a new way. A physical or occupational therapist can help you learn to perform daily tasks such as lifting and carrying objects or opening doors in ways that will put less stress on tender joints

A scleroderma diagnosis is based on medical history, physical exam findings and any symptoms you may be experiencing. Contact Service Coordination at (888) 977-3319 to schedule an appointment with a healthcare provider.

Want more information about Scleroderma?

For assistance scheduling an appointment, call Service Coordination today!

(888) 977-3319

For the full article, visit:
<https://www.cdc.gov/niosh/topics/skin/>



SAFETY TIPS

JUNE 2018

Don't Get Burned! Summer Sun Tips

Summer is here! Who doesn't want to be outside sunbathing, swimming, playing catch on the beach or just barbecuing in the backyard? While summer means fun in the sun, make sure you are not getting too much of a good thing. Practice proper sun protection to avoid consequences of overexposure to the sun like sunburns, premature aging of the skin, wrinkling and skin cancer such as melanoma.

Risks

- Sunburn is a sign of short-term overexposure while premature aging and skin cancer are side effects of prolonged UV exposure.
- Some oral and topical medicines, antibiotics, birth control pills, benzoyl peroxide products and some cosmetics may increase skin and eye sensitivity to UV in all skin types.
- UV exposure increases the risk of potentially blinding eye diseases if eye protection is not used.
- Overexposure to UV radiation can lead to serious health issues including cancer.

The CDC recommends easy options for sun protection:

- Use sunscreen with sun protective factor (SPF) 15 or higher and both UVA and UVB protection.
- Wear clothing to protect exposed skin.
- Loose-fitting long sleeved shirts and long pants made from tightly woven fabric offer the best protection from the sun's UV rays.
- A wet T-shirt offers much less UV protection from sun exposure than a dry one.
- Darker colors may offer more protection than lighter colors.
- Wear a hat with a wide brim all the way around to shade the face, head, ears and neck.
- Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Seek shade! Especially during midday hours. You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree or other shelter before you realize that you need relief from the sun.

To schedule a safety talk, call Service Coordination today!

(888) 977-3319

For full article, visit http://www.cdc.gov/cancer/skin/basic_info/prevention.htm

**SAFETY
FIRST!**



Recipe



Avocado Shrimp Salad

Ingredients (4 servings)

- 2 Tbsp fat-free, plain Greek yogurt
- 2 tsp canola oil
- 3 tsp lime juice
- 1/8 tsp salt
- 1/4 tsp ground black pepper
- 1 small apple, cored and finely diced
- 1 1/2 cups finely chopped celery
- 1/2 cup chopped cilantro
- 1/4 cup chopped scallions
- 1 pound large cooked, peeled shrimp,
- 1 avocado (pitted, peeled, diced)
- 4 large pieces Bibb lettuce

Directions

1. In a large bowl add yogurt, oil, lime juice, salt and pepper. Whisk with fork until combined.
2. Finely dice the apple and celery into the bowl with chopped cilantro and scallions.
3. Remove shrimp tails and discard.
4. Chop shrimp add combine with other ingredients.
5. Slice the avocado in half and remove pit. Make a cross-hatch pattern into the avocado and spoon the pieces into the bowl.
6. Gently mix ingredients together.
7. Serve immediately or chill salad in the refrigerator for a couple hours. If desired, spoon salad onto Bibb lettuce cups to serve.

NUTRITION FACTS

Calories 28.8
 Total Fat 10.2g
 Cholesterol 214.3mg
 Sodium 239mg
 Total Carbohydrates 12.1g
 Protein 29.3g

For full recipe and nutritional facts, go to:
<https://recipes.heart.org/recipes/2009/avocado-and-shrimp-salad>

