

SCLERO-MEN

TRI-STATE CHAPTER

MEN'S ONLY SUPPORT GROUP



Because scleroderma manifests itself in a very unique way in men, their issues and concerns are unique as well. This is likely why we see so few men come to support group meetings on a regular basis. There are also other issues unique to the male gender such as upbringing, expectations and need to control emotions like sadness, grief, and signs of weakness that are likely barriers to their participation. These issues however cause more stress, adding to the fatigue and pain that most people with scleroderma experience.

We encourage you to become more aware of your feelings and educated about your disease. For meeting dates and time, or if you just need to talk to someone that can relate to you, please feel free to call or email.

Your Tri- State Volunteer,
Eric Goldstein
(646) 275-4178
ScleroMen@scleroderma.org

Get social!

Find Tri-State where ever you are



A friendly place, where patients and supporters alike can hold discussions and grow from one another's experiences.

www.facebook.com/SFTriState



Find all the faces of Tri-State here! From educational events to our Stepping Out walks; lots of memories are captured here.

www.flickr.com/sftristate



Share experiences and learn from other patients. The camaraderie of people from all walks of life can provide valuable insights for dealing with scleroderma.

<http://www.inspire.com/groups/scleroderma-foundation>



Watch and learn more about scleroderma and find videos showcasing Tri-State events.

www.youtube.com/sftristate



Tri-State's educational resource featuring streaming videos presentations from our educational programs. Speakers share current understanding as well as insights on coping and treatment.

www.sclerodermavideo.com



Network with other professionals and business people that share in the struggle with scleroderma and its many implications. <http://www.linkedin.com/company/scleroderma-foundation-tri-state-inc-chapter>



**SCLERODERMA
FOUNDATION**

SUPPORT • EDUCATION • RESEARCH

TRI-STATE CHAPTER

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