



Ohio Scleroderma News

Scleroderma Foundation, Ohio Chapter - PO Box 846 - Hilliard, OH 43026-0846 -(866) 849-9030

February 2010

Coming Up!!!!!!

Saturday, March 13, 2010

"Seven Balance Points to New and Better Health" by Dr. Cathy Creger Rosenbaum

Saturday, April 24, 2010

**3rd Annual Kostandaras Scleroderma Fundraiser -
Dinner, auctions, & more**

Available NOW

Malley's Chocolates direct-ship fundraiser!



And More!! -- Details Inside!

As always, for more information on support groups, educational conferences, late-breaking news, and more, go to

<http://www.scleroderma.org/chapter/ohio>



**3rd Annual
Kostandaras
SCLERODERMA
FUNDRAISER***

Hosted by JUNE KOSTANDARAS & FAMILY
Sponsored by the Ohio Chapter of the Scleroderma
Foundation (www.sfohio.org)

**REVERSE RAFFLE
Sideboards, 50/50 raffle, Chinese raffle**

**Saturday, April 24
6:00 pm until midnight
Days Inn & Suites, Richfield, OH**
Easy tickets & donations at
www.kostandarasfundraiser.info**

**Buffet Dinner at 7:00 pm
\$50 per person
Beer and Wine \$1/glass***
Non-alcoholic beverages free**

**RSVP: April 12, 2010
June Kostandaras, 440-570-8111**

Directions:

I-77 NORTH: Exit on Brecksville Road (exit 145), Hotel is located 1/4 mile on left.

I-77 SOUTH: Exit at Ohio Turnpike (exit 146), right on Brecksville Road. Hotel is 1/2 mile on right.

TRAVELING EAST or WEST on I-80 (Ohio Turnpike): Exit 173, right on Brecksville Road. Hotel is 1/2 mile on right.

* Proceeds from the event go to the non-profit Scleroderma Foundation (501c3) for patient support, education and research.

**Formerly the Quality Inn. Special hotel room rates offered. Hotel has indoor pool, miniature golf and game room.

*** Cash bar for all other alcoholic beverages

Malley's Chocolates Offer A Delicious Fundraising Opportunity

Mmmmm, chocolate!



Malley's Chocolates is a third-generation family-owned candy maker with 18 stores throughout northeast Ohio. Order candy to be shipped directly

to you **AND** benefit the Ohio Chapter!

Choose from dozens of delectable candy choices from chocolate bunnies, ducks, and more! Don't forget jelly beans, nut clusters, caramel bars, mint bars, and still more.



Prepare to fill a few Easter baskets, or just get some delectable treats for gifts. Treat yourself!

Eat for the cause. This couldn't be easier. Shop now through this link

<http://malleys.sfohio.org>



Save the Date!!

March 13, 2010 – Seven Balance Points to New and Better Health, Cincinnati area

April 24, 2010 – 3rd Annual Kostandaras Scleroderma Fundraiser, Richfield

June 5, 2010 – Stepping Out to Cure Scleroderma Walk, Boardman Park, Youngstown

June 19, 2010 – Education day by Toledo support group

July 30-August 1, 2010 - Annual national conference, "Where Revolutionary Ideas Begin", Boston, MA

October 2, 2010 – Educational Day of speakers, more details to come

October 3, 2010 – Stepping Out to Cure Scleroderma Walk, Reynoldsburg (near Columbus)



National Conference Registration is Open – Book Now!

Plans are set for the national conference July 30-August 1, 2010 in Boston. Special room rates are available at the Sheraton Boston Hotel. More information to book your room at the special conference rate and conference registration form is available at:

http://www.scleroderma.org/national_conference.htm

Cold Fingers and Toes? It Might Be Raynaud's



When the temperature drops this winter, it's normal to feel it most in your fingers, toes, ears and nose. But if your fingers and toes regularly turn bluish or white when the temperature dips even slightly, or if they often feel numb or painful or turn red and tingle

when you're stressed or cold, it may be a sign you have something called Raynaud's disease.

Raynaud's (pronounced Ray-NOSE) disease is a disorder that affects blood vessels. Estimates vary, but most studies suggest that it affects about 3-5% of the population, especially women. It can arise at any age, although it typically appears during teenage years or later.

In people with Raynaud's disease, blood vessels have an extreme response to cold temperatures and stress. The body's normal response to prolonged cold temperatures is to tighten blood vessels and reduce blood flow to the fingers, toes and other extremities. This helps to slow heat loss and keep warm blood flowing to your brain and other vital organs. Likewise, stressful situations normally trigger the release of hormones that can also cause blood vessels to narrow in your extremities.

But in people with Raynaud's, the response to cold and stress is far more rapid and severe. Just taking something out of the freezer or sitting in an air-conditioned room can trigger an attack, which may last for less than a minute or as long as a few hours.

During a Raynaud's attack, the blood vessels quickly narrow and reduce the flow of blood, causing the skin to temporarily turn white, then bluish. When blood flow later returns, the skin turns red. Your fingers and toes may throb or feel numb and tingly. With severe Raynaud's, which is uncommon, prolonged or repeated

episodes can cause skin sores or tissue death (gangrene).

Most cases of Raynaud's have no known cause—a condition called primary Raynaud's disease. Primary Raynaud's is typically more of a bother than a serious illness. It can often be managed with minor lifestyle changes, like wearing warm socks around the house or wearing gloves when removing things from the freezer.

When Raynaud's disease can be linked to an underlying medical condition, it's called secondary Raynaud's or Raynaud's phenomenon. Secondary Raynaud's is a more complex and typically more serious condition. It is most often caused by connective tissue disease, like scleroderma or lupus. Some of these diseases reduce blood flow to the fingers and toes. Secondary Raynaud's can also be caused by some medications that reduce blood flow, including certain blood pressure and migraine headache drugs. Treating the underlying condition or changing medications, if possible, is often the best way to reduce Raynaud's symptoms.

Physicians usually recommend non-drug treatments for patients with primary Raynaud's, because they're not at risk for tissue damage. Secondary Raynaud's may require prescription medications that help to improve blood flow and heal skin sores on fingers and toes. Be sure to talk with your doctor if you think you may have Raynaud's disease.

Wise Choices Avoid Raynaud's Attacks

You can take some simple steps to prevent or reduce the severity of Raynaud's attacks:

- Keep warm. Wear a hat, gloves, scarf and coat when it's cold. Soak your hands in warm water at the first sign of an attack.
- Don't smoke. The nicotine in cigarettes causes the skin temperature to drop, which may lead to an attack.
- Avoid certain medications that cause blood vessels to narrow. These can include beta-blockers, some over-the-counter allergy or cold remedies and some migraine headache medications.
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- Control stress. Steer clear of stressful situations. Relaxation techniques may help.
- Exercise regularly. Many doctors encourage patients who have Raynaud's disease to exercise regularly, but talk with your doctor before beginning an exercise program.

From NIH News In Health December 2008 issue

<http://newsinhealth.nih.gov/2008/December/feature2.htm>

Support Groups



Canton Area Support Group - Canton, Ohio

6:30 p.m. first Thursday of every month
Dueber United Methodist Church, 645 Dueber Ave.

SW, Canton, Ohio 44706

Group Leader: Jaime Smith, 330-257-5857

Carrollton Area Support Group - Carrollton, Ohio

4:00 p.m. first Thursday of every month
Carroll County District Library, 70 2nd st NE,
Carrollton, Ohio 44615 330-627-2313

Group Leader: Crystal Burgett, 330-627-7548

Cincinnati Support Group - Cincinnati, Ohio

1:00-3:00 p.m. second Saturday of every month
The Cincinnati Scleroderma Support Group moved to the Conference Center at the Mercy Hospital - Anderson Medical Office Building II (MOB II).

Group Leader: Debbie Metz, (513) 232-5210,
cincinnati-sg@sfohio.org

Columbus Support Group - Columbus, Ohio

7-9:00 p.m. third Wednesday of every month beginning in April.
Call for location.

Group Leader: Amie Yaussy, (866) 849-9030,
info@sfohio.org

Newsletter Online

Our newsletters are available online to view, too. The pictures are in color and the links printed here work to send you directly there.

<http://www.scleroderma.org/chapter/ohio>

If you don't want to receive our newsletters, you can email philmeier@sfohio.org to be removed from the mailing list.

Dayton Area Support Group - Dayton, Ohio

First Saturday of the month from 10:00 a.m. - 12:00 p.m.

Our meetings are held at Grace Community Church, 5001 Fishburg Road, Huber Heights, Ohio.

Group Leader: Penny Davis, 937-237-1952 -
dayton-sg@sfohio.org

Northeast Ohio / Greater Cleveland Support Group - Northeast Ohio

4th Thursday of every month

Meetings are in the restaurant of the Richfield Quality Inn, 4742 Brecksville Rd., Richfield, OH

Group Leaders: Mariann Boyanowski, 330-533-0552 and Susan Woodard, 216-587-5191.

Email: neohio-sg@sfohio.org.

Toledo Area Support Group - Toledo, Ohio

7-9:00 p.m. third Thursday of each month

St. Luke's Hospital, 5901 Monclova Road, Maumee, OH, Room 2. **RESUMES MARCH 18**

Group Leader: Jerri Sue DeTray, 1-866-849-9030. Email: toledo-sg@sfohio.org.

Youngstown Area Support Group - Youngstown, Ohio

6:00 p.m. on the first Monday of every month
Luciannos restaurant, 1732 S Raccoon, Austintown, OH, 330-792-5975. Come for dinner.

Group Leaders: Leni Schulz, 330-654-2538 and Marilyn Panagopoulos, 330-318-6088 -
youngstown-sg@sfohio.org

"Seven Balance Points to New and Better Health"

by Dr. Cathy Creger Rosenbaum

Saturday, March 13, 2010

Cincinnati and Dayton support groups will host a joint meeting that is open to all. Our speaker is Ph.D. pharmacist Dr. Cathy Rosenbaum. She will be speaking about blending traditional medicine with holistic therapies.



Dr. Rosenbaum is a holistic clinical pharmacist, Clinical Effectiveness and Safety Officer at Bethesda North Hospital, Founder and CEO of Rx Integrative Solutions, and host of *Your Holistic Health* on WMKV 89.3 FM Mondays at 5:30 pm. She has practice and administrative experience in integrative health and medicine, pharmaceutical industry, academia, hospital practice, and consulting. She is a member of the American Holistic Medical Association, the professional advisory board for The Wellness Community and professional editorial boards for *Holistic Primary Care*, *The Annals of Pharmacotherapy*, and *Pharmacy Practice News*. She believes that without vigilance prescription drugs could run our lives.

She feels there is an alternate path to health and healing which includes nontraditional holistic approaches.

It will be held at Indiana Wesleyan University in Westchester, Ohio: 9286 Schulze Dr., West Chester, OH 45069 at Exit 19 – I-75

Educational Day Planned At Toledo Medical Center

Saturday, June 19, 2010

9:00 a.m. – 5:00 p.m.

Plans are in action for an educational day with a variety of topics to be held at the Toledo Medical Center.

Speakers and topics include: Dr. Bashar Kahaleh, scleroderma specialist; Dr. Samer Khouri, cardiologist; Dr. Ragheb Assaly, pulmonary hypertension; and Dr. Wael Youssef, gastroenterology. Sharon Loukx, RN will have a presentation on trial studies at the Foulton County Health Center Stress Unit, and professional therapists Andrew Lesneswicz and Kirk Stuckey will speak.

If you'd like to attend either event, for times and more information go to

<http://www.scleroderma.org/chapter/ohio>

Join Us on Facebook

A screenshot of a Facebook profile for the Scleroderma Foundation, Ohio Chapter. The profile name is "Scleroderma Foundation, Ohio Chapter" and the status is "No Recent Updates". Below the text is the Scleroderma Foundation logo, which features a stylized figure holding hands above the text "SCLERODERMA FOUNDATION" and "OHIO CHAPTER". The number of fans is listed as 172.

Look for Scleroderma Foundation, Ohio Chapter and join us now!