

What is a Virtual Walk?

The walking is real – it's the community that's virtual. During this unusual time with the COVID-19 Virus we want to make sure all of our Scleroderma patients and families are safe.

In place of our regular annual walks at an established location we will be walking virtually on Saturday, June 25th. Walk wherever and whenever is most convenient for you. You can walk in your neighborhood, local park or favorite trail. Also, by joining the Heartland zoom meeting on June 25th or by posting pictures or videos on Facebook, twitter, and Instagram, you will be helping us spread awareness of Scleroderma. Don't forget to wear your favorite Scleroderma T-shirt if you have one.

Purpose of our Virtual Walk

We desperately need a cure for this rare and progressive disease!

Our goals this year are to:

- Fund Research for a Cure at top medical establishments like John Hopkins and Mayo and Cleveland Clinic.
- Spread Awareness of Scleroderma
- Offer a Free Education Day on this disease to all patients, family, medical professionals and anyone from the public interested in learning more about Scleroderma.
- Offer scholarships to new patients so they may virtually attend the Scleroderma National Education Conference and watch sessions on top researchers and doctors in this field.



Stepping Out to Cure Scleroderma Virtual Walk



Heartland Virtual Walk: Saturday, June 25, 2022

serving

Iowa, Nebraska, and South Dakota Virtual

*in recognition of
National Scleroderma Awareness Month*

**Over 300,000 people in the
U.S. have Scleroderma!**

What is Scleroderma?

Scleroderma is a chronic, progressive autoimmune disease - like rheumatoid arthritis, lupus and multiple sclerosis, in which the body's immune system attacks its own tissues.

The disease - which literally means "hard skin" - can cause thickening and tightening of the skin as well as serious damage to a number of internal organs including the lungs, heart, kidneys, esophagus, and gastrointestinal tract. Scleroderma occurs three to four times more often in women than in men.

For some individuals, scleroderma is a nuisance. For others, it is a life-threatening disease. For most people with scleroderma, the disease has serious impact on daily life. Although medications can sometimes help, there is no cure yet.

What is the Scleroderma Foundation?

The Scleroderma Foundation helps people with scleroderma and their families cope with the disease through support programs, physician referrals, and educational information through its 24 chapters and 150 support groups nationwide.

The Foundation promotes public awareness about scleroderma and is the largest private funder of peer-reviewed scleroderma research, awarding more than \$1 million annually for research to improve the treatment and discover the cause and cure of scleroderma.

FOR MORE INFORMATION, CONTACT:
National Scleroderma Foundation
Heartland Chapter
(515) 259-1030

E-MAIL: HeartlandChapter@scleroderma.org

