



SclerOH! News

SCLERODERMA FOUNDATION
OHIO CHAPTER
SUPPORT - EDUCATION - RESEARCH

2014 Events

March 29: Buckshot Beard Bonanza! 2, Medina F.O.E. Club.

May 10: 2nd Annual Dance to Cure Scleroderma, Harrison

May 17: 2nd Annual Scleroderma Awareness Night, 4-8pm, Orrville

June 14: 11th Annual Walk, Boardman PK, Boardman

June 21: 3rd Annual Walk, UTMC, Toledo

July 26-27: 16th Annual National Patient Education Conference, Anaheim, CA

Aug. 2: 3rd Annual Walk, Community Park, Fairborn

Oct. 3-5: 2014 State Conference, Embassy Suites-Columbus

October: 2nd Annual Bowl for Scleroderma, Beaver creek; Date TBD

Visit www.sfohio.org for event information.

Diaphragmatic Breathing

By Dr. Tammy Gilbert - Hear Tammy speak at our State Conference in October!

Diaphragmatic breathing is an easy exercise that aids in relaxation, decreases pain, lowers anxiety, reduces stress levels and improves digestion. Benefits of breathing from the diaphragm include: slows heart and respiration rate, improves endurance and exercise tolerance, decreases fatigue levels, and increases blood flow to all vital organs.

The diaphragm is a domed based shaped muscle located between the chest

and stomach cavity. With diaphragmatic breathing, the diaphragm tightens to pull the lower part of the lungs down so maximum amount of oxygen is inhaled. To see if you are breathing correctly, place both hands flat on your lower ribcage with your middle fingers just touching. Inhale deeply and see if your fingertips are forced apart. If you are breathing from the diaphragm, your fingertips will be separated by an inch or two.

Most people breathe from the chest. This type breathing is less efficient as the breathing is shallow. Because the diaphragm does not pull the lungs down for
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SAVE THE DATE!

SFOH STATE CONFERENCE
OCT. 3-5, 2014

Embassy Suites-Columbus
2700 Corporate Exchange Dr.
Event registration: sfohio.org

Room Registration:
www.scleroderma.org/ohiohotel

2014 Rosita Aguirre Scholarships

The Scleroderma Foundation National Conference will be July 25-27 in Anaheim, CA, and the State Conference will be held in Columbus, OH, Oct. 3–Oct 5. At these conferences you can learn more about scleroderma, meet others living with scleroderma, and interact with experts who are treating and researching this disease. The Ohio Chapter offers conference scholarships to help patients who otherwise cannot afford to attend. For 2014, we will sponsor at least one patient for the National Conference and at least four patients for the

State Conference. This includes transportation, lodging, and registration fees (up to \$1500 for National; up to \$500 for the State Conference). Some caregiver expenses may also be eligible. Receipts will be required. To be eligible for the National Conference scholarship you cannot have received it the past 5 years. You **must be a current member** of the Scleroderma Foundation to receive a scholarship. To apply please tell us your reason for wanting to attend the conference related to your **financial need**,

medical need and **involvement with the Foundation**. Also include your **name, phone number, address, e-mail address**. All information submitted will be kept confidential. Applications must be received by May 16, 2014. Scholarships will be awarded May 30, 2014. The deadline for the State Conference may be extended, but submitting your application by May 16 will insure that you are considered. Email application to jrodenbaugh@zoominternet.net (**preferable**) or mail to: SFOH Scholarship Committee, c/o Jolene Rodenbaugh, 604 Chestnut Ln, Boardman, OH 44512.

2014 Ohio Chapter Education Days

Toledo: Sat., March 22, 8:30 am-12:30pm, UTMC-Education Bldg. Three Speakers incl. Dr. Bashar Kalaheh. Breakfast will be served. RSVP toledo-sg@sfohio.org.

Cincinnati/Dayton: Sat., March 22, 1-3 pm, Indiana Wesleyan University Conf. Center, West Chester, OH. Speaker: David D. Macovei, LPCC, "Dealing with the emotions of chronic illness." Lunch will be served. Please RSVP cincinnati-sg@sfohio.org.

Cleveland: Sat. March 29, 11 am-2 pm, Hilton Garder Inn-Cleveland Airport. Speaker: Dr. Robert Schilz, "Insights on Connective Tissue Disease in PAH." Lunch will be served. RSVP info@sfohio.org or 866-849-9030.

Columbus: Sat., Apr. 12, 9:30 am-1 pm, Holiday Inn-Worthington. Speaker: Dr. Namita Sood, "Insights on Connective Tissue Disease in PAH." Brunch will be served. RSVP info@sfohio.org or 866-849-9030.

What Your Grandmother Didn't tell You About Dietary Supplements

By Cathy Rosenbaum, PharmD MBA RPh

Calcium. Avoid carbonated beverages containing caffeine. Avoid adding too much salt to your foods. Both habits taken to the extreme can leach calcium out of your bones. If you drink pop, calcium supplementation may be necessary. Limit your elemental calcium intake from dietary supplements to around 600–800 mg daily; get the rest of your total daily recommended 1,200 mg elemental calcium from the foods you eat. If you don't like cow's milk, try almond milk, rich in calcium. Some vegetables contain calcium. Combining supplements and food to meet your calcium requirement helps to lower your risk of heart attack which can happen from too much calcium out of the bottle.

Vitamin D. Proper amounts of calcium and vitamin D are important for bone health. The Institute of Medicine recommends 600–800 IU of vitamin D3 daily unless

otherwise directed by your doctor. Don't just start taking vitamin D because you think you need it. Instead, have your doctor check your 25 (OH) vitamin D blood level. Watch out for long term use of higher dose vitamin D supplements as vitamin D supplements are fat soluble and may accumulate in the body over time. As with calcium, try to add more vitamin D2 fortified foods to your diet whenever possible.

Choosing High Quality Dietary Supplements. Look for products that display the USP Verified symbol, Consumerlab.com symbol, or NSF International symbol on the label which tells you independent quality and quantity audits have taken place on the product. These tests do not guarantee that the product works for manufacturer-claimed indications. Always discuss the

appropriateness of dietary supplements for your health conditions with your doctor before consuming them on your own. Some are well studied clinically, most are not.

Probiotics. Not all probiotic supplements are equal. While there is clinical evidence to support the use of probiotics in selected patients with some GI disorders, there are many different probiotic strains from which to choose. In addition, one must consider optimal dosage, safety and long term supplement efficacy in the selection. Many products require refrigeration to maintain potency through the life of the bottle. Alternative to probiotic dietary supplements, try Activia yogurt or Kefir which is a liquid smoothie with active culture that can be found in the natural foods dairy case at your grocer. Visit Cathy at: www.rxintegrativesolutions.com.

Do You Have Scleroderma with Lung Involvement?

Ohio hospitals in Cincinnati, Cleveland and Toledo are participating in an important study of the safety and tolerability of Pirfenidone when administered to patients with Systemic-Sclerosis Interstitial Lung Disease. For more info visit: <http://clinicaltrials.gov/ct2/show/NCT01933334>. For contact info on a center near you call 1-888-486-6411.



Olivia Freeman

THANK YOU KROGER of the Cincinnati/Dayton division and manager Gabrielle Freeman, mother of patient Olivia Freeman, for making us your third quarter coin box regional donation recipient. Your donation of \$ \$6,189.46 will help Ohioans living with scleroderma as we carry out our mission.

SF Ohio Chapter Newsletter

Find an SF Ohio Support Group

Virtual Support Group: Meets the second Tues. monthly from 7-8 pm by phone except April & May, we will meet on second Thurs. Call 866-740-1260, enter code 7170191#. Interesting speakers and topics.

Cincinnati Support Group: Meets quarterly, Mar. 22 – Cinci/Dayton Education Day, June 2 – Dr. Elwing, Pulmonary Involvement in Scleroderma Oakley Library 4033 Gilmore Ave, Cincinnati; Sept. 13 Dr. Simms on DVD: What is Autoimmune Disease? Location TBA; Dec. 13. Dr. Medsger on DVD: muscle, Joint & nerve Pain in Scleroderma, location TBA. New patients, those interested in volunteering as group leader or with questions about quarterly meeting contact Debbie Metz (513) 232-5210, cincinnati-sg@sfohio.org.

Central Ohio Support Group: Meets in 2014 quarterly on Saturday, May 3, July 5, Sept. 6, Nov. 1, from 10 a.m. - 12 p.m. Location: Villas at Glenealy Clubhouse, 6315 Donegan Way, Dublin 43016. Support Group Leader: Ann Barnhart, (614) 717-6790, columbus-sg@sfohio.org.

Dayton Area Support Group: Meets the first Saturday monthly, April-October, 10 a.m.–12 p.m. at Grace Community Church, 5001 Fishburg Rd. in Huber Heights. April topic: Scleroderma 101. Support Group Leader: Penny Davis (937) 554-1425, dayton-sg@sfohio.org

Northeast Ohio/Greater Cleveland Support Group: Meets the last Thursday monthly, April – Oct., 7 p.m. at Simon's Restaurant, 770 Chippewa Rd., Brecksville. Support Group Leaders: Susan Woodard (216) 587-5191 and Mike Hollo (330) 241-0697, neohio-sg@sfohio.org.

Toledo Area Support Group: Meets the third Thursday monthly at St. Luke's Hospital, Room 2, 5901 Monclova Rd., Maumee. Support Group Leaders: Dagne Lazenby (419) 819-9605 and Jan Weaver (419) 340-9819, toledo-sg@sfohio.org.

Willoughby Support Group: Will meet in 2014. Questions & meeting topic suggestions welcome. Please contact Support Group Leader: Larry Bodak (440) 953-2918, willoughby-sg@sfohio.org.

Youngstown Area Support Group: Meets the first Monday monthly beginning in April, 5:30 p.m. in winter, 6 p.m. in summer at Davidson's Restaurant, 3636 Canfield Rd. in Youngstown. (330) 793-0033. Come for dinner. Support Group Leader: Leni Schulz (330) 654-2538, youngstown-sg@sfohio.org.

For directions and meeting topics, please check our website (www.sfohio.org).

WE APPRECIATE YOUR SUPPORT!

Scleroderma Foundation Membership Dues & Donation Form

You can improve the lives of individuals with scleroderma and help in the search for a cause and cure. To join or make a donation by credit card, visit our website www.sfohio.org and click the DONATE NOW button. To pay by check or cash, complete this form today and mail to:

Scleroderma Foundation, Ohio Chapter
P.O. Box 105
Worthington, OH 43085-0105

NAME: _____ PHONE: _____

ADDRESS: _____ EMAIL: _____

CITY: _____ STATE/ZIP: _____

AMOUNT: _____

Please check appropriate box: \$25 Annual Membership Donation

In Honor Of: _____ In Memory _____

Breathing from Pg. 1

maximum expansion, less oxygen is received to distribute to the entire body. Many people breathe from the chest during times of stress, pain, or anxiety. The neck and chest muscles start to do the work of breathing, which overtime can lead to neck, arm, and hand symptoms. To practice diaphragmatic breathing, follow these simple steps: Lie on your back with a pillow underneath your knees or sit comfortably in a chair. Place both hands on your stomach, just below your rib cage. Breathe in slowly through your nose, while trying to make your stomach move out against your hands. Imagine that you are breathing into your hands. As you breathe out, your stomach will naturally fall back down without much effort required. At first, practice this exercise 5-10

minutes about 3-4 times per day. Gradually increase the amount of time you spend doing this exercise, and perhaps even increase the effort of the exercise by placing a book on your abdomen. Also try slowing down the rate of your breathing by doing the following: Inhale to the count of four, hold the air for a count of two, and exhale to the count of four. Practice breathing correctly right before you eat a meal to aid in improved digestion.

When first learning to retrain your breathing pattern, you may notice an increased effort to use the diaphragm correctly. You may even get tired while performing this exercise. But keep at it, because with continued practice, diaphragmatic breathing will become easy and automatic. The more you practice this as an exercise, the easier it will be to use

throughout daily activities, and especially during stressful and painful events.



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