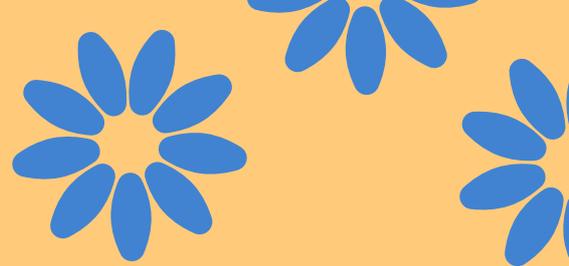


# LET'S TALK ABOUT Scleroderma



## WHAT IS SCLERODERMA?

The word 'scleroderma' means 'hard skin.'

Scleroderma causes the body to produce too much collagen. Collagen is a key part of the body. When you make too much collagen this causes parts of our body like our skin to become hard and tight.

## THERE ARE TWO MAIN TYPES OF SCLERODERMA

**Limited systemic sclerosis**

and

**Diffuse systemic sclerosis**

Both types affect the skin, organs, and the connective tissues inside the body. The difference is how much of the skin is affected, how fast it develops and what organs are involved.

Connective tissues help hold together and support parts of the body.

For example, joints, muscles, and blood vessels.

Some examples of the organs which can be affected are the lungs, kidney, and the heart.



## SIGNS OF SCLERODERMA

There are many signs of scleroderma. Some common ones are:

Raynaud's phenomenon.



Muscles and joints being stiff to move.



Reflux causing indigestion or heartburn.



Skin that becomes hard and thick.



**SCLERODERMA  
CAN'T  
BE SPREAD  
FROM PERSON  
TO PERSON.**

## RAYNAUD'S PHENOMENON

Fingers or toes turn white, then blue in the cold. Then they turn red as the blood comes back into them. Raynaud's is often one of the first signs of scleroderma, but it can have other causes.

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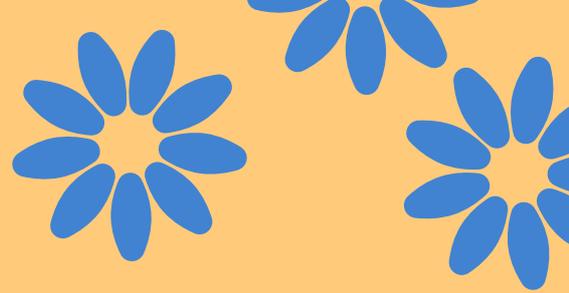
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SOUTH AUSTRALIA

Call our free information line  
Monday- Friday 10am-3pm  
**1800 011 041**

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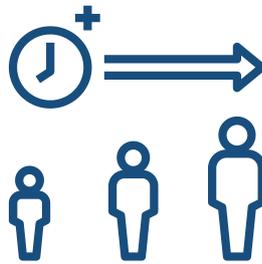
# LETS TALK ABOUT Scleroderma



## WHO GETS SCLERODERMA



The exact cause of scleroderma is not known.



Scleroderma can happen to anyone. Most people are diagnosed between 25 and 55.



Scleroderma is more common in women.

## HOW DO I KNOW IF I HAVE SCLERODERMA?

It can take some time and be difficult for your doctors to decide if you have scleroderma. There is no single test for scleroderma and it has many signs.

Your doctor will talk about medications and other ways to manage your scleroderma with you. These help reduce symptoms and improve your quality of life.



## WHAT CAN I DO?

There are many things you can do. If you would like to learn more about scleroderma or Raynaud's Phenomenon: Call Arthritis SA on **1800 011 041**. Visit the scleroderma page on our website [www.arthritissa.org.au](http://www.arthritissa.org.au)



## IS THERE A CURE?

At the moment there is no cure for Scleroderma. Research is ongoing.

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