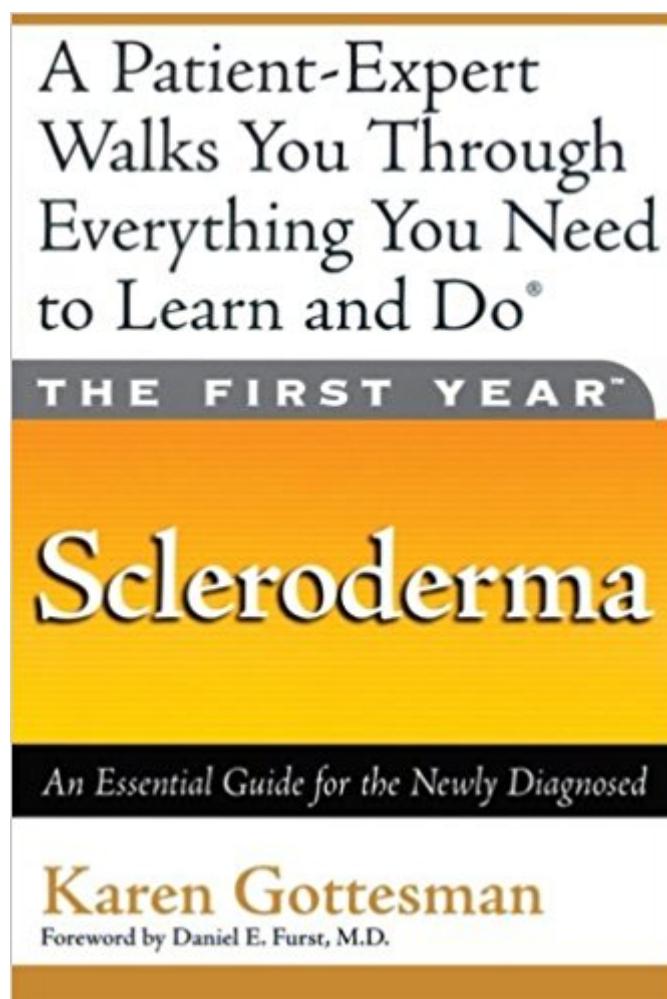


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# The First Year: Scleroderma: An Essential Guide For The Newly Diagnosed



## Synopsis

Scleroderma—a chronic autoimmune condition that causes hardening, thickening, or tightening of the skin and attacks the heart, lungs, kidneys, and gastrointestinal tract—is extraordinarily difficult to diagnose and can take a huge toll on the psychological well-being of the individual. From the first moment of her diagnosis, author Karen Gottesman took charge and educated herself on every aspect of her condition. Now, as a "patient-expert," she guides those newly diagnosed step by step through their first year with scleroderma. She provides crucial information about the nature of the disease, treatment options, diet, exercise, social concerns, emotional issues, networking with others, and much more. *The First Year: Scleroderma* is illustrated with charts and tables, and offers an invaluable guide for everyone learning to live with their diagnosis.

## Book Information

Series: First Year

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## Customer Reviews

Informative, but doesn't break any new ground, with most of the information freely available in brochures about Scleroderma

This walk-through guide takes you through from a patient perspective, as you begin to deal with the complexities of the disease. I would have rated it higher, but I had just finished reading "The Scleroderma Book". It is well written, but not quite as straight-forward in its approach as I might like.

Great book ! Highly recommended to everyone with scleroderma , taking care of a love one with scleroderma , or any autoimmune desesase, thanks I do recommend this book to everyone in my support group

Simple language, clear explanations, puts a complex disease in a format that families and patients can return to again and again for explanations. Great resource for the newly diagnosed. Helps patients and families alike feel like they can take control of this nasty disease.

I purchased this for my niece who was just diagnosed with scleroderma and her medical team were not educating her as to the long term affects and prognosis associated with this disease. After reading the book, she was able to quiz her physicians on those points she needed clarified and has been very satisfied with this book's comprehensive overview for the newly diagnosed scleroderma patient. Highly recommend this book.

On time as described and would buy again.

learned alot of myself in this book

Fast & Right !

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