



The First Year: Scleroderma: An Essential Guide for the Newly Diagnosed

Karen Gottesman

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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.

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