

Systemic Sclerosis

The rare systemic autoimmune diseases

σκληρός

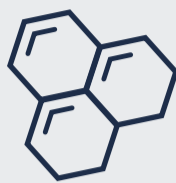
[sklērós]: hard

δέρμα

[déрма]: skin

Systemic Sclerosis is a form of
Sclero•derma

Mechanisms involved



Overproduction
of collagen

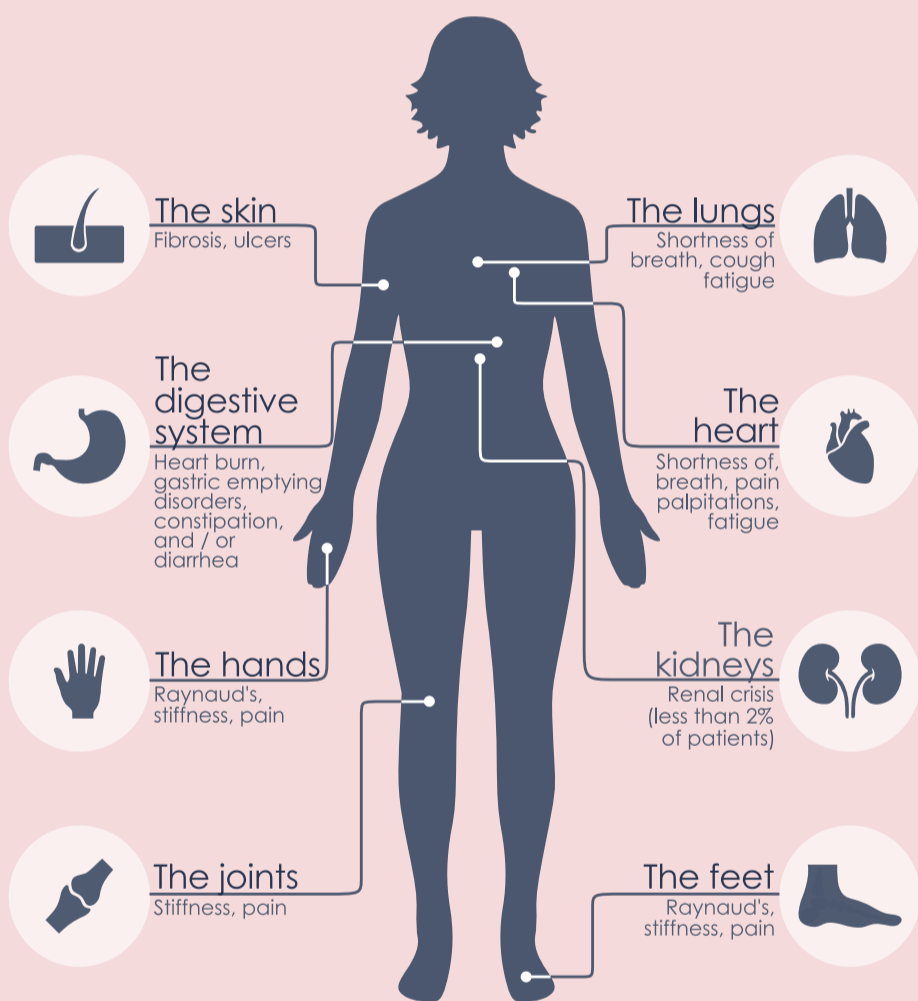


Blood vessel
abnormalities



Immune system
dysfunction

Parts of the body that might be affected



6000
to
9000
people concerned
in France



80 %
of all patients
are women

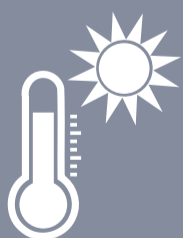


30-50
age of onset for
the majority of cases



The causes for systemic
sclerosis are still not fully
understood. They seem
to lie in a combination
of genetic predisposition
and external factors.

Disease self-management



Stay warm



Keep your skin
hydrated



Avoid cuts



Avoid smoking



Stay active

Types of systemic sclerosis



Limited

Skin fibrosis remains below the
elbows and knees. It may occur
on the face and the neck, but
it will spare the thorax.



Diffuse

Skin fibrosis occurs on the arms,
thighs, abdomens and the thorax.
There is a higher risk of internal
organ damage.

