Systemic Sclerosis
The rare systemic autoimmune diseases

Systemic Sclerosis is a form of Scleroderma

Mechanisms involved
- Overproduction of collagen
- Blood vessel abnormalities
- Immune system dysfunction

Parts of the body that might be affected
- The skin: fibrosis, ulcers
- The digestive system: heartburn, gastric emptying disturbances, constipation, and/or diarrhea
- The lungs: stiffness of breath, cough, fatigue
- The heart: pericardial effusion
- The kidneys: Renal crisis (less than 2% of patients)
- The joints: stiffness, pain
- The feet: Raynaud's, stiffness, pain

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, abdomen and the thorax. There is a higher risk of internal organ damage.

RESO Bordeaux
Reference Center for Rare Systemic Autoimmune Diseases
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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.