

My Scleroderma

The chapter you just completed provided a basic overview of Scleroderma. However, everyone's illness is unique. It is important for you to be able to keep track of your illness and the medications that you are taking. Use this sheet to record the type of Scleroderma that you have and the medications that you are taking. If you are not sure, discuss this with your doctor at your next visit. A blank sheet is provided so that you can keep track of changes in your condition and medications.

The type of Scleroderma that I have is_____

My scleroderma has affected my body in the following ways:

[illegible]

I am taking the following medications to treat my scleroderma or symptoms associated with my scleroderma:

[illegible]

Changes and updates

[illegible]