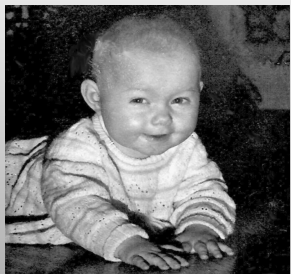


Coming to terms with scleroderma in my life



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Me



- Librarian
- 39 years old
- Got the diagnosis 4 years ago
- Have 2 other diseases not related to scleroderma

Before diagnosis

- invisible signs
- visible signs

WHY am I so
tired all the time?



Before diagnosis

- invisible signs
- visible signs

Cold fingers
White fingers
Black fingers
Puffy fingers



**You have scleroderma -
welcome to the rest of your life!!**



What will happen now?

What about

- **work**
- **family**
- **friends**
- **treatment of your scleroderma**



But you dont look sick ?!??

How do you explain

- family
- friends
- colleagues

Do you tell
everything??



How about work?

In Denmark

1. New tasks in existing work
2. §56 agreement - economical compensation to en employer
3. Rehabilitation - financed education to a new job
4. Flexjob - full paid job on special conditions



How about work?



Before diagnosis

High school library

- managing library
- teaching
- board of country's high school librarians
- public library, too

After diagnosis

Public library

- more librarians to manage library
- teaching
- shifts 2-4 hours a day
- work with books in an indirect way

What about the future?

- Stay positive
- Live in the present
- Dont let the small things in life bother you - it is not worth it



Coming to terms with scleroderma in my life means

It is a complete change of life, lifestyle and quality of life.

We must find and discover our new life and we need to learn how to live with it, and how to cooperate with it.



Help devices at home



Life is like a roller coaster.
It has its ups and
downs. But it's your choice
to scream or enjoy
the ride.



Thank you

