

Where and how do you find information about eating well with scleroderma?



We want to hear from you!

SPIN is seeking people with scleroderma to participate in an online focus group about their experiences with trying to find good information on diet and nutrition.

Good nutrition is important for people living with a chronic disease, but it can be difficult to find specific information for people with scleroderma. SPIN plans to develop an online program to help people with scleroderma make the best possible nutrition-related choices. First, we need to learn where people with scleroderma find dietary and nutritional information to address gastrointestinal problems, manage other scleroderma symptoms, or just to meet their nutritional needs.

The focus group will last **60-90 minutes** and include other people with scleroderma. In addition, you will complete two online questionnaires prior to the focus group session. You must have access to a **computer or tablet with Internet** to participate. No compensation will be offered.

Please contact:
nutritionspin@gmail.com

Anyone with scleroderma is welcome!

About SPIN

The Scleroderma Patient-centered Intervention Network is an international group made up of people with scleroderma, patient advocates, researchers, and health care professionals. SPIN develops and tests online interventions to help improve quality of life for people living with scleroderma.

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