





From the results of this study, it has been concluded that there is a group of patients who present a serious pathological increase of pulmonary artery systolic pressure when exercising. Therefore, these findings are very early evidence of scleroderma. Thanks to this early diagnosis a suitable treatment can be started to modify the scleroderma cycle, thus improving patient's prognosis significantly.

#### Early diagnosis

Given that pulmonary hypertension is a very serious complication of scleroderma, Lourdes López stresses the importance of diagnosing it as soon as possible in order to foresee the appearance of symptoms ascribed to it, such as breathing difficulty while partaking in physical activity or dyspnea.

She also states that using the bicycle ergometer to measure pulmonary artery systolic pressure of the patient after physical activity and performing an echocardiogram are very reliable methods, since they may help to identify scleroderma earlier.

The results of this new research confirms the importance of performing an echocardiogram on patients suffering from scleroderma, since this fatal complication may be indentified before it becomes irreversible. Some of the results of this pioneering research have already been published in prestigious international journals, such as the European Journal of Echocardiography, the official publication of the European Association of Echocardiography (EAE), and Chest, a publication of the American College of Chest Physicians (ACCP).

Antonio Marín Ruiz | Quelle: alphagalileo

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