Symptoms of Scleroderma

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En Español (Spanish Version)

Symptoms of scleroderma include:

- **Raynaud’s phenomenon:**
  - Changes in skin color of the fingertips, toes, and nose in response to cold or emotional stress
  - Skin usually turns very white when first exposed to cold, then blue, then very red
  - May be accompanied by pain, tingling, numbness
- **Sores or ulcers on the fingers**
- **Changes in the skin, as areas of affected skin lose hair and become:**
  - Stiff
  - Hard
  - Thick
  - Shiny
  - Darker or lighter with darker spots (the so-called salt and pepper appearance)
- **Skin over face may become so tight that it’s hard to change expression (face appears “mask-like”)**
- **Fingers and toes become swollen or puffy**
- **Whitish bumps of calcium deposits develop under the skin (calcinosis)**
- **Tiny purplish-red blood vessels appear under the skin (telangiectasias)**
- **Skin creases diminish or disappear**
- **Arthritis (joint aches and stiffness)**
- **Muscle pain and weakness**
- **Dry eyes and mouth (called Sjögren’s syndrome)**
- **Digestive problems:**
  - Heartburn
  - Difficulty swallowing
  - Constipation
  - Diarrhea
  - Poor absorption of nutrients, weight loss
  - Liver blockage, jaundice (yellowish appearance to the whites of the eyes and the skin)
- **Problems due to lung, heart, and kidney involvement:**
  - Shortness of breath
  - Abnormal heart rhythms
  - Heart failure
  - High blood pressure
  - Kidney failure

**REFERENCES:**


