

Raynaud's

[ray-nose]

A syndrome where the fingers and toes over respond to cold or stress

An estimated **10 million people** in the UK are affected by Raynaud's

The onset of Raynaud's usually begins between the age of **20 to 40**

Raynaud's not only affects the fingers and toes but can also affect the **ears, nose, lips and nipples**

But it can affect anyone of any age, from children to adults

There are two types of Raynaud's: **Primary Raynaud's** and **Secondary Raynaud's**

Primary Raynaud's is when the condition develops by itself. This is the most common type and is usually mild and manageable.

Secondary Raynaud's is caused by another condition, usually an autoimmune condition like scleroderma. This type will require close monitoring and treatment.

1 in 10 people with Primary Raynaud's will go on to develop secondary Raynaud's

The symptoms of Raynaud's can **vary greatly** for each person ranging from mild to severe.

Raynaud's attacks can be **unpredictable and uncomfortable** which can make every day tasks like buttoning a shirt, incredibly hard.

Scleroderma & Raynaud's UK (SRUK) is the only charity dedicated to improving the lives of people affected by Scleroderma and Raynaud's.