

Do You #KnowRaynaud's?

If you experience:

- ✓ Cold fingers and toes
- ✓ Colour changes in your skin in response to changes in temperature or stress
- ✓ Colour changes from white, to blue/purple and then red
- ✓ Numbness, tingling or pain in the affected area
- ✓ Stinging or throbbing pain upon warming or stress relief

It could be a common condition called Raynaud's.

1 in 6 people in the UK live with Raynaud's. The condition affects the blood supply to certain parts of the body - usually the fingers and toes.

If you experience these symptoms then visit: www.sruk.co.uk for further information as around 1 in 10 people with Raynaud's go on to develop an autoimmune condition*.



WHERE COULD YOU PUT ME?

Please consider putting me up as I will help spread awareness about Raynaud's.

There are a number of places where you can put me including:

- Doctor's Surgery
- Local Pharmacy
- Local Post Office
- Supermarket Noticeboard
- Local Gym
- Your place of work
- Church Hall
- Town Hall
- Community Centre

If you visit a location that isn't sure whether to put me up then try to speak with the Manager. It is so important to raise awareness of Raynaud's as only 4% of survey respondents were able to identify the symptoms of Raynaud's.

With 1 in 10 going on to develop an autoimmune condition, it's important that everyone gets to Know Raynaud's.

Big stores and chains aren't always allowed to put me up facing the customers however, by speaking to the manager, you may be allowed to position me in the staff room or another area to make staff aware of the condition.

Anything you can do to assist us in the campaign is gratefully received.

www.sruk.co.uk

If you need more information or literature about the conditions please email tracey.spray@sruk.co.uk