



SRUK Glasgow Conference Autumn 2019
 1-5pm Saturday 12th October 2019

12.00 - 12.50	ARRIVAL AND REGISTRATION
12.50 - 1.00	WELCOME TO THE CONFERENCE
SESSION 1 - ANNUAL TESTS: HELPING YOU MONITOR YOUR HEALTH It's really important that you are able to monitor your health so that any developing symptoms can be caught early. This session provides an overview of the annual tests that you may want to talk to your physician about.	
1:05 - 1.30	Lungs: This will cover pulmonary function tests that measure lung volume, breathing rate and lung function
1.30 - 2.00	Heart: This will cover ECG tests, blood pressure tests, and MRI scans
2.00 - 2.30	Gastro Intestinal: This will cover endoscopies, bolus or swallowing tests, and tests that measure the strength of your oesophageal muscles
2.30 - 3.00	Rheumatology: General aspects of scleroderma to be aware of, covering inflammation, pain and fatigue
3.00-3.30	BREAK
SESSION 2 - MANAGING YOUR CONDITION: HELPING YOU MANAGE YOUR HEALTH There are practical things that you can do right now to help you manage your condition and your general wellbeing. This session will cover therapies such as mindfulness to help you with your stress, physiotherapy to keep you fit, as well as what other treatments are available and what you can expect from them.	
3.35 - 4.00	Physiotherapy: Getting active and feeling better
4.00 - 4.30	Therapies: Herbal, nutrition and others
4.30 - 5.00	Minding your mental health: Mindfulness and managing your stress
5.00	END OF CONFERENCE