

Do You Have Raynaud'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.

To find out if you could have Raynaud's take our simple online test:
sruk.co.uk/testme



020 3893 5998

0800 311 2756

 @WeAreSRUK

 /WeAreSRUK

 /WeAreSRUK

www.sruk.co.uk



**SCLERODERMA
& RAYNAUD'S UK**

**We are here to offer support and
information - contact us to find out more.**