

Do You #KnowRaynauds?

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/testme](#)



For support and information go to [sruk.co.uk](#) or
call our helpline: 0800 311 2756

Scleroderma and Raynaud's UK (SRUK) is here to help

For many people with Raynaud's it will be a minor inconvenience; however a small proportion will go on to develop an autoimmune condition such as scleroderma.

That's why it's important to know what your symptoms mean and how you can manage them.

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

We exist to improve awareness and understanding of these conditions, to support those affected and ultimately to find a cure.

We are here to support you through your diagnosis and to help you manage your condition; we offer a free helpline service, a range of information and links to support groups in your area.

SRUK is totally reliant on the support of our community to continue our work.

Contact us to find out more:


020 3893 5998

www.sruk.co.uk

0800 311 2756

 **@WeAreSRUK**

 **/WeAreSRUK**



**Go to srukshop.co.uk
for our factsheets and
other useful items.**