

# Do You #KnowScleroderma?

Scleroderma is a rare autoimmune condition in which the body starts to attack healthy cells, causing the skin, tissues, and internal organs to harden. An estimated 12,000 people in the UK are diagnosed with scleroderma.

**These 3 symptoms are often the first clues:**



**SO**re Swollen  
Fingers

**RA**ynaud's  
Phenomenon

**RE**flux and  
Heartburn

Raynaud's can be a mild inconvenience for most, but for 1 in 10 people affected by Raynaud's they will go on to develop an autoimmune condition\* such as scleroderma.

If you experience Raynaud's on it's own, or these 3 symptoms visit [www.sruk.co.uk](http://www.sruk.co.uk) and book an appointment to see your GP to request a blood test and capillaroscopy.

**Scleroderma can be life threatening and it is still taking the lives of our loved ones.**

**Will you help us beat scleroderma?**

**For more information, or to donate visit [www.sruk.co.uk](http://www.sruk.co.uk).**

## **WHERE COULD YOU PUT ME?**

Please consider putting me up as I will help spread awareness about Scleroderma and it's link with Raynaud's and other symptoms.

**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 less than 1% knowing anything about scleroderma according to a survey of 2,000 people.\*

With 1 in 10 going on to develop an autoimmune condition, it's important that everyone gets to Know Scleroderma and 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](http://www.sruk.co.uk)**

**If you need more information or literature about the conditions please email [tracey.spray@sruk.co.uk](mailto:tracey.spray@sruk.co.uk)**