

## Scleroderma and Raynaud's Meeting

Thursday 30<sup>th</sup> March 2017

1pm-5pm

Cost: **Free**

The Lecture Hall, Royal National Hospital for Rheumatic Diseases, Upper  
Borough Walls, Bath, BA1 1RL

### Programme:

- 1-2pm Registration and refreshments. An opportunity to meet with members of the team and other people with scleroderma
- 2-2.45pm The tools we use to diagnose systemic sclerosis and predict the future - Dr John Pauling, Consultant Rheumatologist, RNHRD
- 2.45-3pm The value of patient support groups and how we might be able to support you - Ms Mel Brooke, Director Patient & Public Engagement BIRD
- 3-3.30pm Refreshments and comfort break
- 3.30-4pm The mission of Scleroderma & Raynaud's UK (SRUK) to improve the lives of people affected by scleroderma and Raynaud's - Sue Farrington, Chief Executive, SRUK
- 4-4.30pm The management of systemic sclerosis – A focus on vascular disease in scleroderma (Speaker to be confirmed)
- 4.30-5pm Closing remarks and opportunity to ask questions or mingle with the team and other attendees.



Bath Institute for  
Rheumatic Diseases

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[www.birdbath.org.uk](http://www.birdbath.org.uk)

To register your interest  
call us on  
01225 336363  
or email  
[BIRD@birdbath.org.uk](mailto:BIRD@birdbath.org.uk)



People's Needs  
Patient Choice  
Every Voice

30th March 2017

# SCLERODERMA & RAYNAUDS MEETING

A PATIENT INFORMATION DAY

VENUE:

LECTURE HALL, RNHRD, BATH

TIME:

1PM - 5PM

Systemic sclerosis is a rare disease affecting approximately 1 in 5000 people. We still don't know exactly what causes systemic sclerosis to develop. The major features of systemic sclerosis are blood vessel problems (causing symptoms of Raynaud's phenomenon and other problems of the circulation), immune cell activation and scar tissue formation in the skin and other organs (hence the term scleroderma which means thickened skin). It generally affects ladies more than men and usually develops in adulthood. Systemic sclerosis is a systemic disease – meaning it can affect the internal organs of the body and requires close monitoring. It can come on very suddenly or very gradually, sometimes leading to delays in diagnosis and treatment.

People with scleroderma often feel they have more questions than answers. With this in mind, we shall be holding a free educational event at the Royal National Hospital for Rheumatic Diseases to teach you and your family more about the condition. Please feel free to invite along friends and family who may wish to attend.

You will hear talks from Dr John Pauling and other members of the Scleroderma clinical team on subjects such as the methods we use to diagnose and predict the disease course in scleroderma and the treatment

approaches we use to manage the symptoms of systemic sclerosis and prevent it from getting worse.

For those of you who are not already members, we'll introduce you to the work of Scleroderma and Raynaud's UK – a national charity set up to support people and families affected by scleroderma and Raynaud's.



The educational event will also allow you to meet other people having similar experiences which some people find very helpful. We're keen to support people with these conditions coming together in this way, recognising the invaluable support they can offer each other. You'll have the opportunity to ask questions and hopefully come away knowing more about the condition and its management. We aim to make the afternoon as relaxed, informal and enjoyable as possible.

We look forward to seeing you there.

To register call **01225 336363**  
or email [\*\*BIRD@birdbath.org.uk\*\*](mailto:Bird@birdbath.org.uk)