

Do you have:

- ✓ Cold fingers and toes
- ✓ Colour changes in your skin in response to changes in temperature or stress
- ✓ Colour changes in the affected area from white, to blue 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.

If you experience these symptoms then visit: www.sruk.co.uk for further information as around 1 in 10 people with Raynaud's go on to develop an autoimmune condition*.

