

# 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/testme](http://www.sruk.co.uk/testme) and take a quick test to find out if you could have Raynaud's.



# The Link to Scleroderma

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

Scleroderma is a rare autoimmune condition, which means the body starts attacking itself. In scleroderma the body overproduces collagen. This excess of collagen can affect the skin, joints, tendons and internal organs. It causes scarring and stops the affected parts of the body from functioning normally.

Scleroderma is SO RARE, but the early warning signs are there. These 3 symptoms are often the first clues:



**SO**re Swollen  
Fingers

**RA**ynaud's  
Phenomenon

**RE**flux and  
Heartburn

If you experience 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.

[www.sruk.co.uk](http://www.sruk.co.uk)

020 3893 5998

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\*Statistic provided by NHS Choices

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