

FEBRUARY

MARDEN NEWS

The monthly newsletter from Marden Medical Practice February 2023



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.

Raynaud's disease (Ray-nodes) means that the small blood vessels in the extremities such as the hands, feet, fingers or toes are over-sensitive to even the slightest changes in temperature, cold conditions and sometimes emotional stress.

When our bodies are exposed to the cold, a normal response is for the blood vessels to become narrower. When someone has Raynaud's this reaction may be much more extreme. It will sometimes cause a noticeable colour change to the affected areas, with the skin turning white, then blue and finally to red as the circulation returns. This is known as a Raynaud's attack.

A Raynaud's attack can be very uncomfortable, and sometimes quite painful. It can also make everyday tasks, like buttoning a jacket or unzipping a purse, very difficult. Raynaud's symptoms generally affect the fingers and toes, but all extremities can be involved, including the hands, feet, ears, nose, lips, tongue and nipples. Raynaud's is a common condition thought to affect up to ten million people in the UK.

There are two different types of Raynaud's. **Primary** is often a mild condition and there are ways to help manage the symptoms. People with primary Raynaud's usually have no other related complications, and will rarely go on to develop an additional problem. If you have primary Raynaud's, it is important to see your GP. **Secondary** means that Raynaud's is caused by another condition, usually an autoimmune disease like scleroderma or lupus so needs more investigation and more careful monitoring for complications like ulceration or sores. If you notice a change in your symptoms or you have any other health concerns, it is important to tell your doctor.

Scleroderma is an autoimmune condition that affects the skin and connective tissue. A person who is living with scleroderma will have an overactive immune system, meaning that the body attacks its own healthy tissues, causing hardening and scarring.

'Scleroderma' is an umbrella term that refers to the various different types of this rare and complex condition. It comes from two Greek words: 'sclero' meaning 'hard' and 'derma,' which means 'skin'. Hardening of the skin is often the first sign that people notice, which occurs because the body is producing too much collagen.

It is thought that around 2.5 million people worldwide are affected by scleroderma, which can range from mild to severe and in some cases may even become life-threatening. It is important to remember that every story is unique and that no two cases are ever identical. How an individual will be affected by their condition will depend upon the type of scleroderma that they have.

There are two main types of scleroderma: localised and systemic. Localised scleroderma will mainly affect the skin, and for many people this will be a milder form of the disease. In systemic scleroderma (systemic sclerosis), some of the internal organs are involved as well, such as the heart, lungs or kidneys. Raynaud's phenomenon is often a common symptom of both types of scleroderma.

Scleroderma can take so many forms and affect so many different areas of the body, it can be difficult to diagnose.

Useful Numbers

Health Visitors 452300
District Nurses 277709
RSH 261000
Family Planning 283382

Pharmacies

Rowland's On Site
369446
Asda 276810
Sainsbury's 244744
Taylor - Radbrook
249931
Williams Co-op
344277
Conway 352352
Lunt's - Hereford Rd
351918
Boots - Pride Hill
351311
Rhodes 343998
Boots - Cophthorne
350747
Lloyds - Riverside
344523
Tesco
845449
Pharmacy Express
245715

If you experience symptoms of Raynaud's or Scleroderma it's important to get an appointment with your GP as soon as possible to get yourself booked into the NHS system as it can take time to get appointments and to get diagnosed. After a thorough physical exam by your GP including Raynaud's tests as Raynaud's is one symptom of scleroderma, you may be referred to a consultant or specialist for further tests and tests for scleroderma.

SRUK are the only UK charity funding medical research into Raynaud's and Scleroderma. The research we support results in vital discoveries of new treatments and therapies, and helps to evolve our understanding of the causation and progression of both conditions. Since SRUK's formation in 2016 we have invested over £2 million in research aligning to the 4 priority areas identified by our community and clinical experts; precision medicine, early detection and diagnosis, quality of life, and causes, as established in our research strategy.

Contact us: 020 3893 5998 or Email: info@sruk.co.uk Our Helpline - 0800 311 2756 from 9am until 7pm, 365 days a year. Fundraising enquiries: 020 3893 5993 or Email: fundraising@sruk.co.uk



We will no longer be asking you to wear a face mask in the Practice, of course you can still wear them if this is your preference.

We do however request that if you have respiratory symptoms and are able to tolerate wearing one then you should do so on arrival at the practice or you will be offered one at reception

LGBT stands for lesbian, gay, bisexual and transgender/transsexual people. However, it is recognised that those four letters do not necessarily include all. The overall aim of LGBT+ History month is to promote equality and diversity for the benefit of the public.

This is done by: Increasing the visibility of lesbian, gay, bisexual and transgender ("LGBT+") people, their history, lives and their experiences in the curriculum and culture of educational and other institutions, and the wider community: Raising awareness and advancing education on matters affecting the LGBT+ community: Working to make educational and other institutions safe spaces for all LGBT+ communities: Promoting the welfare of LGBT+ people, by ensuring that the education system recognises and enables LGBT+ people to achieve their full potential, so they contribute fully to society and lead fulfilled lives, thus benefiting society as a whole.



Schools Out UK is celebrating over 45 years of campaigning for LGBT+ inclusion. Your donations support our aims to provide LGBT+ resources, training and services to schools and educational institutions.

Claiming our past – Celebrating our present – Creating our future

LGBT+ History Month is for everyone; whether you work in education, a museum, library or art gallery, a business, a service, are a member of a network/social group or an individual.

It is celebrated every February across the UK, and was founded in 2004 by Schools OUT co-chairs, Paul Patrick & Professor Emeritus Sue Sanders. It was first celebrated in February 2005.

Every year Schools OUT sets a different theme for LGBT+ History Month and provides free resources for education settings, businesses, services and organisations to help them celebrate and Usualise LGBT+ lives in their full diversity.

If you have any questions about LGBT+ History Month or would like to support the organisation in some way,



**Helplines
Awareness Day**
23.02.23

Helplines Partnership have worked with and helped support hundreds of national and international helplines over the years. Throughout this time, it has often felt as though these life-affirming services do not get the recognition they deserve; which is why on Thursday, 23rd February 2023, we're proud to launch England's first-ever

Helplines Awareness Day. Membership and Member enquiries Email: membership@helplines.org

Training enquiries Email: training@helplines.org; Ruthlyn House, 90 Lincoln Road, Peterborough, Cambridgeshire PE1 2SP.: General enquiries: 0300 330 7777, Email: info@helplines.org

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