







# Sow the Seeds of Change

I'm fundraising for SRUK by growing this sunflower, which is the international symbol for scleroderma. If you'd like to donate, just scan the QR code and choose your amount.

## Did You Know?

-  Scleroderma comes from the Greek "sclero", which means "hard", and "derma" meaning "skin"
-  Scleroderma is an autoimmune condition which causes the body to produce too much collagen
-  Scleroderma is four times more common in women than it is in men
-  The first onset of scleroderma is usually seen between 25 and 55 - though it can affect people at any age