

scleroderma australia

Sunflower day

Shining a Light on Scleroderma: Why We're Lighting Australia Yellow

Join us on March 6th and let's shine a light of
hope on scleroderma together!



06
March
2025

What is Scleroderma?

Scleroderma (systemic sclerosis) is a rare, chronic autoimmune disease that affects the body's connective tissue. It causes the skin to harden and thicken, and can also damage internal organs like the lungs, heart, kidneys, and digestive system. Scleroderma can dramatically reduce life expectancy – shortening it by over 20 years – and there is currently no cure.

Why Sunflower Day?

The sunflower, a symbol of hope, strength, and resilience, has been adopted as the emblem of the scleroderma community. Just as sunflowers turn their faces towards the light, so too do those living with scleroderma seek hope and support in their daily challenges.

National Sunflower Day, held annually on **March 6th**, is a dedicated day to raise awareness and crucial funds for dedicated scleroderma nurses.

Why Shine Like a Sunflower?

Our "**Shine Like a Sunflower**" campaign illuminates Australia in a vibrant yellow glow, symbolising hope, awareness, and the urgent need for funding and support for scleroderma. By lighting up iconic landmarks, trees and businesses across the country, we aim to:

- **Increase Awareness:** Scleroderma is often misdiagnosed and misunderstood. "**Shine Like a Sunflower**" brings this hidden disease into the spotlight, educating the public about its impact and the challenges faced by those living with it.
- **Vital Funds:** Unlike other conditions, scleroderma often lacks dedicated nursing support. Your Sunflower Day donation helps us change that by funding specialist nurses who provide essential care and guidance to those in need.

Why Your Support Matters:

Your generous donation for Scleroderma Australia's Sunflower Day directly funds a vital resource for Australians living with scleroderma: **dedicated scleroderma nurses**. While other conditions like MS and breast cancer benefit from specialist nursing support, individuals facing the complex challenges of scleroderma often lack this crucial lifeline. **Your contribution helps us bridge this gap**, providing expert guidance, emotional support, and practical advice to those navigating life with this rare and often misunderstood disease. Scleroderma nurses offer invaluable assistance with wound care, pain management, treatment options, and overall well-being, significantly improving the quality of life for those affected.


How You Can Shine a Light:


- **Donate:** Every dollar brings us closer to funding vital research and support services.
- **Fundraise:** Organise your own fundraising event, big or small, to support our cause.
- **Volunteer:** Share your time and skills to help us make a difference.
- **Light Up:** Illuminate your home or business in yellow on National Sunflower Day.
- **Spread the Word:** Share our message on social media and talk to your friends and family about scleroderma.


Join us on **March 6th** and **let's shine a light of hope on scleroderma** together!




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