



# LEAK WEEK / Day One

26 February 2018



## Day One: What is a leak?

Hi <<First Name>>. It's the end of Day One of Leak Week UK and, wow, what a day.

The theme for today was 'What is a CSF leak?' and we shared lots of new resources and information through social media.

You can check out a quick summary of it all here on our website:

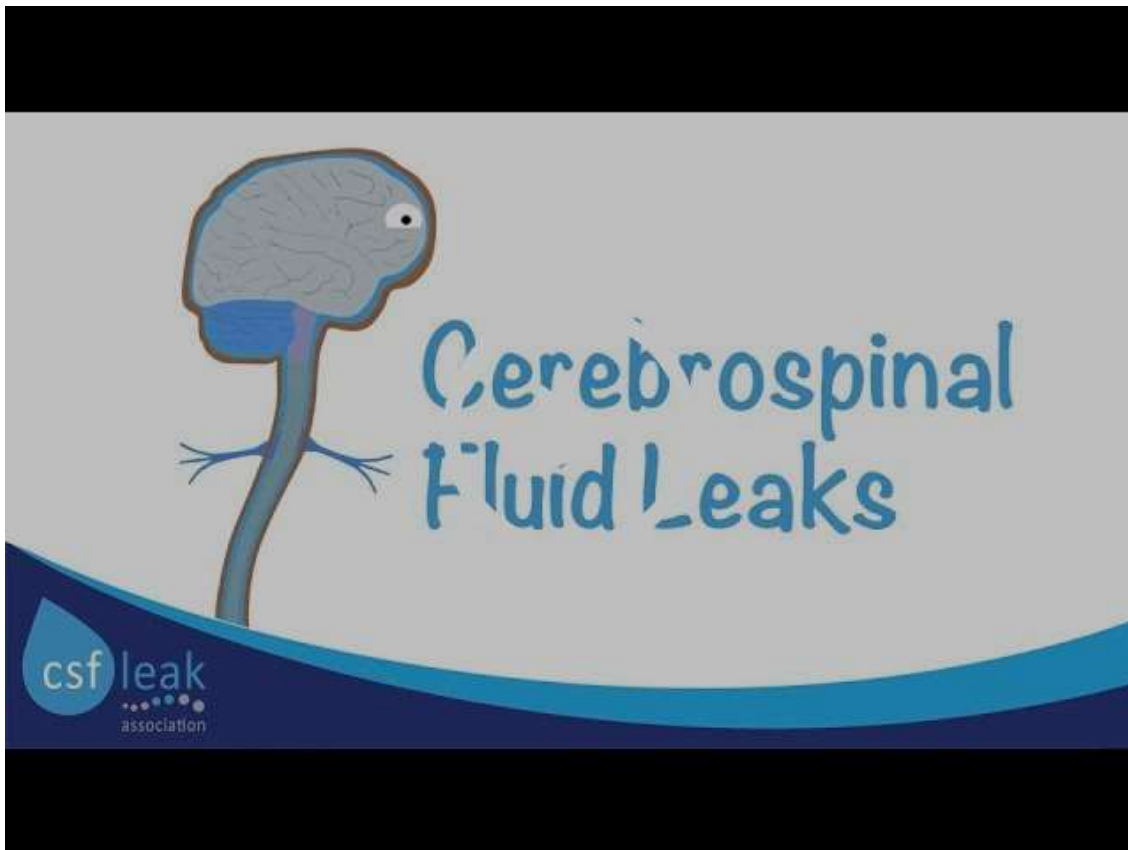
[www.csfleak.info/leakweek2018/day-one](http://www.csfleak.info/leakweek2018/day-one)



## New content

Animations are a popular way in health advocacy of getting across basic information about a complex subject, in an accessible way.

So, not to be left out, this morning we launched our new animation explaining the basics of spinal CSF leaks:



It's a short video, so it's ideal for sharing with friends, colleagues and family.

If it turns into a conversation starter, we would be delighted to hear how your efforts to raise awareness went.

Message us on [Twitter](#), [Facebook](#) or [Instagram](#) to keep the conversation going!

**SPINAL LEAKER STORY**

**“It was only then that I started to notice deficits and changes in the way that my memory worked...”**

Read my story at:  
[www.csfleak.info/profiles/rachelantcliffe](http://www.csfleak.info/profiles/rachelantcliffe)

Do something good for charity and support the CSF Leak Association today:  
[www.csfleak.info/donate](http://www.csfleak.info/donate)

csf leak association

## Leaker Profiles

This year's Leak Week UK has its focus firmly fixed on people. First in the spotlight for our series of Leaker Profiles were Rachel Antcliffe and Jenni Pettican.

Rachel is a spontaneous spinal leaker and her story may resonate with quite a few of you. You can read her story at: [www.csfleak.info/profiles/rachelantcliffe](http://www.csfleak.info/profiles/rachelantcliffe)

Jenni experienced a spontaneous leak a few years ago but she was lucky enough to be 'fixed' and now lives a leak-free life (although she also suffers from PoTS and Ehlers-Danlos Syndrome).

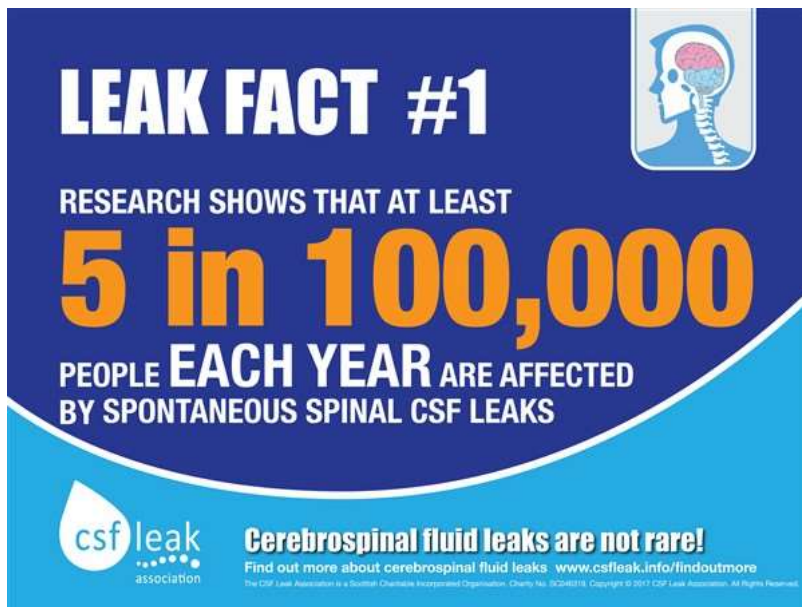
You can watch her video below:



If you'd like to see more of her story she vlogs on YouTube as 'Chronically Jenni' on YouTube.

## **Bite-sized Facts**

Every day this week we're releasing a few bite-sized facts, and today's facts are:



**LEAK FACT #1**

RESEARCH SHOWS THAT AT LEAST

**5 in 100,000**

PEOPLE EACH YEAR ARE AFFECTED BY SPONTANEOUS SPINAL CSF LEAKS

**csf leak** association

**Cerebrospinal fluid leaks are not rare!**  
Find out more about cerebrospinal fluid leaks [www.csfleak.info/findoutmore](http://www.csfleak.info/findoutmore)  
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**LEAK FACT #2**

ON AVERAGE CORRECT DIAGNOSIS TAKES

**13 MONTHS**

FROM THE ONSET OF SPINAL CSF LEAK SYMPTOMS

**csf leak** association

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## Still to Come Tonight

This evening, the Kelpies will be bathed in blue light to mark the first day of Leak Week. Stay tuned for some pictures (weather permitting!) tomorrow.

## #WearBlueToo

Don't forget to wear some blue this week and start some conversations. Go hashtastic and whenever you're when uploading your pictures to Facebook, Twitter or Instagram, tag them with:

**#WearBlueToo #CSFleak #LeakWeek #UprightHeadache**

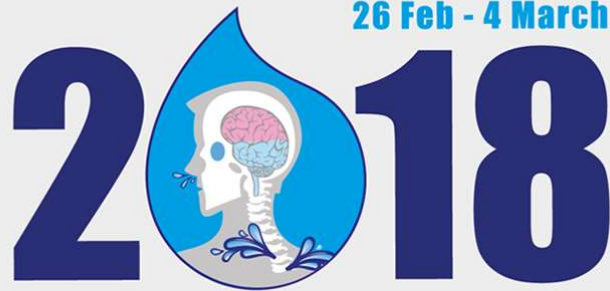
[Click here to visit our Leak Week UK webpage](#)

# GET INVOLVED!

1. Add the Leak Week UK logo to your social media profile or page.
2. Share our Leak Week posts across social media using the hashtags #CSFleak & #LeakWeek.
3. Download our leaflets, factsheets & infographics and share them with your friends, GP and other medical specialists, like your neurologist.
4. Wear your CSF Leak Association wristband or dress in blue & make it a conversation starter with friends & colleagues at work.
5. Add a fundraiser for the CSF Leak Association to your Facebook page & help us fight for CSF leaks.

## Leak Week UK

26 Feb - 4 March



Raising awareness of cerebrospinal fluid leaks

[www.csfleak.info/leakweek2018](http://www.csfleak.info/leakweek2018)

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