



LEAK WEEK / Day Two

27 February 2018



Day One: What is a leak?

Hi <<First Name>>. It's been another successful Leak Week day and we'd like to say a very special thanks to all of you who reached out and told us how much you're enjoying raising awareness.

Today's theme was 'Symptoms' and we shared links to a range of resources talking about symptoms of both spinal and cranial CSF leaks. We were also active social media, accompanied by loads of #WearBlueToo Facebook frames and photos!

You can check out a quick summary of it all here on our website: www.csfleak.info/leakweek2018/daytwo



New content

Symptoms of CSF leaks are many and varied. They can bamboozle even the most thorough GP, so why not download and print out our infographic or overview leaflet to help you communicate with your doctors?

Leaker Profiles

Next in our series focusing on real people and their experience of leaks, we're highlighting the Leaker Profiles of Kirsty Bonfield and John Jackson.

Kirsty's leaker journey started with numerous attempts to place an epidural needle for a pain-free labour on her first child.

Unfortunately, Kirsty developed a CSF leak at the site of the injection and today, more than three years afterwards, and despite a blood patch, she is still suffering symptoms related to the leak.

You can read her story at: www.csfleak.info/profiles/kirstybonfield

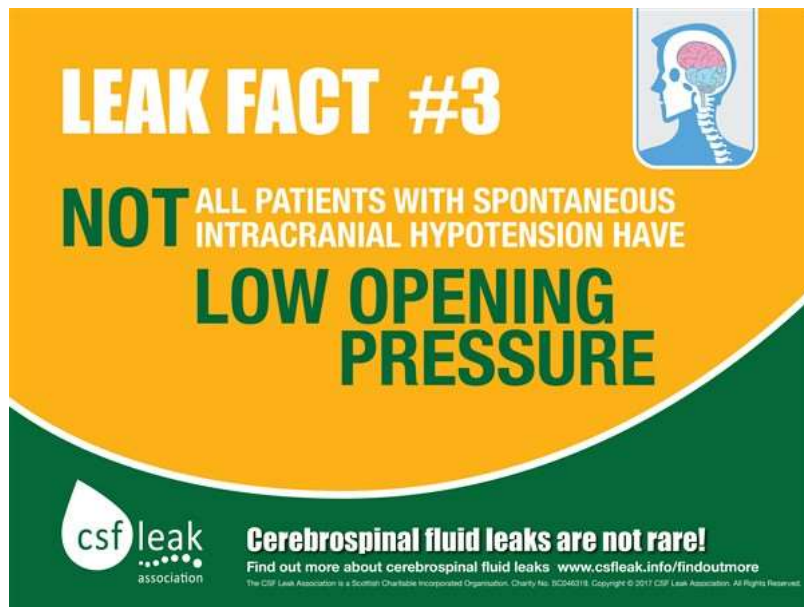
John, meanwhile, experienced a spontaneous leak that may be related to an incident while surfing. He was successfully treated with glue patches, but his issues returned with a rare presentation of a leak – a CSF venous fistula.

You can see his video below:



Bite-sized Facts

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



LEAK FACT #3



NOT ALL PATIENTS WITH SPONTANEOUS INTRACRANIAL HYPOTENSION HAVE **LOW OPENING PRESSURE**

csf leak association

Cerebrospinal fluid leaks are not rare!
Find out more about cerebrospinal fluid leaks www.csfleak.info/findoutmore
The CSF Leak Association is a Scottish Charitable Incorporated Organisation. Charity No. SC040318. Copyright © 2017 CSF Leak Association. All Rights Reserved.



LEAK FACT #4



SOME PATIENTS REQUIRE A **SINGLE BLOOD PATCH** TO SEAL A LEAK WHILST OTHERS **REQUIRE MULTIPLE PATCHES**

csf leak association

Cerebrospinal fluid leaks are not rare!
Find out more about cerebrospinal fluid leaks www.csfleak.info/findoutmore
The CSF Leak Association is a Scottish Charitable Incorporated Organisation. Charity No. SC040318. Copyright © 2017 CSF Leak Association. All Rights Reserved.

Last Night the Kelpies Came to Light...in Blue!

Yesterday, a contingent of CSF Leak Kilt Riders made a bitterly cold trip to see the Kelpies lit up in blue light to mark the beginning of Leak Week.

Special thanks goes to [Scottish Canals](#) for their support, to Ray Michael for arranging the photo-shoot and, last but not least, to the hardy souls who ventured out with snow en route from Siberia!



#WearBlueToo

Don't forget to wear some blue this week and start some conversations. Be creative with how you wear blue – in Leak Week, anything goes!

And if you don't have anything blue to hand, you can always add our [Facebook Frame](#) or [Twitter Twibbon](#) frame to get in on the action.

Don't forget to add some hashtags when uploading your pictures to Facebook, Twitter or Instagram:

#WearBlueToo #CSFleak #LeakWeek #Headache #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

The CSF Leak Association is a Scottish Charitable Incorporated Organisation (Charity No. SC046319)



Copyright © 2018 CSF Leak Association, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

