

Silly Socks Day

1st – 31st October 2022

PERTHES AWARENESS

Choose any day in October and get sponsored to wear your silliest socks all day or get your school/workplace involved by asking everyone to pay £1 to wear their silly socks.

Donate any monies raised directly to Steps via our website:

www.stepsworldwide.org

*or send us a cheque to: STEPS CHARITY WORLDWIDE - The White House,
Wilderspool Business Park, Greenalls Avenue, Warrington, WA4 6HL.*

Don't forget to gift aid your donations if you can!

We would love to see photos of everyone in their silly socks on our Facebook page.

THANK YOU FOR YOUR SUPPORT

Registered charity number 1094343 – For further information contact:
info@steps-charity.org.uk



Silly Socks Day

PERTHES AWARENESS WEEK

1st – 31st October 2022



Why is Perthes Awareness Month so important?

Perthes disease or Legg-Calve-Perthes disease as it is sometimes known, is a rare childhood condition that affects the hip. The blood supply to the hip bone is disrupted, causing bone cells to die, which erodes the hip and causes pain in the process. Perthes is approximately 4 times as common in boys as girls and generally occurs between 4 and 8 years of age. Active children tend to be more affected. The first symptom is usually a painless limp, but symptoms can be very subtle, with a mild ache in the thigh or knee not being uncommon. Unfortunately, medical agreement on the best way to treat



Perthes has not yet been reached. It is treated in various ways, but pain management remains a key-issues faced by many children. At times, parents are told to "wait and see" to enable the doctors to assess how to best treat their child's condition. As the condition is not well known, it could occur that the child is not correctly diagnosed with Perthes disease leaving the hip to erode resulting in an odd shape. The effects of Perthes into adulthood are still very much unknown. Doctors have very limited information on how many adults require a hip replacement (if any) and if the disease has had long term consequences on their daily activities. We want to change this and support more awareness and research into Perthes disease and find the best way to diagnose and treat children. Help us to fund more awareness and research and support families and adults impacted by the condition.

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