



## Living with a disfigurement: managing the challenges A new self-help guide for people living with disfiguring conditions

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Disfigurement can happen for many reasons and can affect anyone, at any time, at any age, from any ethnic group.

Some people are born with medical conditions that cause disfigurement. Others might acquire their disfigurement in childhood or later in life, perhaps through trauma or injury.

There are an estimated 1.3 million people in the UK with significant disfigurements to their face and body. Over 500,000 – one person in 111 – has a significant facial disfigurement. Common causes are birthmarks and cleft lips/palates, scarring from burns or road traffic accidents, surgery for skin or head and neck cancer, facial paralysis from stroke or Bell's Palsy, eye and skin conditions like psoriasis, vitiligo, eczema and acne.

Living with a disfigurement in an increasingly appearance-conscious society can be particularly challenging and have a significant impact on a person's sense of self, their self-confidence and self-esteem.

This new booklet, written by the specialist team at *Changing Faces*, aims to make living with a disfiguring condition easier and less daunting.

Readers can gain a good understanding of the common emotional and social issues associated with having disfigurement and learn about proven ways of managing them.

*Living with a disfigurement* is now the lead booklet in our self-help series for adults, parents and family members who are grappling with the challenges posed by disfigurement. It is supported by other booklets like *Handling Other People's Reactions* and the *Guide to Intimacy and Relationships*. Other guides and factsheets can be found on our website.

Parents can also find much practical advice in our Parents Guides which can be ordered from the *Changing Faces* office or downloaded from our website.

*Living with a disfigurement* is available free to everyone – and can be ordered in bulk by NHS professionals to give to their patients and families (postage and packing is charged for professionals).

**PLEASE COMPLETE THE ORDER FORM OVERLEAF.**

