

# Support boost puts sufferers of long-term problems in control

A CAMPAIGN was launched today to support the estimated two million Scots living with long-term health conditions and other problems.

The scheme aims to put forward the message that having such conditions does not stop you being in charge of your own life.

Called 'My condition, My terms, My life' and launched by the Long Term Conditions Alliance Scotland (LTCAS), it

comes in the run up to Scotland's first Self Management Week from October 4-8.

Ian Welsh, chief executive of LTCAS, said: "The campaign is about getting the message across to people living with long term conditions that self management can make life better. It is about putting people living with long-term conditions in the driving seat."

Long-term conditions

are not necessarily health conditions, and include learning and physical disabilities.

Specific examples include: asthma, diabetes, epilepsy, skin conditions, cancer, heart disease, arthritis, ME, Alzheimer's, stroke and mental health problems, and many more.

Ian added: "Being better informed, better prepared for the inevitable everyday challenges, and

better supported when you need it, through self management can make a real difference.

"All of us are likely to know someone who has a long-term condition. One in four of us will have at least one condition ourselves – we all can play a part in improving lives."

To find out more on self management, text SELF to 64446, call 0800 993 0124, or visit [www.myconditionmylife.org](http://www.myconditionmylife.org)

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