

Fast Facts

Raynaud's Disorder

- When some parts of the body feel numb and cold as the result of cold temperatures or stress
- Smallest arteries of blood vessels overreact and narrow (vasospasm), which limits the amount of blood reaching the affected area
 - Reason they do this is unknown
 - Two main types
- Primary (Raynaud's disease) is the most common form, isn't associated with other medical conditions, is typically mild and appears between the ages of 15–30
 - Secondary (Raynaud's phenomenon) is usually caused by an underlying problem, less common, more severe symptoms and appears in people 40 and older
 - Usually affects fingers and toes, it can impact nose, lips, ears and nipples
- When an attack occurs, the affected parts of the body usually turn white and then blue. The areas will feel cold and numb. As you warm them and circulation increases, the areas will turn red and throb/tingle. Also, the areas may swell. It can take up to 15 minutes for blood flow to be restored to normal

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Cold fingers/toes -Color changes to skin in response to cold/stress and numb/prickly -Feeling/stinging sensation upon warming or stress relief 	<p><i>Mild:</i></p> <ul style="list-style-type: none"> -Warm the area slowly -Go inside or to a warmer area -Wiggle fingers/toes -Place hands in armpits -Make wide circles with arms -Put hands/feet in warm (not hot) water -Gently massaging the area -Remove yourself from the stressful situation and find ways to relax <p><i>Severe:</i></p> <p><u>Medications</u></p> <ul style="list-style-type: none"> -Calcium channel blockers (nifedipine, amlodipine, felodipine or isradipine) -Other vasodilators (nitroglycerin, losartan, sildenafil and fluoxetine) <p><u>Surgery</u></p> <ul style="list-style-type: none"> -Chemical injection (local anesthetics or Botox) to sympathetic nerves -Cutting sympathetic nerves 	<ul style="list-style-type: none"> -Dress in layers -Wear gloves/heavy socks (even indoors) -Make sure coat cuffs come down over the top of mittens -Use hand/foot warming packets -Wear a face mask and earmuffs -Warm up car before getting in it -Use insulated drinking glasses -Avoid going from a hot environment to a cold one -During warmer months, don't set air conditioning, too low -Don't smoke or be around those who do -Exercise and eat a healthy diet -Control stress

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