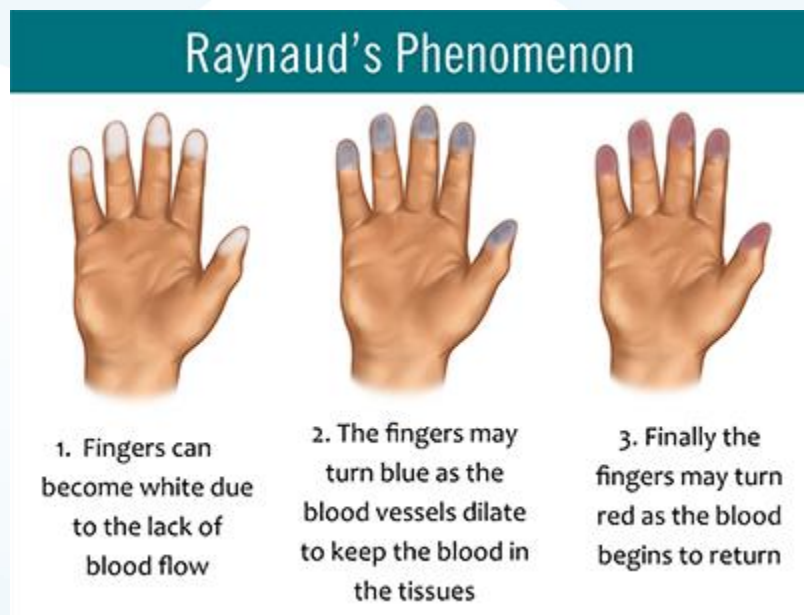


Raynaud's Phenomenon

Raynaud's Phenomenon causes discolorations in the toes and fingers after being exposed to changes in temperature or going through an emotional event. The discoloration ends up occurring due to an abnormal spasm of the blood vessels that causes the blood supply to diminish to the local tissues. Initially, the digit involved will end up turning white due to the lack of blood. It will then end up turning blue due to the prolonged time without oxygen. The blood vessels will then open and a flushing phenomenon occurs where the digit turns red.

Who is Likely to Get Raynaud's ?

- Women are more likely than men.
- The primary form usually occurs before the age of 30.
- The secondary form can occur later in life.
- The secondary form is often attributed to cardiovascular problems caused by smoking and diet.
- It more commonly affects people who live in cold climates.
- People with a history of rheumatoid arthritis, lupus, or connective tissue disease



The cause of Raynaud's is unknown, but it can be caused by auto-immune disorders, as well as trauma/injury. Stress can also bring on attacks, due to the autonomic nervous system (the nervous system that causes the blood vessels to constrict and dilate). So relaxing and coping with stress can be one of the best strategies to reducing symptoms. If you suspect you have Raynaud's the best person to seek would be your doctor.

How to Treat Raynaud's Phenomenon:

1. Prevention

Regardless of how severe your condition is, prevention is the key to overcoming the condition. Initially, you need to work on keeping your skin warm, especially when it comes to all of your extremities.

- Wearing warmer clothing in cooler environments is important too.
- When searching through the freezer for an item, consider wearing cotton gloves.
- Make sure the temperature in the rooms aren't too cool.
- Rubber gloves work to protect the hands and prevent them from cooling off when washing dishes.
- Minimize the amount of time you spend walking around barefoot.
- Avoid any tight-fitting rings, footwear or wrist bands.

Tips:

- For those who have this condition, you should work to guard your hands and feet from potential trauma and wounds. If you do get a wound, you want to make sure it is treated as early as possible to prevent a serious infection from setting in.
- Avoid any emotional stress or tools that will vibrate the hand to help minimize the amount of attacks.
- Biofeedback can help to decrease the frequency and severity of Raynaud's Phenomenon.
- For those who have this condition, you want to avoid smoking directly or indirectly. The chemicals found in tobacco lead to constriction of the blood vessels, which further impairs oxygen supply to all of the extremities.
- When caring for your nails, it needs to be done carefully to avoid any injuries to the fingertips or toes.
- Some natural supplements might help. Some have suggested garlic can help with vascularisation of the fingers. Butcher's Broom and Gingko Bilboa could also help but readers should do their own research on this.
- Some medications in high dosages can cause Raynaud's, especially beta blockers, birth control pills, and other medication for the heart and high blood pressure. You should discuss medication with your pharmacist or local doctor.