

# Do You Have Raynauds Syndrome

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### **Raynaud's | National Heart, Lung, and Blood Institute (NHLBI)**

Raynaud's can occur as a "primary" disease; that is, with no associated disorder. It can also occur as a "secondary" condition related to other diseases, such as scleroderma, lupus, and rheumatoid arthritis. Approximately 5-10 percent of all Americans suffer from Raynaud's, but only one out of ten sufferers seeks treatment.

### **3 Ways to Treat Raynaud's Syndrome - wikiHow**

Patients with secondary Raynaud phenomenon often have the symptoms of an associated condition (see below) or are on medication that can cause Raynaud phenomenon as a side effect. If you develop Raynaud phenomenon for the first time when older than 25 years and do not recall any cold intolerance in childhood, seek medical advice.

### **Raynaud's Phenomenon or Disease Treatment & Types | NIAMS**

To suffer from Raynaud's syndrome is not only to have cold hands or feet. Raynaud's disease is a chronic pathology affecting the blood circulation, affecting the extremities of the body and causing acute cold sensations. It develops mainly in the event of

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exposure to the cold and, more rarely, in periods of emotional stress.

## **Raynaud's Syndrome + 6 Ways to Manage Symptoms - Dr. Axe**

Two overlapping conditions known to many with lupus are Sjogren's syndrome and Raynaud's disease, also known as Raynaud's phenomenon. Here are some practical dos and don'ts to living with these diseases: Sjogren's syndrome affects the body's ability to produce moisture in the glands of the eyes, nose, mouth, and vagina.

## **Raynaud's disease - Symptoms and causes - Mayo Clinic**

The symptoms are often mild. Secondary Raynaud's (Raynaud's syndrome, Raynaud's phenomenon) happens as a result of another illness. It's often a condition that attacks your body's connective tissues, like lupus or rheumatoid arthritis. It's less common, but it's more likely to cause serious health problems.

## **Raynaud's Phenomenon - Arthritis Foundation**

Raynaud's affects your blood circulation. When you're cold, anxious or stressed, your fingers and toes may change colour. If your symptoms are very bad or getting worse, a GP may prescribe a medicine called nifedipine to help improve your circulation. Some people need to take nifedipine every day ...

## **Raynaud's Disease and Raynaud's Syndrome: Symptoms, Causes ...**

Raynaud's phenomenon is a condition that affects your blood vessels. If you have Raynaud's phenomenon, you have periods of time called "attacks" when your body does not send enough blood to the hands and feet. Attacks usually happen when you are cold or feeling stressed. During an attack, your fingers and toes may feel very cold or numb.

## **Living with Sjogren's and Raynaud's | Lupus Foundation of ...**

Primary Raynaud's is not usually "disabling" in the typical sense, but sufferers can experience great discomfort and pain - requiring lifestyle adjustments to minimize exposure to cold and

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stress. Secondary Raynaud's is the term used when Raynaud's is associated with another medical condition or disease,...

## **Do You Have Raynauds Syndrome**

Causes of secondary Raynaud's include: Connective tissue diseases. Most people who have a rare disease that leads to hardening... Diseases of the arteries. These include a buildup of plaques in blood vessels that feed the heart... Carpal tunnel syndrome. This condition involves pressure on a ...

## **Cold Stimulation Test for Raynaud's Phenomenon**

Other conditions that can cause secondary Raynaud's include carpal tunnel syndrome, which affects nerves in the wrists, and certain diseases of the arteries, which causes narrowing of the blood vessels in the arms and legs. You don't need to have a disease to get secondary Raynaud's.

## **Frequently Asked Questions - The Raynaud's Association**

Raynaud syndrome, also known as Raynaud's phenomenon, is a medical condition in which spasm of arteries cause episodes of reduced blood flow. Typically, the fingers, and less commonly the toes, are involved. Rarely, the nose, ears, or lips are affected. The episodes result in the affected part turning white and then blue.

## **Do you have cold feet and Raynaud's disease? This article ...**

Secondary Raynaud's phenomenon can be severe and can cause ulcers on the fingertips and loss of tissue at the fingertip. However, this is very rare. Some people find that their feet are also affected so that they become very cold and change colour. The ears, lips, nose and nipples can also be affected.

## **Raynaud syndrome - Wikipedia**

People with Raynaud's have spasms in their blood vessels when exposed to cold temperatures or strong emotions. The duration of episodes ranges from minutes to hours. According to the National...

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## **Raynaud's disease: Treatment, causes, and symptoms**

Raynaud's Syndrome Key Points Raynaud's syndrome is a rare condition that affects the blood vessels that carry blood from... Raynaud's attacks usually affect your fingers and toes. Cold temperatures, emotional stress and smoking can trigger a Raynaud's attack.

## **Raynaud phenomenon | DermNet NZ**

If you have Raynaud's: Protect yourself from cold temperatures. Try to avoid emotional stress and learn ways to cope with stress that you can't avoid. Avoid certain medicines, substances, and activities that can trigger Raynaud's attacks. Include physical activity as part of your healthy ...

## **Raynaud's - NHS**

Raynaud's disease, also called Raynaud's phenomenon or Raynaud's syndrome, is a disorder which causes blood vessels to constrict and/or spasm. The condition typically causes discoloration. Usually, the toes and fingers are affected, though the condition may cause discoloration in other places as well. The discoloration is the result of decreased blood supply to the affected areas.

## **Raynaud's phenomenon | Causes, symptoms, treatments**

Causes of secondary Raynaud's include: Diseases of the arteries: Atherosclerosis, a build-up of plaque in blood vessels, or Buerger's syndrome, a disorder where blood vessels in the hands and feet become inflamed, can cause Raynaud's symptoms. Primary pulmonary hypertension has also been linked to the disease.

## **The Cold Truth About Raynaud's - Penn Medicine**

Raynaud's phenomenon can occur on its own. This is called primary disease. Most people with Raynaud's have this type. It can occur at any age, but usually begins before age 30.

## **Benefits For Raynaud's Disease**

Raynaud's syndrome occurs when your blood vessels in your fingers or toes overreact to temperature change that feels similar to extreme pins and needles. The phenomenon occurs

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due to an underlying illness or condition that attacks your body's connective tissues.