

PodiatryCare, P.C. *and the* Heel Pain Center

1379 Enfield Street
Enfield, CT 06082
860-741-3041
Fax: 860-741-5644
www.ctfoot.com

1350 Sullivan Avenue
South Windsor, CT 06074
860-644-6525
Fax: 860-741-5644
www.ctfoot.com

Dr. Robert E. Marra

Diplomate American Board of Podiatric Surgery

Dr. Thomas V. Johnson

Diplomate American Board of Podiatric Surgery

Dr. Kristen E. Winters

Diplomate American Board of Podiatric Surgery

Dr. Laura C. Vander Poel

Certified Wound Care Specialist

RAYNAUD'S SYNDROME

Raynaud's syndrome, usually occurring in females, is a three-fold color change of the fingers or toes usually caused by exposure to cold. Stress, smoking, and certain medications may also be a triggering factor.

Other terms you may hear are Raynaud's Phenomenon: When the color changes are associated with an underlying disease such as scleroderma, lupus or other connective tissue diseases; and Raynaud's Disease: When the digital color changes are not associated with any disease. However, many people use the terms interchangeably to describe either case.

Symptoms

The most noticeable symptom seen in Raynaud's is color change of the digits. The blood vessels in your fingers and toes spasm, which shuts off the blood supply to these areas. This causes the digits to first appear white, then blue as the oxygen supply is diminished, and then finally red when the spasm is over and blood returns. Other symptoms include numbness in the digits, lessened dexterity, and possible skin breakdown or ulceration.

Treatment

Treatment for Raynaud's includes keeping **hands** and **feet** warm and dry, avoiding tobacco products and passive smoke, limiting caffeine intake, avoiding cold exposure, and reducing stressful situations. If symptoms are associated with pain, ulcerations or gangrene, there are medications available to increase blood flow to the toes.

For More Information:

<http://www.foothealthfacts.org/Content.aspx?id=2082>

<http://www.mayoclinic.com/health/raynauds-disease/DS00433>

http://www.niams.nih.gov/Health_Info/Raynauds_Phenomenon/raynauds_ff.asp