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Your gp told you you have Raynaud's disease. It is also called Raynaud's phenomenon or Raynaud's syndrome. There is no cure for Raynaud's disease, but you can manage it to help prevent attacks. Raynaud's disease attack is often caused by cold or stress. During an attack, blood vessels suddenly narrow (the so-called vasospasm). Most often it occurs in the fingers and toes. In rare cases, the nose, ears, nipples, or even the tongue suffer. Narrow blood vessels reduce the blood supply to the area. Then the area becomes white, blue or red. The area may feel numb or painful. As the attack passes, the blood vessels open. The affected area can turn bright red as it heats up and then returns to normal color. With Raynaud's disease, it is believed that blood vessels in the affected areas have been re-effected on certain triggers, such as cold. This makes them narrow (so-called vasospasm) much more than in people without disease. Experts do not know what causes blood vessels to react so strongly to certain triggers. In between attacks, blood vessels are normal and healthy. Attacks do not cause permanent damage to blood vessels. But it can thicken the walls of the arteries. In some cases, Raynaud's disease occurs in alongside another disease or disease. It is often a connective tissue disorder such as lupus, scleroderma, or rheumatoid arthritis. It is called reynaud's secondary disease (unlike the primary Raynaud's disease discussed above) and may be more serious. If this is the case for you, you and your primary care physician can discuss treatment for the underlying condition. Raynaud's disease risk factors include: women are more likely to get Raynaud's disease than men. Young people are at higher risk, usually between the ages of 15 and 30. Living in a cold climate increases the risk. Having a family member with Raynaud's disease increases the risk. Major rheumatoid diseases can increase the risk. Triggers for Raynaud's disease include: ColdStressCaffeineSmokingRepetitive MovementsCern medications such as beta-blockers, migraine medicine, birth control pills and otherinjuryYour description of your symptoms, medical history, and physical examination are often enough for diagnosis. Blood tests and other tests can be done to see if any underlying conditions are present and rule out other problems. There is no cure for Raynaud's disease. But you can control the symptoms and reduce the number and severity of attacks. For most people, avoiding triggers is enough to limit attacks. Your doctor may suggest the following: Take precautions to prevent loss of circulation with your hands and feet. This includes: Dress warmly in cold weather. Wearing gloves or mittens, your hands can cool down, for example, when you use a refrigerator or freezer. How to avoid stress and caffeine. Exercise regularly. This can reduce the number and severity of attacks. If you smoke, smoke, can improve the condition. This is because smoking causes your blood vessels to narrow and reduce blood flow. Soak your hands or feet in warm (not hot) water. Do this at the first sign of an attack. Keep soaking until your skin color returns to normal. In some people, the symptoms are persistent or alarming. For these cases, other treatments are a choice. Your primary care physician can tell you more about the following: Prescription medications. Some medications that relax and dilate blood vessels, such as calcium channel blockers. This can help relieve symptoms. Nervous surgery. It is used for severe cases that do not respond to other treatments. Surgery removes the nerves that surround the blood vessels in the hands and feet. Without nerve stimulation, the blood vessels remain more relaxed. They are less likely to become very narrow due to stimuli. Nerves can be blocked by injection in some cases. Most cases of Raynaud's disease are not cause for concern. The disease does not worsen and cannot cause any irreversible damage. If seizures are severe, last for a long time, or occur very often, skin damage can result. Attack management can help prevent this. The following problems are rare, but they can be serious. Call your doctor right away if you notice any of the following: Infection or sores on your finger or toe turns blackThe skin is torn on its ownA the rash develops finger or finger joint becomes painful or the swollen symptoms are very bad or worsening Raynaud affects your daily life your symptoms are only on the 1 side of your bodyyou also have joint pain, skin rash or muscle weakness you over 30 years old and get symptoms of your baby's 30 years of age and get symptoms 12 years old and has Raynaud's symptoms It is still important to get help from a GP if you need it. To contact your GP surgery: visit their websiteuse NHS Appcall themFind about using the NHS during coronavirus coronavirus

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