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Raynaud's disease

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Definition

Definition

Symptoms

By Mayo Clinic staff

Causes

Raynaud's disease is a condition that causes some areas of your body — such as your fingers, toes, tip of your nose and your ears — to feel numb and cool in response to cold temperatures or stress. In Raynaud's disease, smaller arteries that supply blood to your skin narrow, limiting blood circulation to affected areas.

Risk factors

Complications

Preparing for your appointment

Tests and diagnosis

Treatments and drugs

Lifestyle and home remedies

Alternative medicine

Prevention

Women are more likely to have Raynaud's disease. It's also more common in people who live in colder climates.

Treatment of Raynaud's disease depends on its severity and the presence of associated conditions. For most people, Raynaud's disease is more a nuisance than a disability.

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