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Raynaud's Phenomenon



Fast Facts

- Treatment of Raynaud's phenomenon depends on its severity and whether you have any other health conditions. For most people, Raynaud's phenomenon is more a nuisance than a disability.
- Women are more likely to have Raynaud's phenomenon. It's also more common in people who live in colder climates.
- Avoid potential triggers such as smoking, stress and caffeine.
- Raynaud's can be a complex disease. As experts in diagnosing and treating autoimmune diseases such as Raynaud's, [rheumatologists](#) can best advise patients about treatment options.

Raynaud's phenomenon. This term refers to color changes (blue, white and red) that occur in fingers and, sometimes, toes. Raynaud's often occurs after exposure to cold temperatures. It occurs when the blood flow to the hands, fingers or toes is temporarily reduced. Raynaud's can lead to finger swelling, color changes, numbness, pain, skin ulcers and gangrene on the fingers and toes. People with Raynaud's may have other diseases, and some people with Raynaud's do not have any other disease.

Raynaud's occurs in two main types:

- Primary Raynaud's is the most common form of the disorder and is not connected to an underlying disease or related medical problem. It is also called Raynaud's phenomenon.
- Secondary Raynaud's is also called Raynaud's phenomenon. This form is caused by an underlying, or related, problem. Secondary Raynaud's is less common than the primary form, but it tends to be a more serious disorder. Symptoms of secondary Raynaud's often first appear at later ages — around 40 — while people with the primary form often see symptoms earlier.

+ What Causes Raynaud's phenomenon?

+ Who Gets Raynaud's phenomenon?

+ How is Raynaud's phenomenon diagnosed?

+ How is Raynaud's phenomenon treated?

+ Living with Raynaud's phenomenon

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