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Raynaud's disease

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Definition

By Mayo Clinic Staff

Raynaud's (ray-NOHZ) disease causes some areas of your body — such as your fingers and toes — to feel numb and cold 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 (vasospasm).

Women are more likely than men to have Raynaud's disease, also known as Raynaud or Raynaud's phenomenon or syndrome. It appears to be more common in people who live in colder climates.

Treatment of Raynaud's disease depends on its severity and whether you have other health conditions. For most people, Raynaud's disease isn't disabling, but can affect quality of life.

Symptoms

Products and services

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References

Products and Services

1. Book: The Mayo Clinic A to Z Health Guide
2. Mayo Clinic Membership
3. Newsletter: Mayo Clinic Health Letter

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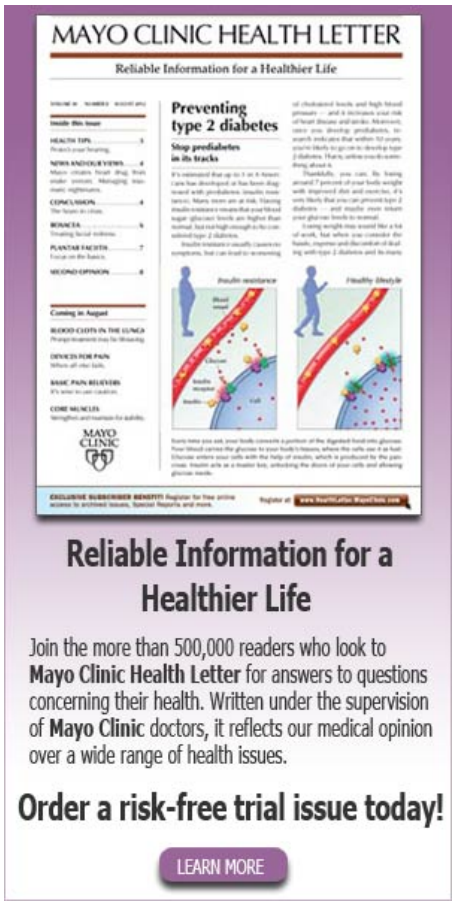

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