

**REVIEWED****By Chris at 12:11 pm, Jan 19, 2016**[Home](#) → [Health Topics](#) → Raynaud's DiseaseURL of this page: <https://www.nlm.nih.gov/medlineplus/raynauds-disease.html>

Raynaud's Disease

Also called: Raynaud's phenomenon

Raynaud's disease is a rare disorder of the blood vessels, usually in the fingers and toes. It causes the blood vessels to narrow when you are cold or feeling stressed. When this happens, blood can't get to the surface of the skin and the affected areas turn white and blue. When the blood flow returns, the skin turns red and throbs or tingles. In severe cases, loss of blood flow can cause sores or tissue death.

Primary Raynaud's happens on its own. The cause is not known. There is also secondary Raynaud's, which is caused by injuries, other diseases, or certain medicines.




People in colder climates are more likely to develop Raynaud's. It is also more common in women, people with a family history, and those over age 30.

Treatment for Raynaud's may include drugs to keep the blood vessels open. There are also simple things you can do yourself, such as

- Soaking hands in warm water at the first sign of an attack
- Keeping your hands and feet warm in cold weather
- Avoiding triggers, such as certain medicines and stress

NIH: National Heart, Lung, and Blood Institute


Start Here

- Raynaud's Disease [<http://www.mayoclinic.org/diseases-conditions/raynauds-disease/basics/definition/CON-20022916?p=1>] (Mayo Foundation for Medical Education and Research)
- Raynaud's Disease [<http://www.nhlbi.nih.gov/health/health-topics/topics/raynaud>]  (National Heart, Lung, and Blood Institute)
- Raynaud's Phenomenon [http://www.niams.nih.gov/Health_Info/Raynauds_Phenomenon/default.asp]  (National Institute of Arthritis and Musculoskeletal and Skin Diseases)
- What Is Raynaud's Phenomenon? [http://www.niams.nih.gov/Health_Info/Raynauds_Phenomenon/raynauds_ff.asp]  **Easy-to-Read** (National Institute of Arthritis and Musculoskeletal and Skin Diseases)
Available in Spanish [http://www.niams.nih.gov/Portal_en_espanol/Informacion_de_salud/Fenomeno_de_Raynaud/default.asp]

Symptoms

- What Are the Signs and Symptoms of Raynaud's? [<http://www.nhlbi.nih.gov/health/health-topics/topics/raynaud/signs>]  (National Heart, Lung, and Blood Institute)


Diagnosis and Tests

- ANA (Antinuclear Antibody Test) [<https://labtestsonline.org/understanding/analytes/ana/tab/test>] (American Association for Clinical Chemistry)
- ESR (Erythrocyte Sedimentation Rate) Test [<https://labtestsonline.org/understanding/analytes/esr/tab/test>] (American Association for Clinical Chemistry)
- How Is Raynaud's Diagnosed? [<http://www.nhlbi.nih.gov/health/health-topics/topics/raynaud/diagnosis>]  (National Heart, Lung, and Blood Institute)


Prevention and Risk Factors

- Who Is at Risk for Raynaud's? [<http://www.nhlbi.nih.gov/health/health-topics/topics/raynaud/atrisk>]  (National Heart, Lung, and Blood Institute)


Treatments and Therapies

- Alpha Blockers [<http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/alpha-blockers/ART-20044214?p=1>] (Mayo Foundation for Medical Education and Research)
- Calcium Channel Blockers [<http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/calcium-channel-blockers/ART-20047605?p=1>] (Mayo Foundation for Medical Education and Research)
- How Is Raynaud's Treated? [<http://www.nhlbi.nih.gov/health/health-topics/topics/raynaud/treatment>]  (National Heart, Lung, and Blood Institute)

Living With

- Living with Raynaud's [<http://www.nhlbi.nih.gov/health/health-topics/topics/raynaud/livingwith>]  (National Heart, Lung, and Blood Institute)


Related Issues

- Limited Scleroderma (CREST Syndrome) [<http://www.mayoclinic.org/diseases-conditions/crest-syndrome/basics/definition/CON-20031524?p=1>] (Mayo Foundation for Medical Education and Research)
- Mixed Connective Tissue Disease [<http://www.mayoclinic.org/diseases-conditions/mixed-connective-tissue-disease/basics/definition/CON-20026515?p=1>] (Mayo Foundation for Medical Education and Research)
- Vascular Disorders of the Upper Extremity [<http://www.assh.org/handcare/hand-arm-conditions/vascular-disorders>] (American Society for Surgery of the Hand)
- What Causes Raynaud's? [<http://www.nhlbi.nih.gov/health/health-topics/topics/raynaud/causes>]  (National Heart, Lung, and Blood Institute)

Images

- Raynaud's Phenomenon [<http://www.skinsight.com/adult/raynaudsPhenomenon.htm?lmiw9cApI>] (Logical Images)

Clinical Trials



- ClinicalTrials.gov: Raynaud Disease [<https://clinicaltrials.gov/search/open/condition=%22Raynaud+Disease%22>]  (National Institutes of Health)

Journal Articles


References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Pilot study to determine whether transient receptor potential melastatin type... [<http://www.ncbi.nlm.nih.gov/pubmed/26242276?tool=MedlinePlus>]
- Article: Raynauds phenomenon - assessment and differential diagnoses. [<http://www.ncbi.nlm.nih.gov/pubmed/26098320?tool=MedlinePlus>]
- Article: Hands don't work like they used to? Help is on... [<http://www.ncbi.nlm.nih.gov/pubmed/26065099?tool=MedlinePlus>]
- Raynaud's Disease -- see more articles [[http://www.ncbi.nlm.nih.gov/pubmed?term=raynaud+disease\[majr\]+AND+english\[la\]+AND+humans\[mh\]+NOT+\(editorial\[pt\]+OR+letter\[pt\]+OR+case+reports\[pt\]\)+AND+%22last+1+Year%22\[edat\]&tool=MedlinePlus](http://www.ncbi.nlm.nih.gov/pubmed?term=raynaud+disease[majr]+AND+english[la]+AND+humans[mh]+NOT+(editorial[pt]+OR+letter[pt]+OR+case+reports[pt])+AND+%22last+1+Year%22[edat]&tool=MedlinePlus)]

Find an Expert

- Find a Hand Surgeon [<http://www.assh.org/handcare/Find-a-Hand-Surgeon>]
(American Society for Surgery of the Hand)
- National Heart, Lung, and Blood Institute [<http://www.nhlbi.nih.gov/>] 
- National Institute of Arthritis and Musculoskeletal and Skin Diseases [<http://www.niams.nih.gov/>] 
Available in Spanish [http://www.niams.nih.gov/Portal_En_Espanol/]

Patient Handouts

- Raynaud's phenomenon [<https://www.nlm.nih.gov/medlineplus/ency/article/000412.htm>]
Available in Spanish [<https://www.nlm.nih.gov/medlineplus/spanish/ency/article/000412.htm>]
- What Is Raynaud's Phenomenon? [http://www.niams.nih.gov/Health_Info/Raynauds_Phenomenon/raynauds_phenomenon_ff.pdf]  (National Institute of Arthritis and Musculoskeletal and Skin Diseases)



MEDICAL ENCYCLOPEDIA

Raynaud's phenomenon [<https://www.nlm.nih.gov/medlineplus/ency/article/000412.htm>]

Thromboangiitis obliterans [<https://www.nlm.nih.gov/medlineplus/ency/article/000172.htm>]

National Institutes of Health

The primary NIH organization for research on *Raynaud's Disease* is the National Heart, Lung, and Blood Institute [<http://www.nhlbi.nih.gov/>]

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Page last updated on 15 January 2016

Topic last reviewed: 17 June 2014