



Reynaud's Webinar Patient Info Follow-up Sheet

Provided by Dr. Marie Gerhard-Herman

How Is Raynaud's Treated?

- Our goal is to help you feel better. Primary Raynaud's (Raynaud's disease) and secondary Raynaud's (Raynaud's phenomenon) have no cure. However, treatments can reduce the number and severity of Raynaud's attacks. Treatments include lifestyle changes, medicines, and, rarely, botox injections and /or surgery.
- Most people who have primary Raynaud's can manage the condition with lifestyle changes. People who have secondary Raynaud's may need medicines in addition to lifestyle changes. Rarely, they may need surgery or shots.
- If you have Raynaud's and develop sores on your fingers, toes, or other parts of your body, see your doctor right away. Timely treatment can help prevent permanent damage to these areas.

Lifestyle Changes

- Avoid things that may trigger a Raynaud's attack. Examples of such triggers include cold temperatures, emotional stress, workplace or recreational factors, and coffee, chocolate, and cold medicines.

Protect Yourself from Cold Temperatures

- To protect yourself from all cold temperatures:

Keep your core temperature warm (almost sweating).

- Wear a hat, mittens (rather than gloves), scarf, coat with snug cuffs, and warm socks and shoes during cold weather. Layer your clothing for extra warmth. Cover your neck.
- Put hand and foot warmers in your mittens, boots, socks, or pockets. Some warmers are small heat packs, and others are battery-operated. These warmers often are available at sporting goods stores. Therma silk liners. Smartwool.
- Turn down air conditioning or dress warmly while in an air-conditioned space.
- Warm up your car before driving in cold weather.
- Wear gloves or mittens if needed when taking food out of the refrigerator or freezer.

Avoid Other Triggers

- Try to avoid things that make you upset or stressed. Learn ways to [handle stress](#) that you can't avoid. Physical activity helps some people cope with stress. Other people listen to music or focus on something calm or peaceful to reduce stress. Some people learn yoga, tai chi, or meditation. Deep and slow breathing is good.
- Limit the use of vibrating tools, such as drills. Wear proper protective gear if you work with industrial chemicals. Also, try to limit repetitive hand actions, such as typing or playing the piano.
- Some medicines can trigger Raynaud's attacks. Examples include:
 - o Migraine headache medicines like those that contain ergotamine. This substance causes your arteries to narrow.
 - o Certain cancer medicines, such as cisplatin and vinblastine.
 - o Over-the-counter cold or allergy medicines or diet aids. Some of these medicines can narrow your arteries.
 - o Caffeine, chocolate, smoking, alcohol. Also, stimulants like those used to treat attention deficit hyperactivity disorder.
 - o Beta blockers. These medicines slow your heart rate and lower your blood pressure.
 - o Birth control pills. These medicines can affect blood flow.



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Talk with your doctor about whether your medicines are safe for you.

Other Lifestyle Changes

- Physical activity can increase your blood flow and help keep you warm.
- Smoking makes Raynaud's worse. Ask your doctor about programs and products that can help you quit. Also, try to avoid secondhand smoke.

You also can take steps to help stop Raynaud's attacks when they occur. For example:

- Move to a warmer spot, such as indoors, during cold weather.
- Warm your hands or feet. Move your digits. Place your hands under your armpits.
- Move your arms in circles or shake your arms or feet.
- Get out of stressful situations and try relaxation techniques.
- Be sure to take care of your hands and feet. Protect them from cuts, bruises, and other injuries. For example, wear properly fitted shoes and don't walk barefoot. Use lotion to prevent your skin from drying and cracking. Also, avoid tight wristbands and rings.

Medicines and Surgery

- If lifestyle changes don't control Raynaud's, you may need medicines or surgery. Medicines can be discussed with your doctor and are used to improve blood flow to the fingers and toes.
- Examples of medicines used to treat Raynaud's include calcium channel blockers, alpha blockers, prescription skin creams, selective serotonin release inhibitors, cilostazol, trepostinil and ACE inhibitors.
- Another treatment for severe Raynaud's is to block the nerves in the hands or feet that control the arteries. This can help prevent Raynaud's attacks. This treatment is done using surgery or Botox injections.
- The surgery often relieves symptoms, but sometimes for only a few years. Shots may need to be repeated if symptoms persist or come back.
- Rarely, people who have severe prolonged Raynaud's may develop skin sores or gangrene. "Gangrene" refers to the death or decay of body tissues. If this happens, antibiotics or surgery to cut out the damaged tissue may be needed. In very rare and serious cases, the affected toe or finger may need to be removed.