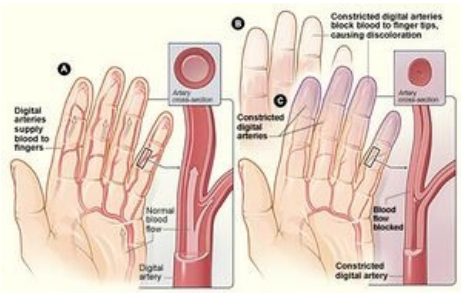


Raynaud's Disease

Raynaud's disease(primary Raynaud's syndrome) is a disease of the arterial system, most often of the upper limbs . This is a type of vasoneurosis (functional arterial disorders), which is characterized by cold **whiteness of the fingers**(affecting the fingers is rarer).

Raynaud's disease	
Raynaud's phenomenon	
	
Raynaud's disease	
Risk factors	female gender
Clinical picture	pale to white fingertips
Classification and references	
ICD-10	I73.0
MeSH ID	D011928
OMIM	179600
MedlinePlus	000412
Medscape	331197

Etiopathogenesis

The disease is more common in women in the winter months, its cause is unknown. It is assumed that this is a genetically determined hypersensitivity to hormonal and neurovegetative influences. It typically takes place in three stages:

1. **Vasoconstriction:** in the cold, the **small arteries** in the hands (legs) constrict, which results in ischemia , the fingers turn white, are numb and may hurt.
2. **Vasodilation (passive hyperemia):** arterial vasoconstriction is followed by vein dilation with blood **stasis** ; cyanosis occurs ; fingers are blue.
3. **Hyperemia (active hyperemia):** after several tens of minutes, the spasm subsides, reactive hyperemia occurs; fingers turn red, painful paresthesias often appear.

Small necroses may develop over time .

Diagnostics

The diagnosis is established on the basis of anamnesis, physical examination , clinical picture and after excluding the secondary form of Raynaud's syndrome , for which capillaroscopy can be used .

Therapy

- **Non-pharmacological:** STOP smoking, dress warmly, eliminate stress, avoid sudden changes in temperature.
- **Pharmacological:** calcium channel blockers(nifedipine), prostaglandins.



Color changes in fingers

Links

Related articles

- Peripheral cyanosis

- Ischemia
- Blood vessels

External links

- Raynaudova choroba
- Raynaudov syndróm – Nutraceutica (https://www.nutraceutica.sk/sk/nutraceutika_pri_ochoreniach/raynaudov_syndrom.aspx)

References

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