



## HEALTH AWARENESS

IMAGINE WEARING GLOVES INDOORS IN THE MIDDLE OF SUMMER JUST SO THE AIR CONDITIONER DOESN'T TRIGGER AN EPISODE AND TURN MY FINGERS BLUE. OR WEARING A JACKET WHEN EVERYONE ELSE IS IN SHORTS. MY FINGERS TURN WHITE AND THEN BLUE WITHIN MINUTES OF BEING EXPOSED TO THE COLD. IT'S REALLY PAINFUL. IT STARTED IN MY TEENS AND ALL THIS TIME I JUST THOUGHT IT WAS POOR CIRCULATION BUT, FINALLY, I DECIDED TO SEE A DOCTOR ABOUT IT.

DEBBIE SUFFERS FROM A CONDITION CALLED RAYNAUD'S PHENOMENON, A DISORDER OF THE SMALL BLOOD VESSELS OF THE EXTREMITIES WHICH REDUCES BLOOD FLOW. HOLDING A COLD DRINK OR GRABBING FOOD FROM THE FREEZER CAN BE ALL IT TAKES TO TRIGGER A RESPONSE.

I TRY TO AVOID GETTING COLD BUT SOMETIMES I JUST CAN'T. I'VE TESTED MORE TYPES OF GLOVES AND MITTENS AND WARM CLOTHING THAN I EVER THOUGHT IMAGINABLE.

THE RAYNAUD'S ASSOCIATION SUGGESTS WORKING WITH YOUR DOCTOR ON TREATMENTS TO CONTROL THE SEVERITY AND FREQUENCY OF EPISODES. IN SOME CASES, IT COULD BE A SIGNAL OF A SERIOUS UNDERLYING MEDICAL ISSUE. LEARN MORE AT [RAYNAUDS--DOT--ORG](http://RAYNAUDS.DOT.ORG). A PUBLIC SERVICE FROM THE RAYNAUD'S ASSOCIATION.