

Cold Cuts

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Travel Survey Results: There's No Place Like Home!

Letter from the Editor
By Lynn Wunderman

Our last issue included a survey allowing members to share their personal problems and issues related to being on the road with Raynaud's. My personal thanks to all of you who took the time to respond.

The overwhelming issue voiced by most of you is the need for a warm, comfortable bed. In hotel rooms, most of you complained of needing more blankets. You also lamented missing your electric blankets, electric mattress pads, and down comforters. I couldn't agree with you more.

By the way, blankets were also identified as hard-to-find necessities on airplanes. Flight needs were not as vocal for many respondents, as several members stated that, in general they choose not to fly. However, for those of you who do hit the runways, holding cold drinks and silverware are real issues, along with the exceedingly cold air temperatures found on planes.

As for strategies used by members to help withstand the cold when travels take them away from home, here are a few tips:

- Ask the hotel for a space heater. Better yet, find one that's packable and carry it with you.
- Consider sleeping in thin long underwear used by skiers (silk travels well) and wear warm socks to bed.
- Bring along items made of fleece and popular Polartec materials. They may be bulky, but are quite warm and lightweight.



"The overwhelming issue voiced by most members is the need for a warm, comfortable bed."

- Dressing for the outdoors when on vacation calls for layers, hats, chemical heat packs for gloves or pockets, wool tights, warm socks and boots, along with glove and sock liners. Also, when sightseeing, stay off the bare ground. Even leaves offer some insulation from the cold.

This last tip comes from Phyllis Garrett who says her layers, heat packs, long undies, hat, fleece, wool tights, and thermos of warm tea helped her survive a visit to Prague in the dead of winter.

Above all, let your host or hostess know about your problem. They may be glad to offer suggestions and raise the temperature for the warmth of your company.

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Vitamania Catches on, but Swallow with Care



A recent article published in the New York Times reports sales of vitamins and minerals are reaching record highs. An estimated 100 million Americans are spending \$6.5 billion a year in the vitamin supplement category, according to the Council for Responsible Nutrition in Washington.

I continue to get positive feedback from members regarding their success with natural remedies. Here are a few more tips from fellow sufferers:

- **Ginger** — Kathleen Sheehy shared with us a British newspaper article reporting the success Raynaud's sufferers have had with ginger. The article covers a 6-month trial on the effects of ginger on 400 sufferers of Raynaud's Phenomenon. Nearly two-thirds of those who completed the trial reported that ginger had helped them. Their fingers were reported less swollen and they had fewer Raynaud's attacks.
- **Vitamin E** — Debbie Goodman, who suffers from Intramyocardial Raynaud's, has found that d-alpha tocopheryl acetate Vitamin E has found this remedy to help her immensely. She claims it stops her spasms so well that even her "very traditional" rheumatologist has endorsed the treatment.
- **Beta Carotene** — Jeril Applebaum tells us she's had great success with taking 1 pill per day.

For those of you interested in finding a good deal on vitamin supplements, see

(Continued on page 4)

Special Offer For Raynaud's Members

Last year, Anna Monasebian recommended the newsletter include a "Best Buy" section for purchasing vitamin supplements. Her concept was to provide a "Consumer Reports" guide to compare prices, potencies, etc. among brands and buying sources. She also

suggested a member "co-op" in which we buy the supplements in bulk and benefit from the quantity discount as a group.

I loved Anna's idea, but was having trouble figuring out how to execute the concept. Then the opportunity presented itself — at least to help members obtain products at really great prices.

I came into contact with the owners of the Swanson Vitamin Discounts Catalog. The firm guarantees the best prices found anywhere on all major brands and immediately offered our members an extra \$5.00 off their first order. For your free catalog call 1-800-437-4148.



SAVE \$5

on any order of \$50 or more

This \$5.00 coupon good only
April 1-December 31, 1998

Coupon can be used only one time and cannot be combined with any other offer, coupon or discount. (One coupon per order.)

**Remember, this coupon expires
December 31, 1998**

Attention Raynaud's Members

Swanson's Lowest Price Guarantee

Swanson discounts ALL nationally advertised brands. We offer thousands of national brand vitamin, mineral and herbal supplements at discount prices to meet all your needs. Every item is discounted 20-50%. We absolutely guarantee the lowest prices.

Member Connections



Several members have expressed an interest in being contacted if you can help them in the following areas:

Intramyocardial Raynaud's Phenomenon — Debbie Goodman would like to hear from anyone who either suffers from or had information regarding this type of Raynaud's. Her address is: P.O. Box 1753, Darien, CT 06820.

Hyperbaric Therapy — Jill Mayer would be interested in any information you have regarding this treatment option. Her address is: #2 Artillery Lane, Scarsdale, NY 10583.

Anti-depressants and Raynaud's — One member wrote me saying his girlfriend was on an anti-depressant called Paxil for 3 to 4 months and noted total and complete relief from all Raynaud's symptoms. If any of you have any similar experiences with this or any similar medications, please write to me at: 94 Mercer Avenue, Hartsdale, NY 10530, or e-mail at Lwunderman@aol.com.

Anyone else wishing to add their name to the list, please let me know. I'll be glad to publish your request in our next issue.

Hot Tips



Lanolin Hydraus — Clara Works claims using this product helped her from having two fingers amputated when her Raynaud's condition was further complicated by a piece of steel imbedded in one finger. A nurse introduced her to the Lanolin. After applying the product for two days and nights, it softened the skin enough for the steel to rise to the surface for removal. The treatment benefited both fingers and, to this day, Clara still has all her fingers thanks to the nurse. Note: users should cover the area where the Lanolin is applied with a band-aid.

Got a hot tip for fellow Raynaud's sufferers? Send them along, or e-mail

Hot Products for Cold Sufferers



Here are more products which should be of interest to us "frosties". This issue, I don't have any "losers" to share, just "winners".

Feeter Heaters — I was introduced to these toe toasters by my friend and fellow member Colleen Biffen. This slipper-like product is meant to warm your toes in and out of bed with a lining of 100% pure, fluffy Australian wool that "breathes" while holding in body heat. Held together by a knitted outer shell, they have no uncomfortable seams and are machine washable — all for \$13.95. To order, contact Alsto's *Handy Helpers* catalog at 800-447-0048. Specify: Small (#4396001), Medium (#4396002) or Large (#4396003).



Wristies — Ellen Liebman scouted this product for us. Wristies are Polartec tubes with thumb holes. The tubes are designed to keep your wrist and lower arm warm, even if your glove separates from your coat sleeve. I used them cross-country skiing this year and loved them! They were invented by a 10-year old who first started selling them to her Girl Scout troupe. They come in 5 sizes, from Toddler (\$5) to Adult Large (\$10). For Teens and Women, they sell an Adult Small for \$9.00. Wristies come in solids and prints — too many to list here. To order, call 800-811-8290.



Microwavable Hand Mitt — Linda Philipcik found this item at a craft fair. After being microwaved, the mitt maintains its warmth for about 45 minutes and is roomy enough to fit a gloved-hand. They come in a variety of flannel prints and have a pleasant spicy scent. The price is \$25.00. To order, contact Grampa's Garden at 207-774-9506.



Sheepskin Products — Linda also recommends the sheepskin slippers, shoes, boots, mittens, hats and steering wheel covers offered by the Aussie Connection. She finds the footwear a bit large and clunky, but *very* warm. The company can be reached at 800-950-

2668.

A special thanks to all of you who've been contributing your ideas for this column.

If you've had good or bad luck with products promising warmth and comfort, please share your findings with us for future issues. Write or e-mail me at Lwunderman@aol.com.

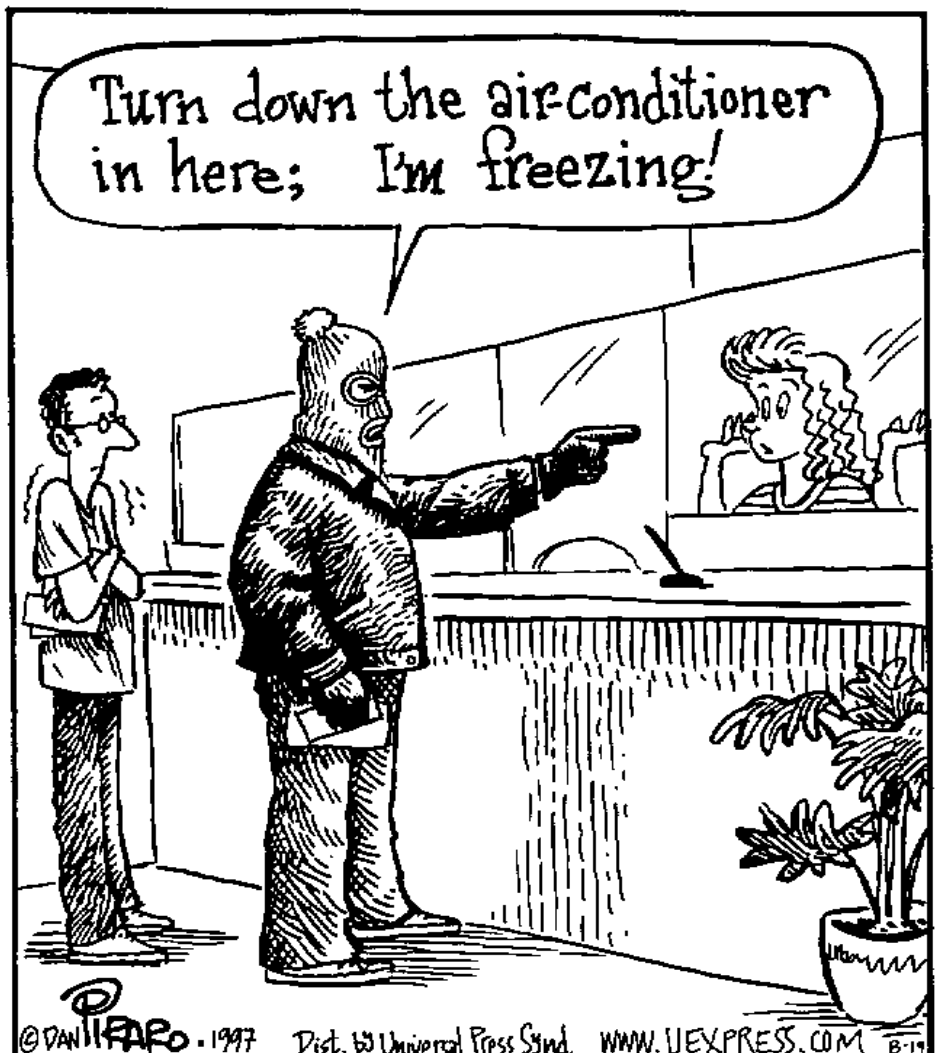
More Hot Tips



A few more items of interest:

- **Sporto Boots & Thorlo Socks** — Tatiana Ginsberg swears by these brands. Look for the Thinsulate label on the boots to ensure superb warmth.
- **Voice Recognition Software** — Gale Zeller sent me an article about The Computer Access Technology Lab in San Jose, CA which offers opportunities for people with disabilities to experiment with a variety of assistance strategies. For more information, call 408-278-2000.

BIZARRO by Dan Piraro



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Vitmania *(continued from page 1)*

the related article on page X . However, as with any treatment for a medical condition, be aware that serious side effects can occur — even with natural remedies.

To quote the New York Times article "...there are tantalizing indications that there could be significant health advantages from taking supplements of some vitamins and minerals in doses larger than those needed to prevent outright deficiencies. At the same time, however, there are risks when nutrients are taken separately from the foods that contain them and in doses far larger than the body was designed to process." For example:

- Large doses of **Vitamin E** can interfere with the action of Vitamin K, which promotes blood clotting.
- **Magnesium** — which some specialists believe to be a natural surrogate for the calcium channel blockers prescribed to help Raynaud's sufferers — is not



recommended for people with impaired kidney function, as the mineral can accumulate which can be fatal.

- For **Beta Carotene** and other essential nutrients, taking too much of one may increase the need for another, creating a deficiency.

In addition, supplements may interact adversely with other medications or even worsen disorders.

While I encourage you all to explore the possibilities dietary supplements offer us against Raynaud's, please consult with your doctor or other medical specialist before embarking on a new regime. Each of us is different in terms of our bodily make-up, tolerances, and related medical conditions. It's good to learn of the success stories shared by fellow sufferers, but important to understand that what works well for one of us may not work as well for all.

In the meantime, please keep us posted on your progress and good luck!

Raynaud's TRIVIA

October 9, 1946

The Simmons Company made the world's first electric blanket

Amen.

Thank You



A special thank you to members who've gone above and beyond the call of duty:

- Joan Pearlman — for covering our meeting last fall when I was called out of town by a death in the family.
- Marsh Fishman — for finding us a "surprise" speaker in February from the Pain and Stress Biofeedback Center.

Thanks for pitching in!



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