



# Cold Cuts



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## Cold Hands Warm Heart: An Informal Study of Raynaud's

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Author  
*Cold Hands, Warm Heart*

I was resigned. This was how it was for as long as I could remember; this was how my body worked. Just like everybody else's, *right?* Everyone shivered and suffered from cold, from dampness; everyone's fingers and toes were frigid, even sometimes in summer, *right?*

Then why did other people feel warm when we shook hands? Why didn't other people have to soak their feet in hot water in order to feel comfortable enough to fall asleep at night? Why didn't other people have to sit on their hands in cozy air-conditioned movie theatres during the dog-days of August?

It wasn't until I was in my thirties that I finally questioned my doctor if "maybe" he thought I "might" have poor circulation. I remember excusing myself for my little annoying condition. (*Incidentally, in these days of self-empowerment, it is quite extraordinary how many people are actually embarrassed to report to their physicians disorders that they deem to be non-critical.*) Blushing, I told him how my fingers and toes always seemed to be so cold, and how this was especially troublesome at night. He agreed wholeheartedly. Sporting a wide grin, my doctor related that his wife had the same disease. Cold hands, cold feet, cold buttocks. I smiled knowingly, empathetically. But wait a second!

**DISEASE?!!!** He said the word



"disease." And then, he gave it a name. Raynaud's. I didn't have poor circulation. I had a disease, albeit a non-life threatening one. This was my first introduction to Raynaud's.

Since that day I have encoun-

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tered countless women, and a respectable percentage of men, who exhibited the same symptoms as my own, and were clueless as to what they had and what they could do to alleviate their discomfort. I would

*(Continued on page 4)*

## Come & Get 'em While They're Hot!

You've seen them - those indispensable, disposable charcoal packs you put in your gloves or shoes. They heat up when exposed to air and stay toasty for hours. Available in most ski shops, many of our members can't get through the cold winter without them.

Trouble is, the cost of these packs can really add up. So, we're doing our part to help members get the warmth they need and save money, too. We buy them wholesale in bulk from a distributor and pass the savings on to our members. As a result, our unit prices can save you 40% or more off retail prices. See the enclosed Order Form for details. (Note: Limited quantities available at half our price that are past their sale expiration date, but still heat.)

One additional piece of news about the products - they are intended for one-time usage only, but our members have discovered how to extend the life of each pack. The warmers are generally good for several hours (hand warmers last 7 hours, toe warmers about 3 or 4 hours), then you throw them away. If you only use them for a portion of the total wear time, put them in an air-tight zip-lock bag until you're ready to use them again. Once re-exposed to air, they will heat up again, albeit not quite as hot. I've successfully reheated them two times past their original use.

The toe warmers are specially designed to fit under your toes in shoes and boots. They are slimmer than the hand warmers and have an adhesive backing to stick to your hose or socks and not slide inside the shoe.

To order, send us back the enclosed Order Form, or e-mail your request to [lynn@raynauds.org](mailto:lynn@raynauds.org).



### Inside This Issue

- ◆ Book Excerpt: Cold Hands, Warm Heart
- ◆ Save Big on Hand and Toe Warmers

## Hot Tips from Fellow Frosties



## Antarctic Duds

I've received letters and notes from several members suggesting products and strategies that have worked for them, in hopes they may work for you, too.



- Kathy H. - Keeps a **hair dryer** near the entry way to her house and uses it on a low setting to warm her hands quickly when coming indoors. She also favors soaking hands in a bowl of hot water for a quick fix.
- Hilda Aronoff, FL - Recommends using **centrifugal force** to get the blood flowing into the fingers during an attack. Swing the arms around from the shoulder in a large circle (often referred to as a windmill motion). Don't bend the elbow.
- Milissa Laurents, LA - Has been taking 400 mg. of **Vitamin E** for over a year and found it to help tremendously.
- Florence Fontano, NY - Has been using a **spray gel called Carrasyn** to successfully treat her ulcers. It's available over the counter.

- Unidentified - Has found researching **books and web sites directed towards diabetics** to be an excellent source of advice on healing cuts and ulcers, along with ulcer prevention. (Note: Please consult with your attending physician before testing any new treatments.)

- Peggy LaVake, NJ - Is another of our members who has found **Tai Chi** quite helpful for her Raynaud's. She finds the slow exercise has helped her circulation, such that her hands recover much quicker when experiencing an attack. Here's a specific exercise she says really works: Hold your arm at the shoulder as if supporting a loaf of bread...with the opposite hand you massage under your arm...pushing toward the suspended hand...the stimulation helps to get the blood moving and thus the hand fills faster.



Got a tip you'd like to share? Please write or e-mail me at [lynn@raynauds.org](mailto:lynn@raynauds.org).

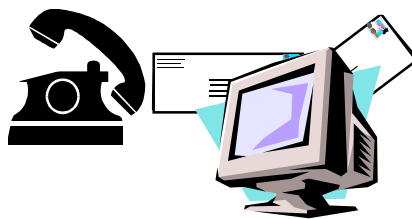
Wonder what they wear in those frozen down under parts of the world? It may be summer by their calendar, but with an average December temperature of minus 100° F, that's frightening for us frosties!

Jack Linder sent along an article from the *New York Times Magazine* outlining the gear no Antarctic researcher should be without. The following wardrobe suggestions come from Raytheon Polar Services of Englewood, CO in consultation to the National Science Foundation's U.S. Antarctic Program. Here are few items on the list with some valuable insights:

- Insulation - Bib pants that cover the chest keep the body's core warm (a must for frosties). The NSF's U.S. Antarctic Program likes the ones from Northern Outfitters, insulated with polyurethane foam with joints reinforced with Cordura, a nearly indestructible nylon-based material made by DuPont.
- Head and Neck - As much as 70% of your body heat can be lost through the head. The program recommends a balaclava made of 300 weight polar fleece (the heaviest variety) that envelops the skull, neck and most of the face. Gaiters for the neck include one from Snocones made of velour-faced polar fleece.
- Extremities - As we know, gloves are no substitute for mittens. The U.S.A.P. likes mittens made of an insulated nylon, often worn over gloves. For the feet, they suggest those big white "Bunny Boots" made by Acton International. These boots are made from a natural rubber-synthetic resin compound and have a neoprene outer-sole. Inside are several layers of wool and spun polyester, with an inch of felt sandwiched between the inner and outer soles.

If you're wondering where to find these items, they are generally available in Christchurch New Zealand. Doubt most of us plan on the shopping trip!

## Member Connections



Members have asked for experiences, interest or contact from members on the following topics:


- Others with RSD (Reflex Sympathetic Dystrophy Syndrome). A fellow sufferer would like to hear from you on how you cope with RSD and Raynaud's.
- Teens with Raynaud's. A young member in Fayetteville, AR would like to speak with you and exchange experiences.
- Sufferers in Long Island/Nassau County, NY. There's been a request for meetings in your area. Any interest?


Please contact us with any input you'd like to offer in any of the above areas. Anyone wishing to connect with other Raynaud's members, ask questions or share success stories, we're glad to publish them in our next issue. Send your requests to: Cold Cuts, Raynaud's Association, Inc., 94 Mercer Avenue, Hartsdale, NY 10530, or e-mail [lynn@raynauds.org](mailto:lynn@raynauds.org).


# Hot Products for Cold Sufferers




'Tis the season to stock up on products that can help keep us toasty all winter long. I haven't tried them all yet, but they sure sound yummy!

 **Heated Booties** — I found these in a couple of different places this season, but am listing the one from the FootSmart catalog, as it appears the same product at a lower price. The product is primarily made for people with arthritis to relieve the pain of aching, swollen joints, but I'm sure fellow frosties will love relaxing in them in front of the TV on a cold winter evening. Three temperature settings and a 6 foot easy-reach cord. Order item # 30003 for \$49.95 pr. at 800-870-7149, or visit the web site at [www.footsmart.com](http://www.footsmart.com). Be sure to use mail code #L2945.


 **35° Below Socks** — The FootSmart catalog offers one promise I couldn't resist: "Absolutely, positively no more cold feet in these 35° Below Socks. Wow, I think I'm in love! Naturally, I bought all 3 colors. Now I'm just waiting for a really cold day to test them out. The socks are 60% virgin wool and 40% nylon, and claim maximum warmth, ventilation, comfort, durability - and are pre-shrunk, machine washable and itch-free. What more could you ask for in a sock? Order item # 60098 for \$8.95 pr./3 pr. @ \$7.95. Specify Men's or Women's shoe size and color (Black, Navy, Gray). Call 800-870-7149, or visit the web site at [www.footsmart.com](http://www.footsmart.com). Again, be sure to use mail code #L2945.

 **Extreme Comfort Gloves** — These ComforTemp® gloves claim the fashion and dexterity of a driving glove with the warmth and water resistance of a sport glove. Their climate-controlled insulation stores and releases heat inward to your hands when your body temperature slips below a preset threshold. Don't know yet how good they are in the very cold, but I can attest to their comfort and flexibility - I can actually manipulate coins for the parking


meter with them on! The deerskin palms are nice and soft, and the microfleece lining is really cushy. The rest of the glove is 4-way stretch nylon - all in all, a very effective combination. Only come in unisex sizes, but the medium fit me fine. Order #FS132 for \$45.00 pr. Specify M, L, XL. Available from the Herrington catalog. Call 800-622-5221, or visit [herringtoncatalog.com](http://herringtoncatalog.com). Be sure to use key code # 8219.


 **Jacketed Cooler Glasses** — I mentioned some similar to these several years back. The bottom half of these oversized 16 oz. glasses sit in woven seagrass "jackets" that keep our fingers from touching the cold glass directly - amen! In addition to our sensitive hands, the jackets also protect the surface of your table. Glasses are dishwasher safe, the jackets wipe clean. Available from Sur La Table, item #99275. Set of 6 sells for \$28.95. Call 800-243-0852, or visit [www.surlatable.com](http://www.surlatable.com). Tell them code S10022A.

 **Toasty Bear Wrap** — This cuddly bear can be heated in the microwave and wrapped around your neck to deliver aromatic warmth that lasts 1-4 hours. The toasty bear is stuffed with buckwheat and glorious scents of lavender, thyme, peppermint, eucalyptus, rosemary, orange peel, and other lovely herbs. Order # 24307 from Femal Creations for \$36.00. Call 800-996-9223, or visit their web site at [www.femailcreations.com](http://www.femailcreations.com). Use Source Code #H21B100.

 **Silk Brocade Slippers** — It's rare for us to promote something so sleek, elegant and sexy - but they also offer warmth. With silk kimono brocade on the outside, you'll be fooled by the warm super soft shearling on the inside. Who says you have to look wrapped up like an Eskimo to be warm? Specify Ivory or Pink. Whole sizes 5-11M. From the Norm

Thompson catalog. Order # 14875 priced at \$65.00 pr. Call 800-547-1160, or visit [normthompson.com](http://normthompson.com). Give them catalog code #11601-13081.

 **Stretch Gravity Mitts** — These are mittens for the more serious minded outdoor buff than the gloves mentioned earlier. They're from Patagonia, so you know they mean business. They promise to keep you warm and dry in extreme cold temperatures with a natural flex for increased dexterity. Goat leather on the palm provides stick. Removable pile liners dry quickly. Nylon shell, paired with H2No® Storm barrier and sealed with Deluge DWR (durable water repellent) finish keeps you dry. Order # 89650, specify unisex size XS-XL, Tar (393) - only color choice. Sell for \$95.00 pr. Call 800-638-6464, or visit [www.patagonia.com](http://www.patagonia.com). Be sure to use Source Code #M1364188.

 **Heated Foot Massager** — This Percussion Heat Massager with Heated Pads rejuvenates sore and tired feet with choice of 5 settings or 3 preprogrammed massage cycles. Optional heat relaxes muscles and warms toes (yummmm!). Convenient "toe-tap" controls let you change settings without bending. Weighs 5 lbs. Order #15-0470 - on sale from the Self Care catalog, originally \$80.00, now \$69.95. Hope they aren't sold out yet! Call 800-345-3371, or visit [www.gaiam.com](http://www.gaiam.com).

## MEMBER FEEDBACK



Emily Lasser wrote raving about the UGG's mentioned in our last newsletter. She tried the manufacturer's suggestion to wear them without socks with "happy results". If you missed the issue, here's the link: [www.airwalkshoes.com/ugg.html](http://www.airwalkshoes.com/ugg.html). Their boots and slippers are warm and comfy!

Please share your findings with us for future issues. Write or e-mail me at [lynn@raynauds.org](mailto:lynn@raynauds.org).

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tell them about Raynaud's, but there was very little I could share other than my own personal experiences. I needed to find out more.

As I investigated Raynaud's for myself, I was surprised to learn that Raynaud's came in two forms: Primary (also known as Raynaud's Disease) and Secondary (Raynaud's Phenomenon). I soon learned, too, that one could spend hours on the Internet, reading very repetitive, very cursory, or very clinical information, and that there were almost no texts devoted to the study of Raynaud's. It was then that I decided to write a book that would synthesize the available information and be more informal and accessible – one that would be personal and anecdotal, as well as comprehensive.

Motivating me further were my own queries and experiences – those for which I could find virtually no information, perhaps merely an allusion to some possible connection.

The idea of **stress**, for example,

## Cold Hands,



## Warm Heart

as a contributing factor is often glossed over, as is the **embarrassment** (never mentioned!) frequently connected with it. I can vividly recall the extreme discomfort I would often experience during my weekly discussion group. Though friendly with my colleagues and not particularly prone to shyness, I would sometimes begin to shiver, depending on the seriousness of the topic and/or the temperature of the room on a given evening. The ensuing **self-consciousness** only made matters worse. I would be forced to sit on my hands, or clasp them between my knees, or tuck them under my armpits. And still, there was little relief, except for the temporary abatement of the shivering.

As a peri-menopausal woman, I also began to note in the last year that my symptoms have gotten much less severe and the rate of incidence has decreased sharply. In fact, I have been rather jubilant

at often being able to walk outside on a cool evening and feel comfortable. Climbing under the covers

at night is no longer the ordeal it frequently used to be. Is there a connection? Between **hormonal changes** and Raynaud's? Between **aging**, in general – whether male or female – and Raynaud's?

With the incidence rate in the United States alone potentially in the area of 14 to 28 million, it is disconcerting that so little research exists concerning Raynaud's. It is my hope to continue to investigate and to elicit the input of my readers, so that Raynaud's (Primary and Secondary) may be better understood.

*Editor's Note: A recommended read!*

### “COLD HANDS, WARM HEART”

(125+pp) is available for \$15.99 (includes shipping & handling). Send check/MO to: BROOKLYN BIZ, 1069 – 57<sup>th</sup> Street, Floor 3, Brooklyn, NY 11219. Or visit:

[www.raynauds.bigstep.com](http://www.raynauds.bigstep.com) (PayPal accepted) Money-back guarantee.



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### *Inside This Issue:*

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