



Cold Cuts

Fall 2010 Newsletter

First Raynaud's Education/Support Day: An Exchange of Information & Ideas

By Ronni Shulman, Vice Chair
Raynaud's Association, Inc.

Attendees of the first Raynaud's Education & Support Day, held July 31 at the Sheraton Boston Hotel, learned how therapies such as acupuncture, massage, biofeedback and yoga can prevent or minimize Raynaud's attacks; that "healing foods" such as avocados can boost the body's defenses against disease; and how to guard against stressors that can trigger spasms.


The full-day program of lectures, workshops and product demonstrations was held in conjunction with the Scleroderma Foundation's annual patient conference, whose attendees attended many of the Raynaud's sessions. (Although few people with Raynaud's have scleroderma, those with systemic scleroderma usually have Raynaud's as a component of their disease.)

The agenda of Raynaud's-specific talks included sessions about the medical aspects of the disease, nutrition, alternative therapies, advocacy, products that help to prevent Raynaud's attacks and/or treat ulcers, and strategies Raynaud's sufferers can use for coping with situations in the workplace, the marketplace and at home. **READ MORE:** <http://is.gd/igTDH>

CONNECT WITH US:

 Follow us on

Twitter

 Read our What's

New blog

SHARE THIS EMAIL:



CONTACT US:

Raynaud's
Association
94 Mercer Avenue
Hartsdale, NY 10530

[Add us to your
address book](#)

Cold Hands, For Sure.
Warm Heart, Maybe...

Please donate to the
Raynaud's Association
now to help others
find relief.

ADVERTISEMENT

Special Thanks to Our Newsletter Sponsor

GRABBER

Grabber Warmers has again agreed to be the official Newsletter Sponsor for the Raynaud's Association.

Special Discount
for Our Members:

Coupon Code
RAY2010



Looking for a warm solution to tingly or painful hands and toes? Grabber Warmers give continuous heat to hands, toes and your entire body! Just open the package and expose warmers to the oxygen in the air for hours of relief.

Member Tips

Amanda from Texas shared with us two products that really help get her through the cold times:



- **Cuddle Duds Brand Microfiber Long Underwear** - She says you can stay warm and fashionable without having to put a jacket over your clothes, which can ruin a look!
- **Smartwool Saturnsphere Socks** - These are a Godsend for Amanda (Note: She doesn't recommend the more lightweight versions of the brand.) Come in fun multi-colors and are guaranteed not to itch!

One final tip: She recommends visiting www.nextag.com to find the cheapest vendors for these items. Thanks Amanda!

DISCLAIMER: The Raynaud's Association does not endorse the drugs, treatments or products reported and advertised in this newsletter. Each patient's needs and experiences may vary. Member tips and product reviews are not clinically-based reports. So please review all treatment options with your doctor and use caution in exploring new products.

Nutrition's Effect On Raynaud's Disease

By Michele Jacobson, Certified Nutritional Consultant (CNC)

The occurrence and severity of symptoms for those who battle Raynaud's disease is something that can be approached and, hopefully, influenced by nutritional factors.

The recommendations that I offer are related to two of the mitigating factors that affect Raynaud's. First, there is the vasospastic nature of the disease, in which the blood vessels of the extremities constrict. This causes diminished circulation which then leads to temperature and skin (color) changes. Second, there is the stress-related nature of the disease which can serve to trigger symptoms.

READ MORE: <http://is.gd/igTLU>





Member Story: A Place to Call My Own

I was diagnosed about 4 years ago with Raynaud's Disease. I had gone through many many tests to make sure I didn't have Lupus like my aunt does, or any other autoimmune disease. I do live in a cold climate, and although it's not too cold for most, I think I am in the deep freeze 365 days a year!

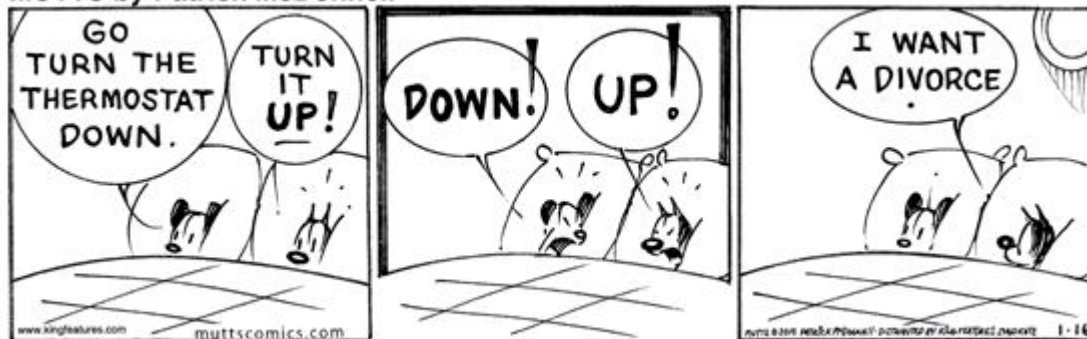
Even in the summer when it's 70 to 80 degrees, I am wearing jeans, a t-shirt, socks and shoes and even my hoodie. I cannot even carry a gallon of milk to the checkstand without my fingers turning white. I stumbled across this website because I have a research paper I am doing on Raynaud's for my anatomy class. I am looking into new cures or treatments for Raynaud's and seemed to of found a place to call my own!

Sincerely,

E. P. from Washington

Let us hear your Raynaud's story. Please e-mail it to us at lynn@raynauds.org,

MUTTS by Patrick McDonnell



Hot Products





EdenPURE Portable Space Heater - Teresa from Illinois recommended these heaters while participating in our Self-Help Workshop at the National Conference as a solution to controlling her office environment. These heaters use conventional outlets, have push button and remote controls, come with a 3-year warranty, and heat spaces of up to 1,000 square feet. Teresa states,

"My husband and I own a restoration company that restores homes due to fire, wind or water damage. So I would only recommend a unit that is safe and it really works." Hers is the Gen 3 Model which is now on sale for \$397 (regularly \$599). To order, go to www.EdenPUREstore.com or call 888-499-8656.



Chilly Jilly Wraps - Ronni from New York discovered these wraps that were tailor made for us Frosties! The product was designed by Jill Boehler who was inspired one evening freezing in an air conditioned restaurant (a feeling we know well!). Her husband pulled out his compact reading glass case and she wished for a little shoulder wrap that would similarly fit inside a small case in her handbag. Getting the fabric right was a challenge: it needed to be soft yet crease-free,

lightweight while providing a layer of warmth, casual as well as dressy, plus flattering on any figure. Go to www.chillyjilly.com to find a retail location near you. Or buy the Elite Wraps (slightly heavier) directly on the web site for \$35. Come in a variety of colors and fun prints.



Monogrammed Veranda Glasses - Don't buy these glasses because they look classy - we like them because they protect your hands from holding a cold glass. The glasses are fitted inside beautifully made leather coaster sleeves that slip off easily for washing the glasswear and provide a secure, comfortable

handheld grip. Each is hand sewn of smooth bridle leather and can be personalized with an embossed monogram of a single initial. Glasses are dishwasher safe. Available in a set of 4 for \$148 from Gumps. Order at www.gumps.com, or call 800-284-8677 and ask for item number 149175. They make a nice gift for us Frosties!

Please continue to share your new product finds with us. Write to

lynn@raynauds.org, or call 800-280-8055.



**Medical
Advisory
Board**

Daniel E. Furst, M.D.

UCLA Med School-
Rheumatology Division

**Thomas Lehman,
M.D.**

Cornell University
Hospital for Special Surgery

Hal J. Mitnick, M.D.

NYU Medical Center

Fredrick Wigley, M.D.

Johns Hopkins School of
Medicine

[view email in browser](#) | [unsubscribe](#) | [update your profile](#) | [forward to a friend](#)

You are receiving this email because you opted in to join the Raynaud's Association mailing list.

Copyright (C) 2010 Raynaud's Association All rights reserved.