

Cold Cuts

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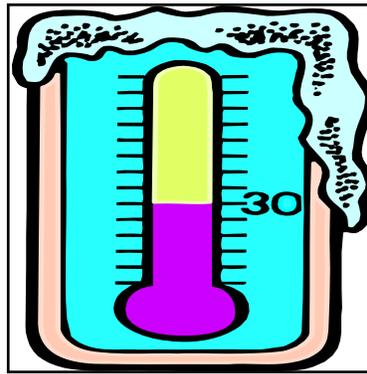
Blizzard Conditions Require Extra Caution For Raynaud's Sufferers

While most of the East Coast has fallen victim to extreme winter weather conditions this past month, no one knows it more than we do — fellow Raynaud's sufferers. For those of us shoveling shoulder-high snow or waiting on cold, windy station platforms for commuter trains that seemed to never come, this has been a miserable, dangerous season!

But one positive outcome has come from this winter that's tried our souls (and soles...), more press recognition of general suffering and tips for dealing with the cold.

The following advice comes from both the Wall Street Journal and Redbook — two mainstream publications which normally prioritize stock tips and beauty regimens. This past month, both publications prominently featured coping tips and advice for dealing with the extreme cold. Here are some highlights:

- **Choose Fabrics Properly.** Wear layers, emphasizing the newer lightweight, non-bulky fabrics used by skiers and other outdoor sports enthusiasts, including Quallofill, Thinsulate, Polarguard and Polypropylene — which insulate like down without the bulk — covered with wind and waterproof fabrics, like Gore-Tex. Also, take advantage of Thermolactyl, wick-dry synthetics, and natural fibers, such as wool, denim and flannel. These are breathable fabrics that help trap body heat, while allowing moisture to evaporate
- **Eat for Heat.** Eating is an antidote for shivers, as the digestion process produces heat. Hot foods and



"We actually can create our own microclimate around us, as long as we are clothed properly head to toe."

*Miriam Nelson
Assistant Professor of Nutrition
Tufts University*

beverages trigger a warm signal to the nervous system encouraging blood to flow to the extremities. The spicier the foods, the better!

- **Go Easy on Coffee, Tea and Alcohol.** Caffeine can raise blood pressure, thereby constricting blood vessels and making extremities colder. Alcohol dilates superficial blood vessels, making you *feel* warmer, but speeds up heat loss

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Inside This Issue

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- ◆ Sound Off: Pet Peeves
- ◆ Meeting Update
- ◆ Hot Stuff: Product News

Sound Off: What Are Your Pet Peeves?

Are there certain activities or places you frequent that are a constant problem because of the cold? Maybe by sharing them with the rest of us, we might be able to help with ideas on how to cope. Or, suggest to companies how to better serve Raynaud's sufferers.

For example, I have problems whenever I travel — regardless of the season. **Airplanes are always too cold for me, and blankets are often scarce.** One trip was heaven: I had been upgraded to 1st class, and *all* of the blankets were stashed behind *my* seat.

Dining on an airplane feels like an obstacle course. The silverware is always freezing to the touch. (When traveling with my husband, he offers to hold them for a few minutes to warm them up.) To avoid the cold soda cans and thin plastic cups, my strategy is to ask for drinks served in a coffee cup without ice. At least the coffee cups are thicker for insulation against the cold. One steward was totally intrigued by my request. He could tell it was something I ordered routinely, and insisted on making a game out of guessing the reason.

Many airports today have those "auto-control" faucets in the restroom. You know, the ones where you hold your hands in the sink and the water comes on automatically. **These faucets are usually programmed to run cold water only.** Talk about ouch!

So what are your most annoying Pet Peeves? Cabs with the windows open? Offices without any heat? Activities you had to stop because of the cold? Share your problems and maybe we can help!

Products

Hot Stuff: Product News for Cold Sufferers



Hot News

Here are some more products I've recently found in mail-order catalogs that should help warm the heart and soul:

- **Heated Mattress Pad** — Padded with cushy fleece, this *smart device* has electronic sensors that continuously adjust to your body temperature, sending more warmth where it detects you need it most. I've heard for some time that these pads are better for you than electric blankets. Now I know why! Not only is it very comfy, it's also warmer (heat rises from underneath to warm you, instead of rising above you). And, like my electric blanket, it offers dual controls, so your spouse won't catch fire while you toast. You can order the pad from the Self Care Catalog, item # A4217 (single), A4218 (Double), A4219 (Queen), or A4220 (King). Prices run from \$95 to \$179, depending on size. Call 800-345-3371.
- **Bed Socks** — Ever find your cold toes keeping you up, even with a

pair of socks on? Well, DAMART has the answer: Double Force Sockettes, which can be worn as bedsocks, inside slippers, shoes or boots. They're made of the same thermolactyl fabric as their heavy-duty long undies worn by the U.S. Ski Team. Unlike the fleece-lined bedsocks sold in other catalogs, these socks don't have thick seams that get in the way of a comfortable night's sleep. Comes in colors, flesh or navy. \$9.95/ pair, or 2 for \$18. Order by shoe size, # 248BB from 800 258-7300.

Meeting Update: Next Speaker in February

Thanks to Judy Cantor, we're in the process of lining up a speaker for a meeting in February: Dr. Bruce Wilson, practicing biofeedback, stress reduction and cognitive therapy. Watch for announcements soon.

Blizzard Conditions

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from your body's core.

- **Consult Your Doctor on Medications.** Many can constrict blood vessels and increase your sensitivity to the cold, including: cold remedies, diet pills containing phenylpropanolamine, migraine medications with ergot derivatives, and possibly birth control pills.

When outdoors, stick some "insulation" between your feet and the frozen ground (even cardboard or leaves). Kick snow off your boots. And try chemical heat packs to help keep fingers and toes toasty (works for me!).

When indoors, try using a reverse "winter" mode on your ceiling fan to push warm air down without a draft. Wear mitts when reaching into the freezer. Pour cold drinks into glasses with handles or stems. And install a programmable thermostat to save fuel, while planning ahead for heat when you need it.

And, if these tips don't help you chase away the blues, here's hope — only 2 more months until spring. I type this as yet *more* snow falls out my window...sigh...



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