



Cold Cuts



Volume 6 Issue 1

Published by The Raynaud's Association, Inc.

Fall 1999

© Raynaud's Association, Inc. 1999

New Name Signifies Efforts to Expand Outreach and Support.

Letter from the Editor
By Lynn Wunderman

It's official: Our self-help network has incorporated under the new name of the Raynaud's Association. Yes, our organization is growing up; it's getting bigger and in need of more than I can personally give in time and resources.

I apologize to all of you who've wondered "What happened to my newsletters? Have I been taken off the mailing list?" No, you're all still there. I've just been very busy with my own business this past year and have had little time to devote to the organization. And while my devotion to this cause, is stronger than ever, I recognize my limitations as only one person.

So, in seeking to fortify the organization as we enter the new season, we've made changes that will leave us stronger than ever. Here's what's new:

First, we have received official 4015C non-profit corporation status. That means we are a recognized legal, tax-exempt entity. We can raise money for research and outreach from corporations, foundations, and the general public. In the past, we've asked only for small voluntary contributions from members just to cover our mailing and related administrative costs. We kept the request low-key and "among friends" because donations were previously not tax-deductible. Now, we can compete for funding with other non-profit health organizations and use these funds to expand our mission and activities.

Second, we've recruited a great



"Now, we can compete for funding with other non-profit health organizations and use these funds to expand our mission and activities."

team of enthusiasts. The new organization has three additional Board members from our own active member base:

- Ronni Shulman — Ronni brings a wealth of experience as a previous Board member for the Scleroderma Foundation and each of its predecessor organizations. She is also a seasoned professional in the area of public relations - an area of tremendous value to us in gaining national exposure for Raynaud's.
- Kathy Laskowski — Kathy was responsible last year for introducing our members to the benefits of Tai Chi. She's an entrepreneur in her own right and has demonstrated a real affinity for our cause.
- Judy Cantor — Judy spearheaded

(Continued on page 3)



Inside This Issue

- ◆ January 30th Event
- ◆ Color Me Warm
- ◆ Hot Connections
- ◆ Hot Products For Sufferers

Color Me Warm Medicine or Mysticism?



By Laura Lantzy

About a year ago, I stumbled upon a *Town & Country* interview featuring Donald

Kaufman, a color consultant and author of the book, *Color Palettes*. Kaufman was quoted, "As blue gets darker, it's actually been shown to lower your body temperature and cause depression." I wondered. Does color really have an effect on body temperature, and if so, does the use of color have any importance in the management of Raynaud's? We tend to label colors like red, orange, and yellow as "warm," and blue, green, and violet as "cool." But are colors warm and cool?

It is generally agreed, human responses to color are psychological and emotional rather than biological reactions. Color therapy, or chromotherapy as it is also called, seems to be focused on healing emotional states. It offers promises only as an aid to healing sickness and physical injuries. Nevertheless, one might guess that the emotional and psychological impact of color for a Raynaud's patient could have a significant effect on his or her physical well-being.

Back to the question, are colors warm and cool? People exhibit typical reactions to colors, but responses may vary for different individuals. In his book, *Color and Human Response*, Faber Birren says, "Warm colors may calm one person and excite another." These are not pretty words. A calm state may be preferable for a Raynaud's patient, but we often hear phrases like "calm and cool," and that even more

(Continued on page 4)

January 30th: Hold the Date!



The Raynaud's Association and Tri-State Scleroderma Federation will be co-sponsoring a joint event in New York City on January 30th, 2000. It's scheduled to be a half-day session focused on "Health and Wellness" issues relevant to Raynaud's sufferers.

We're very excited to announce Dr. Fredrick Wigley, Director of the Rheumatology division at Johns Hopkins University School of Medicine has agreed to be our keynote speaker. Dr. Wigley is one of the leading experts on Raynaud's in the U.S. The plan is to line up additional experts on such subjects as natural remedies, managing stress, biofeedback, and martial arts. We welcome all suggestions from members. More details will be distributed in the next couple of months.

We'll also need help in promoting the event. So, if you can help distribute flyers or have ideas on gaining press coverage, please contact us.

Publications From the U.K.



The Raynauds & Scleroderma Association in the U.K. offers the following publications: (All prices quoted in U.S. dollars)

Living with Raynaud's by Anne H. Mawdsley MBE — A practical book giving positive, helpful ways of how to manage the condition. \$9.00.

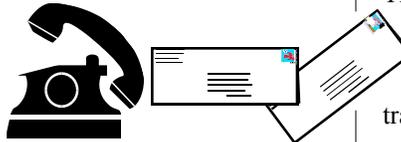
Raynaud's - A Better Understanding by Kevin Lafferty MS, FRCS — A factual account of the history and presently accepted theories about causes and treatments of Raynaud's. \$10.00.

Raynaud's - Your Questions Answered by Anne H. Mawdsley MBE — Answers to the most commonly asked questions on Raynaud's and associated conditions. \$9.00.

The above prices include postage, but please add an additional \$10.00 per order, which covers the the group's bank charges for overseas transactions.

Make checks payable to: The Raynaud's & Scleroderma Association, 112 Crewe Road, Alsager, Cheshire ST& 2JA, England.

Member Connections



This section is designed to help members identify others with similar needs and interests:

Wilson's Syndrome — Kathy Paolinellie has been diagnosed with Wilson's Syndrome — a thyroid disorder, with Raynaud's as a secondary condition. She's interested contacting others with Wilson's Syndrome. Her address is: 7120 Lamor Road, Sharpsville, PA 16150.

Magnet Therapy — I'm personally interested to learn if any members have found success with Magnet Therapy. You see the products everywhere now: Magnetic Mattress Pads, Chair Pads, Foot Strips, you name it. These products are promoted as "aiding circulation and the body's healing abilities". Anyone tried them yet? Any luck. Please write and let us know!

Anyone else wishing to connect with other Raynaud's members, we're glad to publish your request in our next issue: Cold Cuts, 94 Mercer Avenue, Hartsdale, NY 10530, or e-mail at Lwunderman@aol.com

Most Popular Health Sites

1. AOL Health Channel
2. drkoop.com
3. thriveonline.com
4. intelihealth.com
5. mayohealth.com
6. onhealth.com
7. ama-assn.org
8. America's Health Network
9. mediconsult.com
10. medscape.com



Source: Media Metrix, April 1999.

Hot Products for Cold Sufferers



Here are more products that promise to make life easier and more comfortable for us “frosties”. Not all products listed have been tested. Those which are still questionable are marked as such until we get more input from members .



Smartwool Socks — Kim Ooms writes that these socks really made a difference for her daughter who had problems with her toes when ice skating. By coincidence, an old friend of mine who just learned of my Raynaud’s condition recently sent me a pair to try, as well. My friend swears by them! They’re manufactured by Duke Designs, and are guaranteed not to itch or shrink. Kim bought them at a local sporting goods store for \$17.00 a pair. She says be sure to get the “Expedition Trekker” style. If you have trouble locating the socks, you can contact the manufacturer at 970-879-2913.



Wristies7with Pockets — Wristies is a fingerless glove-like product that protects your wrists from exposure to snow and cold. Ellen Liebman, who first introduced us to Wristies, learned the company has a new product. These *new* Wristies have pockets designed to hold disposable charcoal packs for greater warmth. The pack can be worn on either the palm or back of the hand. They retail at \$18.00 a pair and can be ordered at 800-811-8290, or visit their web site at www.wristies.com.



Tootsie Toaster Blanket — What a terrific idea: a blanket with a built-in toe pocket to keep your feet warm and snuggly! I found this product in the *Early Winters* catalog — generally a great resource for cold bunnies. The washable 53” X 60” blanket is made of comfy polyester fleece. Comes in Caramel, Wine or Hunter Green. Order item # 72019. Originally listed at \$49.50, I last saw them on sale for \$39.50. Hope they haven’t sold out... Call 800-458-4438.

Microwavable Ice Cream Scoop —



For years, I’d given up on one of my favorite comfort foods, until recently when I discovered this scoop. The polymer “bowl” heats up in just 45 seconds, while the easy-grip handle remains room temperature. No more purple fingers fighting with the Ben & Jerry’s! If you give in to the urge, remember to hand wash the scoop. It’s available from the *Solutions* catalog. Order # 63316 at 800-342-9988. The price is \$7.00 each, or 2 or more @ \$6.50.

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.



New Name

(Continued from page 1)

our efforts two years ago for expanding our New York Metro area reach and has been an active member for several years. We’ll surely benefit from Judy’s strong interpersonal skills honed in her management position in IBM’s Human Resource group.

I’d like to take this opportunity to thank our Treasurer **Joan Pearlman** for all her time and effort over the years in overseeing your contributions. She’s been an invaluable help to me since our early years — not only as our Treasurer, but also as a sounding board and a great friend. Joan has chosen not to join us on the Board at this time, but we’ll be forever grateful to Joan for all her past support.

Our first Board meeting will be this fall, at which point we’ll be discussing goals and ideas for the coming year. We welcome your input and suggestions for how you think our organization can best benefit fellow sufferers. Please write or e-mail your suggestions to

Lwunderman@aol.com.



Reprinted with special permission of North America Syndicate.

Color Me Warm: Medicine or Mysticism?

(Continued from page 1)

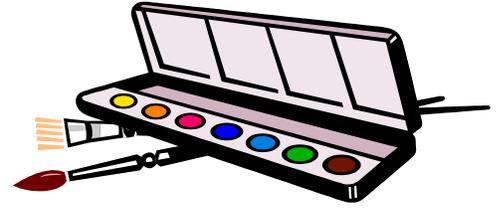
insidious expression, "Chill out!" As a cold sufferer, these phrases are meaningless (and annoying). By the same token, warm colors may or may not be *warming* colors. The association of color and physical warmth is a matter of individual disposition.

All this being said, if you are sensitive to color and you have Raynaud's, it may be possible for you to create a more comfortable environment using carefully chosen colors. But before you rush out to buy a new wardrobe or deplete your local paint store of that special pigment, there are a couple of technicalities.

The monochromatic use of color reduces the human eye's perception of that color. A variety of colors must be used to stimulate human response and avoid visual adaptation. It is important to keep in mind, all colors are therapeutic. The trend in use of color today is a full-spectrum approach. Balancing special colors with other colors will strengthen their overall visual effect.

On the subject of home decorating, there are serious hazards to be considered. Paints, carpets, vinyls, upholstery, and other fabrics emit unhealthy fumes. For some Raynaud's patients, exposure to these fumes may be a causal factor in vasospasm. Adequate ventilation for fresh paint and new fabrics is imperative. Windows must be opened, even if the weather is cool. The Raynaud's patient may need to shut off rooms being aired from rooms that must be heated. It is very important for you to stay warm at all times, and equally important to avoid exposure to fumes. Wet paint may appear to dry in a few hours, but will continue to emit lingering fumes for days or weeks. Paint stores can usually point you in the direction of the least offenders, but you may need to consider leaving your home for a few days after applying new paint.

The results of my own adventures in the use of color have been positive. I can say with only some reservation, it was worth the pains of painting and trauma of decorating. I used warm



creams, tans and browns, deep reds and oranges, golds and pinks, with contrasting dark greens and black. I created a relaxing yet stimulating, and yes, warmer atmosphere, though I found no change in the actual room temperature I require to avoid vasospasm. What I have experienced is a greater tolerance for inclement weather, brief cold exposure, occasional drafts from exterior doors, those dreadful telemarketing phone calls, and other irritations. I also rate the compliments I receive from visitors as a vigorous boost.

For fun and creative ideas on the use of color for health and healing, I can recommend two books, *The Complete Book of Color* by Suzy Chiazzari, and *The Language of Color* by Dorothee L. Mella. If you decide to

Laura Lantzy is the owner/publisher of a small literary press, as well as a fellow sufferer who is a contributing editor to Cold Cuts.

© L. Lantzy 1999



Raynaud's Association, Inc.
94 Mercer Avenue
Hartsdale, NY 10530

Inside This Issue:

- ◆ *January 30th Event*
 - ◆ *Color Me Warm*
 - ◆ *Hot Connections*
 - ◆ *Hot Products For Sufferers*
-