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# Cold Cuts

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## Raynaud's Rings in New Year With Press Galore

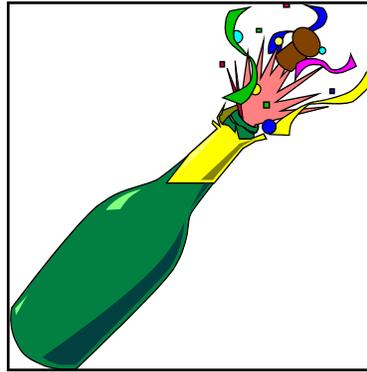
**R**aynaud's may still be far from a household word, but the condition is receiving more attention from the press and government research authorities than ever before.

As many of you are aware from two of our past group speakers, the National Institutes of Health is funding a \$5 million clinical study to find out which treatments are most helpful to Raynaud's sufferers.

This past Fall, Rodale Press, publishers of such noted magazines as *Prevention*, featured Raynaud's in a series of books titled *Age Erasures* — with separate books for men and women. I was actually interviewed for the chapter on Raynaud's. (Boy! What a feeling to hit age 40 and be interviewed for books on aging in the same year!) That's the good news. Now, would you believe after all their research, including noted medical authorities on the subject, they included the full chapter on Raynaud's in the *men's* book, but not the *women's*? Even though women are nine times more likely to suffer from the condition? Oh well, coverage is coverage. See tips reported by the book in the next article.

On the interactive media front, The National Self-Help Clearinghouse, headquartered in New Jersey, has added our group to their on-line inquiry service. As a result, we're now hearing from people all over the country who want more information about Raynaud's, and membership has spread to Ohio, Georgia and Niagara Falls.

We've also been fortunate to receive a great deal of press from the Scleroderma Federation of the Tri-State



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*In the last few months, we've received coverage on radio talk shows, on-line news services, and books from major publishers. What a great way to toast in the New Year!*

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Area. They've been extremely generous in running articles about Raynaud's in their newsletter, and have helped promote our meetings through mailings to their members.

Top all this off with the multiple mentions Dr. Ronald Hoffman gave us on his WOR talk show last year and we can certainly say 1994 was a year of progress!

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### *Inside This Issue*

- ◆ Raynaud's Press Coverage
- ◆ Cold Defense Tips
- ◆ Product News

## Heading Off the Chill of Old Man Winter ...BRRR!

**I** thought you might benefit from reading the tips regarding ways to forestall Raynaud's attacks published by Rodale Press in the men's Aging book:

- **Dress for the weather.** Be sure to dress warmly and in layers. And don't forget a hat, mittens (warmer than gloves) and a muffler over your face and nose. For your feet, choose loose fitting boots over thick socks.
- **Keep warm indoors, too.** Keep rooms at a comfortable temperature, which may be warmer for you than for other people. A small space heater may do the trick.
- **Bundle up in bed.** Use flannel sheets and an electric blanket, or layers of blankets. Wear socks and a knit cap, too, if needed. Remember, 50% of your body heat is lost through your head.
- **Don't freeze in the fridge.** Use oven mitts when reaching into the fridge or freezer or handling cold or frozen items. Even a cold egg or jar of juice can trigger an attack.
- **Think before you drink.** In a restaurant, ask for a glass with a stem to avoid contact with the chilled surface. On an airplane, ask for drinks in an insulated coffee cup.
- **Plug yourself in.** Try warming appliances, such as heated socks, boots, or mitten warmers. These specialty items can be found at outdoor equipment and sporting goods stores and catalogs.
- **No smoking.** Whether from your own cigarette or someone else's, tobacco smoke causes spasms that narrow small blood vessels.

## Hot Stuff: Product News for Cold Sufferers

**H**ere are some more heart-warming products I've recently found in mail-order catalogs:

- **Polar Jeans** — Some of you may be familiar with polartec pullovers and gloves, but these are the first polartec-lined jeans I've found.
- Polartec is an insulating synthetic fleece that's soft and cushy against your skin. The manufacturer promotes it as "warmer than wool, and superior thermal insulation with less weight". The pants come in blue with purple (#10100) or navy (#10200) lining or black with purple lining (#10120), sold in various waist and inseam sizes for \$68. Order by calling Purple Mountain Dry Goods at 800-799-3930.
- **Fleece-Lined Drink Wraps** — Do your hands freeze when you pick up a can of cold soda? These wraps are a terrific invention. Each

wrap is a piece of laminated canvas that wraps around the can with a strip of velcro. It's lined with insulating fleece. For most people, it's meant to keep the drink cold. For us, it keeps our hands warm! These wraps are not only practical, but attractive with a patch of monogrammable leather in the center. When unwrapped, they lie flat and take up little space. (I always travel with one in my briefcase.) Come in a set of six for \$30. Item #138 from Crump Fine Leather Goods. Call 800-225-2247.

- **Electric Glove Heaters** — These thin glove liners are equipped with a small battery pack you strap onto your wrist. The ultra-slim heating element runs up to 5-6 hours on low (100-110 degrees), or up to 1.5 hours on high (130-140 degrees). Sold by Herrington for \$79.95, item #SS631 at 800-622-5221.

## Tips on Heading Off the Chill

(continued from page 1)

- ***Reel in some fish oil.*** While not conclusive, preliminary research indicates that fish oil supplements can be effective in reducing the symptoms of Raynaud's. However, you should get your doctor's okay and dosage recommendations before taking fish oil.
- ***Use gloves in the workshop and the woods.*** Another name for Raynaud's is vibration white finger, which refers to Raynaud's disease triggered by the use of handheld vibrating power tools, often among workers in heavy industries such as mining and forestry. If you cut your own wood with a chain saw or have a hobby that involves frequent use of vibrating machinery, you may also be at risk.



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- ◆ *Raynaud's Press Coverage*
  - ◆ *Cold Defense Tips From the Experts*
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