

Although there is no cure for Raynaud's, it can be treated, and the key to managing Raynaud's is to try and prevent an attack - planning ahead is vital.

Try to avoid cold environments, touching cold items and areas where temperatures fluctuate as even a slight change in temperature can cause an attack.

Wear lots of thin layers and loose clothing in order to remain as warm as possible. Try to avoid stressful situations as stress and anxiety can trigger an attack. Gentle exercise can help to get the blood flowing if you are feeling cold, for example swinging the arms.

For specific body parts, please visit our page [here](#) .

Please visit our HealthUnlocked community [here](#) .

### **Benefits**

If you have Raynaud's and/or scleroderma and are wondering about applying for financial support please get in touch with one of the following:

Home Heat Helpline - Phone number is 0800 33 66 99 and the website is <http://www.homeheathelpline.org.uk>

Department of Work and Pensions - Their website is <https://www.gov.uk/government/organisations/department-for-work-pensions>

Your energy supplier - they might provide support for scleroderma sufferers on a discretionary basis.

### Workplace Issues

If you struggle in the workplace, make sure you talk to your employer about it. The NHS has more information on workplace issues [here](#) .

### Diet

Always try and maintain a healthy diet and avoid caffeine and alcohol. Some food supplements have helped Raynaud's sufferers (including evening primrose oil, ginkgo biloba and fish oils) and certain foods might help (ginger, garlic and spicy food). Eating protein can help the body to heal quicker with recovering from surgery or suffering from digital ulcers. It is incredibly important to stop smoking – other than the obvious health reasons, one cigarette can reduce the body's temperature by up to one degree for up to 20 minutes. **Pregnancy and breastfeeding** In primary Raynaud's, there is little impact on pregnancy. Most patients find that the Raynaud's symptoms are less severe during pregnancy, probably due to the hormonal changes that occur. However, Raynaud's symptoms may worsen 3 or 4 months after delivery, but will usually then return to the previous severity.

Practical aspects to avoid attacks should be taken during delivery, such as warming infusion fluids.

The effect of any Raynaud's treatments should be considered as some commonly used drugs are not safe during pregnancy.

Raynaud's can affect the nipples when a mother is breastfeeding. The breastfeeding network have produced a great leaflet available [here](#) and you can read a personal story and about struggling to get diagnosed with Raynaud's in the nipple [here](#)

### Treatments

Only one drug, Nifedipine, a calcium channel blocker, is licensed for Raynaud's. It doesn't cure Raynaud's, but can help to relieve symptoms. Never drink grapefruit juice when taking Nifedipine as this can cause side effects.

Other medications have been used to treat Raynaud's, with mixed results.

Iloprost is available for extreme cases (leaflet [here](#)).

Botox is an experimental Raynaud's treatment as it might reduce blood vessel spasm and block pain nerves. It is only used in selected cases as there is little medical research on it.

Some Raynaud's sufferers have found acupuncture alleviates symptoms, but most stop after a few months as they feel either the financial cost or time required outweigh the benefits.

NHS gives more information on Raynaud's treatments [here](#).

### Exercise

Exercise, within your own limits, can boost circulation and may improve Raynaud's.

However, in some cases, exercise can trigger Raynaud's attacks and this probably reflects an increased response to the signals that divert blood supply to the muscles for exercise. This can then divert blood away from the skin and extremities, which could trigger Raynaud's.

Many find swimming can help their Raynaud's, but please check the temperature of the water before swimming as a cold pool could trigger Raynaud's.

Please consult your GP before making any major lifestyle changes