

Raynaud's phenomenon

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Template:Infobox - disease **Raynaud's phenomenon** (primary Raynaud's syndrome) is a disease of the arterial system most often in the upper limbs. It is a type of **Vasoneurosis** (of a functional arterial disorder), which is characterized by cold **whitening of the fingers** (finger involvement is rarer).

Etiopathogenesis

The disease is more common for women in the winter months, its cause is unknown. It is thought to be a genetically determined hypersensitivity to hormonal and neurovegetative influences. It typically takes place in three phases:

1. **Vasoconstriction:** in cold there is a **constriction of small arteries** on hands (feet), which results in ischemia, the fingers whiten, are numb and may hurt
2. **Vasodilatation(passiv hyperemia):** arterial vasoconstriction is followed by dilatation of veins with blood **stasis** and cyanosis; fingers turn blue.
3. **Hyperemia (active hyperemia):** after a few tens of minutes the spasm subsides, reactive hyperemia occurs; fingers flush, painful paresthesias often occur.

Over time, small necrosis can develop.

Diagnostics

náhled|vpravo|500px|Color changes of the fingers of the hand We determine the diagnosis on the basis of anamnesis, Physical examination, clinical picture and after the exclusion of the secondary forms of Raynaud's syndrome, for which **Capillaroscopy** can be used.

Therapy

- **Non-pharmacological:** STOP smoking, dress warmly, stress elimination, avoiding sudden changes in temperature
- **Pharmacological:** calcium channel blockers (nifedipin), prostaglandins.

Odkazy

Související články

- Periferní cyanóza
- Ischémie
- Cévy

Externí odkazy

- Raynaudova choroba
- Raynaudov syndróm – Nutraceutica (https://www.nutraceutica.sk/sk/nutraceutika_pri_ochoreniach/raynaudov_syndrom.aspx)

Použitá literatura

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