

# Raynaud's Syndrome

## Alarm 5x



↑ Duration  
> 20 min

↑ Severity  
Ulceration

↑ Tempo  
Abrupt

Connective Tissue Dz  
Synovitis  
Rash

Nail Fold Capillaroscopy

• Dilation  
• Dropout

Other

• Man  
• Thumb  
• ↑ Age

## Rheum

- Scleroderma
- SLE
- Dermatomyositis
- Anti-synthetase
- Mixed Connective Tissue Dz

## Other

- Cold Agglutinins
- Cryoglobulinemia
- Cryofibrinogens

## DDx

- Endocarditis
- Vasculitis
- Drug-Ergot
- APLS
- Cholesterol Emboli
- Reflex Sympathetic Dystrophy

## What

Vascular Tone w/ Emotional/Cold stimuli

- ① Vasoconstriction = Pale
- ② ↓ O<sub>2</sub> + Venous Stasis = Blue
- ③ Rebound Hyperemia = Red

## Where

- Hands
- Feet

## Types

### Primary

- 5% of population
- < 30 y/o
  - F > M
  - ∅ Alarm 5x

### Secondary

- Rare
- ⊕ Alarm 5x