

**For immediate release**

Tuesday January 31, 2012

**Common disorder causes painful hands and feet**

Cold weather can trigger all sorts of aches and pains but symptoms of aches, loss of feeling and painful palpitations could all be signs of a common seasonal condition.

Raynaud's disease is a common disorder in which small blood vessels under the skin become over-sensitive to changes in temperature, creating a sudden loss of feeling and in some cases extreme pain.

The Leicester, Leicestershire and Rutland PCT Cluster is supporting Raynaud's Awareness Month which runs throughout February and aims to raise people's awareness of the condition so they can spot and understand the disorder.

Dr Chris Trzcinski, GP and co-chair of West Leicestershire CCG, said: "Many people suffer with Raynaud's but don't know it. If you have Raynaud's its very likely your fingers will change colour at any time of year depending on what you are doing. Touching something cold from the fridge might cause the fingers to go numb, air conditioning in office spaces can also be a problem. Hot conditions such as being on the beach can also have the same effect.

"Regular movement and exercise helps to keep the skin flexible and maintains a better blood flow. This doesn't mean people have to start going to the gym or do drastic exercise. Simple methods such as repeatedly clenching the fist or making circles with your arms can be effective. Try and avoid sitting down for long periods of time, warm clothing on the radiator before wearing them in the winter and if you smoke, try and cut down or quit the habit altogether as smoking reduces circulation of the blood in our bodies."

Raynaud's is most commonly found in females and approximately 10 per cent of women in the UK suffer from Raynaud's to some degree. The condition can affect children, adolescents and adults. Many sufferers have never seen a doctor as they are unaware that their condition has a name or that there is anything that can be done to help.

For more information visit [www.raynauds.org.uk](http://www.raynauds.org.uk) or ask your local GP for advice. If you have Raynaud's, you're a smoker and want to quit contact the STOP! smoking service on 0116 295 4141.

ENDS

**For interviews or more information please contact media officer Liz Thomas on 0116 295 4123 or [liz.thomas@leicestercity.nhs.uk](mailto:liz.thomas@leicestercity.nhs.uk) or senior media officer Caroline Higgs on 0116 295 7663 or [caroline.higgs@lcr.nhs.uk](mailto:caroline.higgs@lcr.nhs.uk)**

Notes to editor:

In October 2010 NHS Leicester City and NHS Leicestershire County and Rutland joined forces to form a 'cluster', in line with the requirements of the Department of Health. Although we share one Cluster Board and our staff work across the city and county boundaries, we have not legally merged, and retain our separate statutory duties. Together we serve a population of more than a million people. Cluster formation is an interim stage in the reform of the NHS, involving ongoing transfer of most local commissioning functions to GP-led clinical commissioning groups, in line with the Health and Social Care Bill, now before Parliament and the House of Lords.