

At Your Fingertips

By Jerzy Pawlak, MD

A 47-year-old man was diagnosed a long time ago as having Raynaud's disease. His fourth and fifth fingers are always cyanotic and he has intermittent attacks of pallor, followed by cyanosis of both these fingers after exposure to cold. Sometimes, the attacks are triggered by stress (Figure 1).



Figure 1. Cyanotic fingers.

1. What are the main features associated with Raynaud's disease?

- a) No underlying associated disease
- b) Progressive and symmetrical, involving fingers
- c) Almost always in women
- d) Spasm is more frequent
- e) All of the above

2. After exposure to cold, which of the following symptoms can we observe?

- a) Pallor only
- b) Whiteness only
- c) Pallor, then numbness, and then cyanosis
- d) Pallor, followed by numbness, parasthesia, cyanosis, then redness and pain on warming
- e) Pallor and whiteness, followed by numbness, parasthesia, cyanosis, then warming

3. Which of the following statement(s) is/are true with regards to treatments and management options?

- a) Patients with mild Raynaud's disease without ulceration or other trophic changes do not require drug therapy
- b) Tobacco smoking is always contraindicated
- c) Protection from exposure to cold is always necessary
- d) Drug therapy should be used in severe cases of Raynaud's disease, particularly in those who have trophic changes
- e) All of the above

Answers: 1-e; 2-d; 3-e

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