

Reynaud's Phenomenon

What is Reynard's phenomenon?

Reynard's phenomenon, also known as cold hands and feet, is a disorder in which fingers and toes feel cold and numb then turn white. Pain and throbbing may occur after warming. There are two types of Reynard's disorder. One is called Reynard's Syndrome (Primary Reynard) which occurs between 15 – 35 years of age and commonly in women. The other is called Raynaud's Disease (Secondary Raynaud) which occurs after age 35 and affects both genders.

What causes cold hands and feet?

Raynaud's disorder occurs when blood vessels constrict which limits the blood flow to the hands and feet. Thus, the area affected turns white. As blood flow returns, the area turns blue, then red, and then throbs. Primary Raynaud has no known cause. However, for the Secondary Raynaud, the causes are believed to be certain medications, smoking, frostbites, or using vibrating tools for long periods of time. Exposure to cold is the most common cause. Emotional stress may also contribute to the condition.

What are the symptoms?

In most cases, the symptom of cold hands and feet are the numbness and coldness of the hands or feet which turns white in color, then blue and red when it warms. The areas may throb, ache, and tingle. Nose and ears can also be affected by the phenomenon. Skin ulcers and gangrene may develop in worse cases for secondary Raynaud.

How can cold hand and feet be prevented?

Prevention or relief from symptoms is possible by keeping the body warm, reduce anxiety, quit smoking, and avoid medications which may trigger the condition.

How do TCM works for Raynaud's phenomenon?

Raynaud's syndrome is one of the health conditions that acupuncture and moxibustion can help with. It works effectively for treating and preventing Raynaud's phenomenon. Moxibustion is the major effective treatment for such conditions. This treatment will increase the body's blood circulation through the strengthening of the heart's function and also aiding the reflexivity of the heart vessels.



- Varicose Veins
- Coronary Heart Disease
- Reynaud's Phenomenon

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Varicose Veins

What are varicose veins?

Varicose veins are enlarged veins in the surface of the skin usually in the legs or ankles. They appear dark blue, swollen, and somewhat twisted. It is common and not a serious medical problem. However, it may signal a problem in the deeper veins in rare cases.

What causes varicose veins?

Varicose veins are caused by skin color changes, dry thinned skin, skin inflammation, open sores, or pressure to the leg veins. It is also believed to have been caused by a weak vein wall which results in the incapacity to keep blood flowing towards the heart.

Some factors that increases the risk of varicose veins consists of pregnancy, female sex, age, overweight, family history of varicose veins, prolonged sitting/standing, liver disease, heart failure, fluid in abdomen, blood clots, or injury to the vein.

What are the symptoms?

There are usually no symptoms of varicose veins. Most people are generally just concerned about their appearance. However, some symptoms, if present, may include heavy and tired legs, mild swelling, or itching over the vein. It will worsen if standing or sitting too long.

More severe symptoms in rare cases include edema in the leg, pain and swelling in the calf, open sores, bleeding, or skin color change around ankle and lower leg. During a woman's menstrual period, symptoms may be more severe.

How is varicose veins prevented?

Exercising, wearing compression stockings and elevating the leg may help avoid varicose veins. Avoid prolonged sitting or standing. Maintain a healthy weight and diet.

How varicose veins treated by Chinese Medicine? Combining with acupuncture, herbal formula, and acupressure is the best approach. Early stage of varicose veins syndrome could be treated by acupuncture with electric stimulant. Lymphatic massage with herbal aroma therapy is also very effective in improving expanded vein. It will help the veins' flexibility and recovery, and improve circulation and water retention.

Women during their pregnancy or after labor are highly recommended to have vessel care to prevent and treat varicose vein. Herbs orally taken and applied externally with acupressure are the major treatment method for the patients.

For the people who have family history of varicose veins syndrome, we suggest to take preventive care once a month when they go through physical activities causing more pressure for the lower part of the body. Some professional workers such as dancers, runners, ice skaters, weight lifters, and other work which includes kneeling and pressure to lower body parts should all be concerned with preventive care.

Coronary Heart Disease

What is a coronary heart disease?

Coronary heart disease is a heart ailment in which the blood vessels which supply oxygen to the heart muscles are blocked by plaque deposits. Plaque consists of excess cholesterol, calcium, and other substances that may block the walls of the coronary arteries and other arteries. Poor blood flow can eventually cause chest pains as the plaque deposits decreases the space where blood can flow. When blood flow is completely blocked, heart attack may occur. This heart disease is the most common form and the number leading cause of death among men and women. It usually occurs to women over age 55 and men over age 45.

What causes coronary heart disease?

Coronary heart disease is caused by the buildup of plaque in the arteries. Over time, the plaque will block the walls of the arteries which are called atherosclerosis. High cholesterol, blood pressure, and smoking contribute to this disease. Other factors include diabetes, obesity, stress, physical inactivity, family history of heart disease, race and gender.

What are the symptoms?

In most cases, the symptom of coronary heart disease initially is chest pains with shortness of breath upon exertion. Some experience fast heart-beat, weakness, dizziness, nausea, and excessive perspiration. Chest pains are a feeling of pressure, heaviness, and tightness around the chest. At times, it is difficult to pinpoint the exact location of the pain. Chest pains begin in the chest and work its way down the left arm, left shoulder, neck, lower jaw, mid-back, or the right arm. It is brought on by heavy exercise, use of drugs, cold temperature, smoking, intense emotions, or a heavy meal. In worse cases, chest pains may lead to a heart attack.

How can coronary heart disease be prevented? Altering lifestyle such as quitting smoking, following a friendly diet and exercise may be the best preventive measure. Lowering cholesterol and blood pressure level is recommended. Relax and reduce stress. Manage depression and anger well. Diet should consist of low saturated fats and rich in fruits and vegetables.

