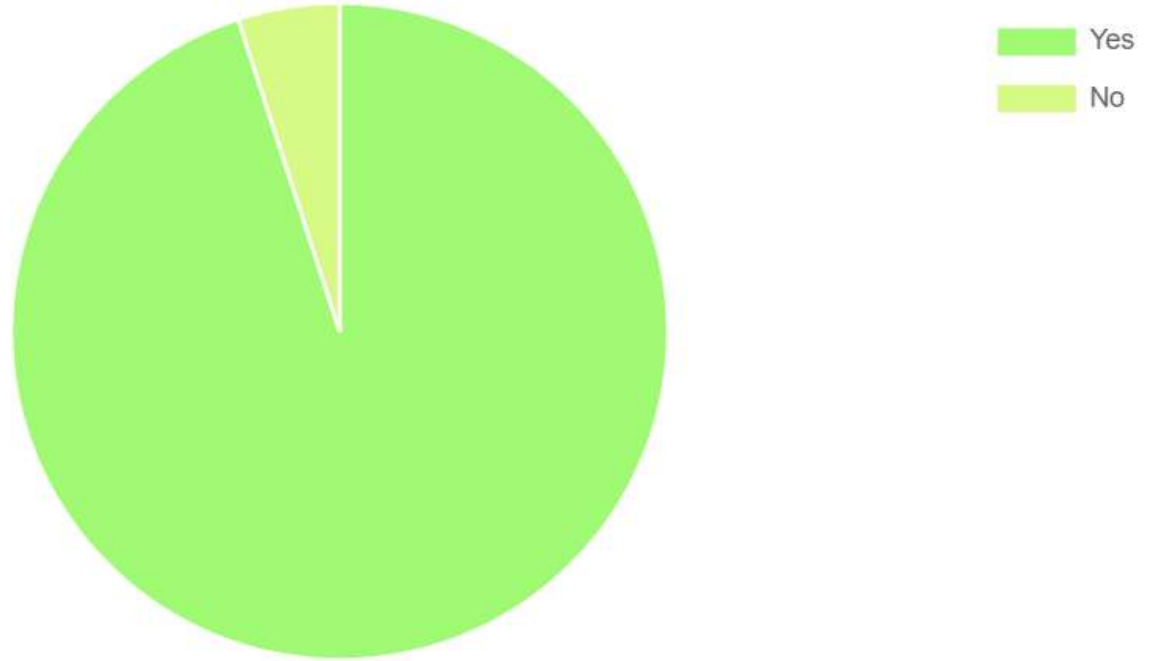


Raynaud's Survey

Question 1 ☰ MULTIPLE CHOICE

Do you experience any symptoms of Raynaud's disease?



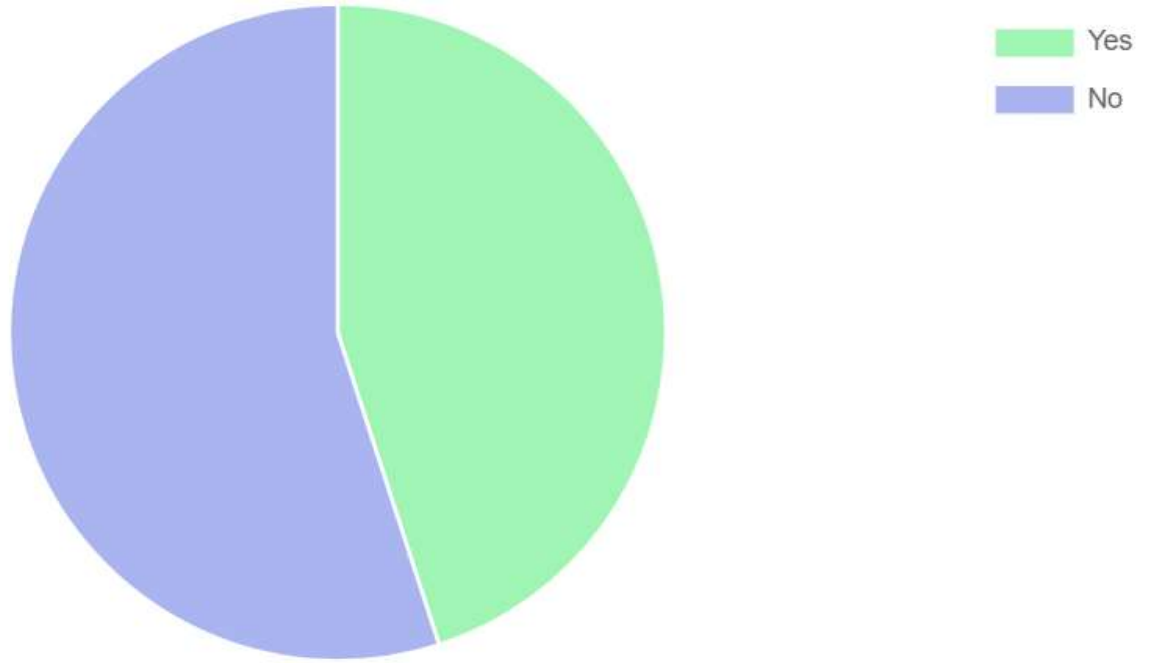
ANSWERS	RESPONSES	
Yes	95%	336
No	5%	16

352 Answered

0 Skipped

Question 2 ☰ MULTIPLE CHOICE

Have you been diagnosed with Raynaud's disease?



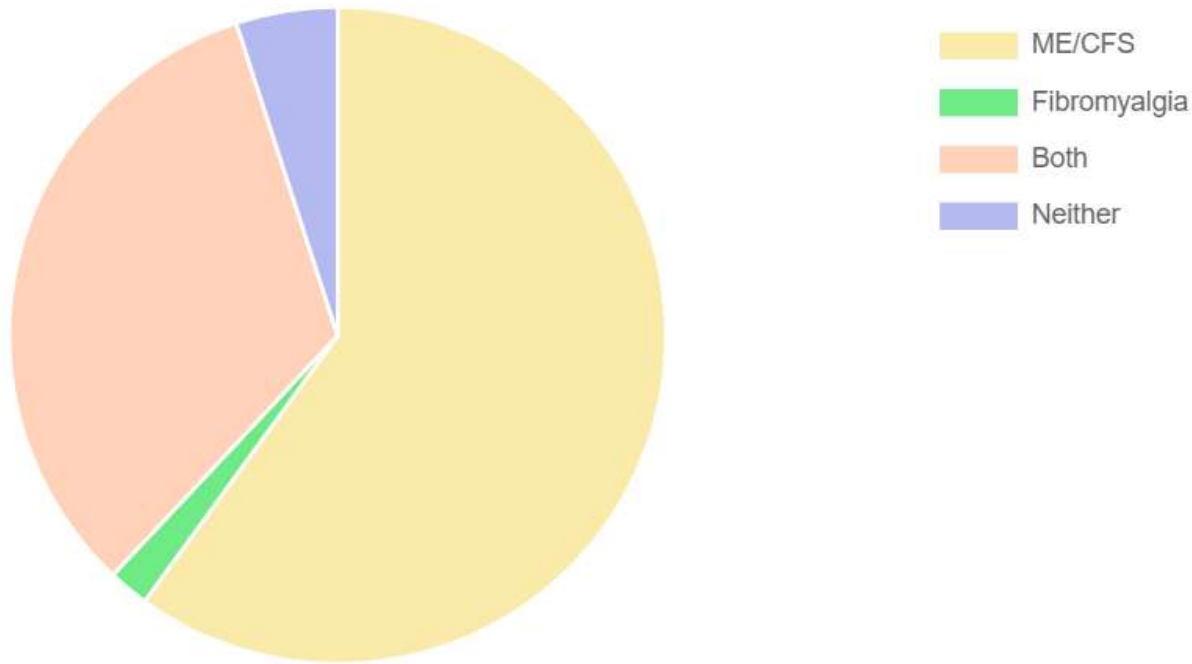
ANSWERS	RESPONSES	
Yes	45%	149
No	55%	184

333 Answered

19 Skipped

Question 3 ☰ MULTIPLE CHOICE

Do you have ME/CFS and/or Fibromyalgia?



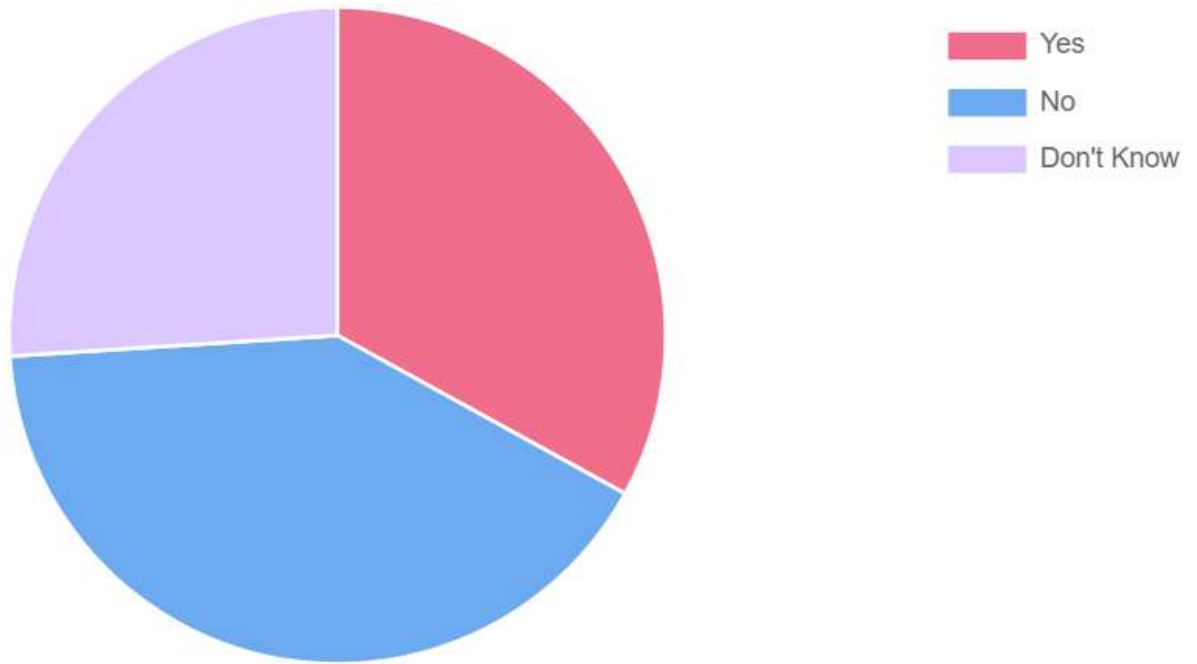
ANSWERS	RESPONSES	
Both	33%	112
ME/CFS	60%	200
Neither	5%	17
Fibromyalgia	2%	6

335 Answered

17 Skipped

Question 4 ☰ MULTIPLE CHOICE

Do you have family members with Raynaud's disease?



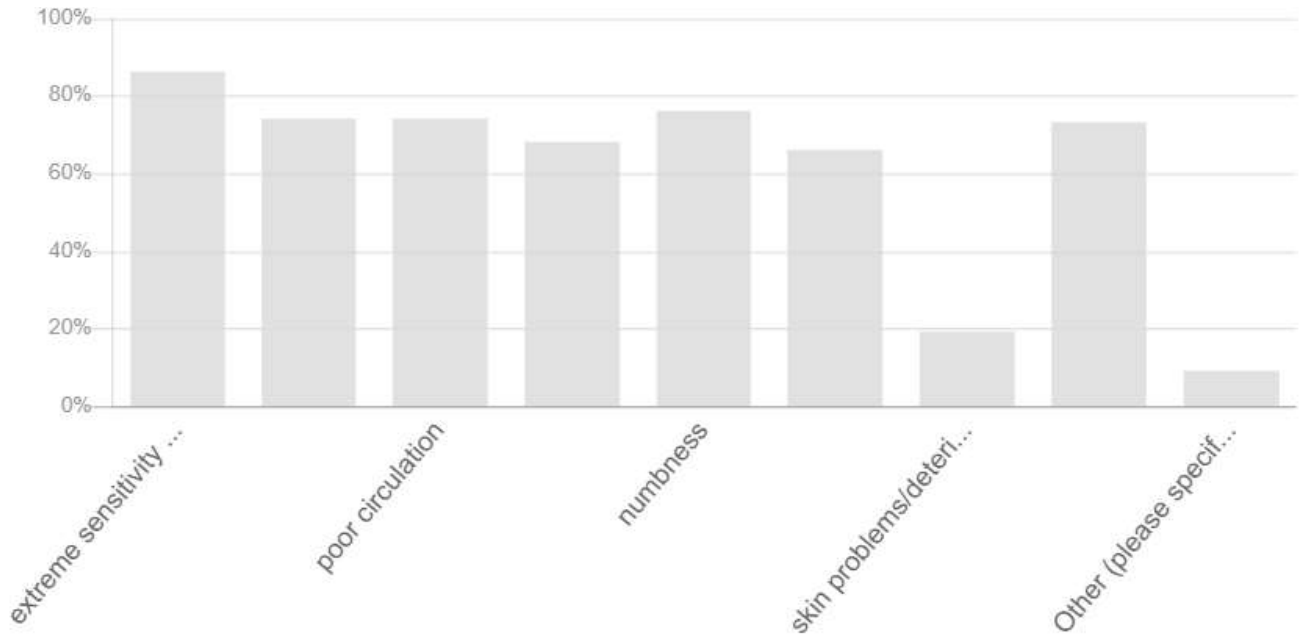
ANSWERS	RESPONSES
Don't Know	26% 88
No	41% 137
Yes	33% 109

334 Answered

18 Skipped

Question 5 CHECKBOXES

Which of the following symptoms of Raynaud's do you experience?





























ANSWERS	RESPONSES	
extreme sensitivity to cold	86%	290
white fingers and toes	74%	250
poor circulation	74%	249
pain	68%	227
numbness	76%	255
pins and needles	66%	221
skin problems/deterioration	19%	65
tingling and throbbing (when circulation improves)	73%	246
Other (please specify)	9%	30




336 Answered

16 Skipped

Question 6 SINGLE LINE TEXT

Other symptom(s)

ANSWERS	DATE	
Cold nose	February 12, 2024 at 4:22 pm	
Blue toes	February 12, 2024 at 4:23 pm	
Blue fingers	February 12, 2024 at 5:26 pm	
Blue toes	February 12, 2024 at 6:21 pm	
Skin under my finger nails turns purple	February 12, 2024 at 6:58 pm	
My toes turn blue-blackm one finger turns white	February 12, 2024 at 9:06 pm	
Swelling	February 12, 2024 at 10:37 pm	
Skin purpling	February 12, 2024 at 10:45 pm	
Swelling in heat and pain	February 13, 2024 at 3:19 am	
Purple knees	February 13, 2024 at 3:12 pm	
Red, or blue fingers and hands, toes and up lower leg	February 13, 2024 at 7:01 pm	
Painful blanched nipples	February 13, 2024 at 10:07 pm	
Blue toe	February 14, 2024 at 2:09 am	
The tips of my fingers go deep red and pruned	February 14, 2024 at 12:54 pm	
chilblains, corpse feet and sometimes legs, blotching	February 14, 2024 at 4:21 pm	
Nipples nose and clitoris are all affected	February 14, 2024 at 6:52 pm	
Red toes	February 14, 2024 at 8:09 pm	
When hands warm up it can feel uncomfortable and they go very warm	February 15, 2024 at 11:23 am	
Blue fingers and toes	February 15, 2024 at 7:39 pm	
sometimes 'pooling' i.e blue/purple fingers	February 19, 2024 at 5:07 pm	
Cold nose and lips too	February 19, 2024 at 8:18 pm	
Dif	February 21, 2024 at 4:25 pm	
Purple & red hands in response to temperature changes	February 22, 2024 at 4:50 am	
Recurrent chilblains on toes that take weeks to clear up	February 22, 2024 at 7:56 am	
blue lips	February 22, 2024 at 8:49 am	
Chillblains	February 22, 2024 at 7:49 pm	

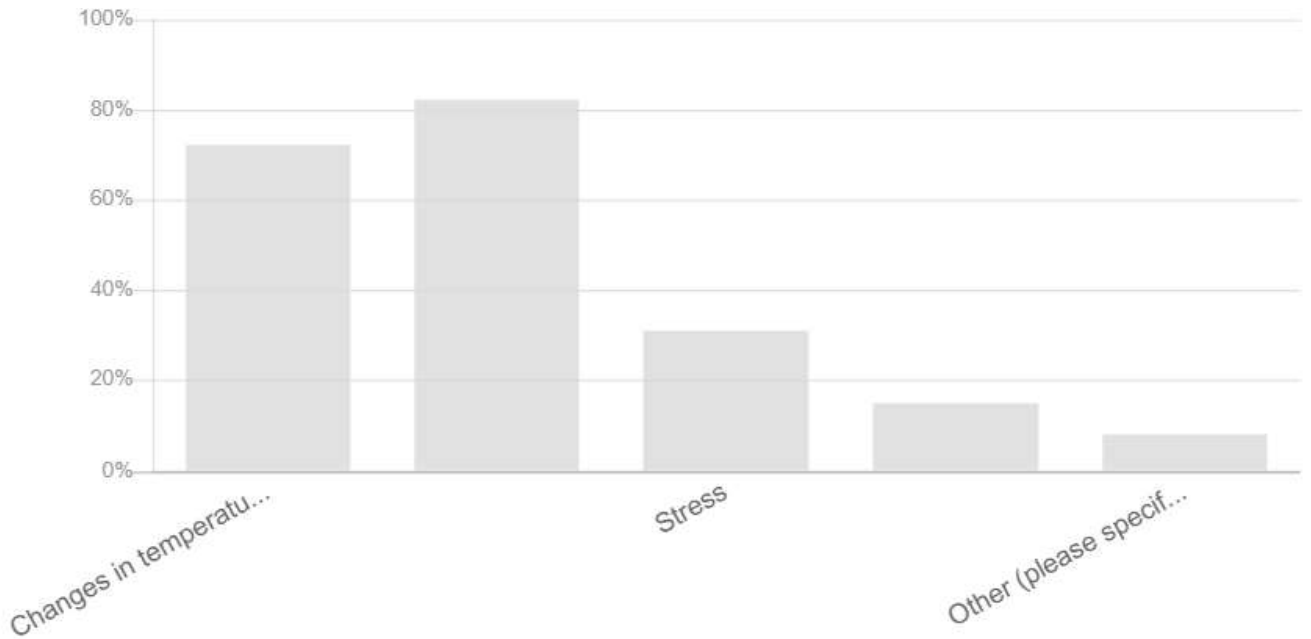
ANSWERS	DATE
itching, hives on ankles feet hands etc	February 23, 2024 at 7:48 am 
feet always feel cold, even in the summer in hot weather	February 23, 2024 at 1:30 pm 
Complete lack of feeling in my feet.	March 21, 2024 at 7:13 pm 

29 Answered

323 Skipped

Question 7 CHECKBOXES

What do you feel might be your triggers of Raynaud's disease?





















ANSWERS	RESPONSES
Changes in temperature	72% 240
Cold weather	82% 273
Stress	31% 102
Underlying condition (please specify)	15% 50
Other (please specify)	8% 28

332 Answered

20 Skipped

Question 8  SINGLE LINE TEXT

Other triggers

ANSWERS	DATE	
Not moving	February 12, 2024 at 4:23 pm	
Not eating regularly	February 12, 2024 at 4:42 pm	
I have had Raynaud's since childhood but my thermostat has been faulty since having m.e. (onset age 42)	February 12, 2024 at 5:34 pm	
When I need to take a rest. Over exertion if physical and mental	February 12, 2024 at 5:58 pm	
Topiramate	February 12, 2024 at 6:07 pm	
Currently trying new pain meds (Duloxetine), pain has been a lot worse since starting them.	February 12, 2024 at 7:15 pm	
P. O. T. S	February 12, 2024 at 10:45 pm	
Direct pressure on hands or feet especially if temperature is cold. Eg picking up a pen or cutlery on a cold morning or wearing close fitting shoes in cold weather. In the past, holding bicycle handlebars, through thermal gloves, made my fingers painful then numb then painful, for the first 15 minutes of cycling on cold mornings. Until increased circulation overcame the Renaud's.	February 12, 2024 at 10:50 pm	
No idea	February 13, 2024 at 2:18 pm	
Poor circulation, I have a low resting heart rate, so blood flow is slower	February 13, 2024 at 3:51 pm	
Randomly	February 13, 2024 at 3:58 pm	
When I am overwhelmed	February 13, 2024 at 5:55 pm	
Lack of movement	February 13, 2024 at 6:46 pm	
Underlining condition- pots & dysautonomia	February 13, 2024 at 7:01 pm	
Fatigue	February 13, 2024 at 9:29 pm	
General flares of ME symptoms coincide with severity of Reynauds symptoms	February 13, 2024 at 10:42 pm	
In an ME crash my hands and feet are often freezing and pruned	February 14, 2024 at 12:54 pm	
Raising arm, eg to drive	February 14, 2024 at 3:29 pm	

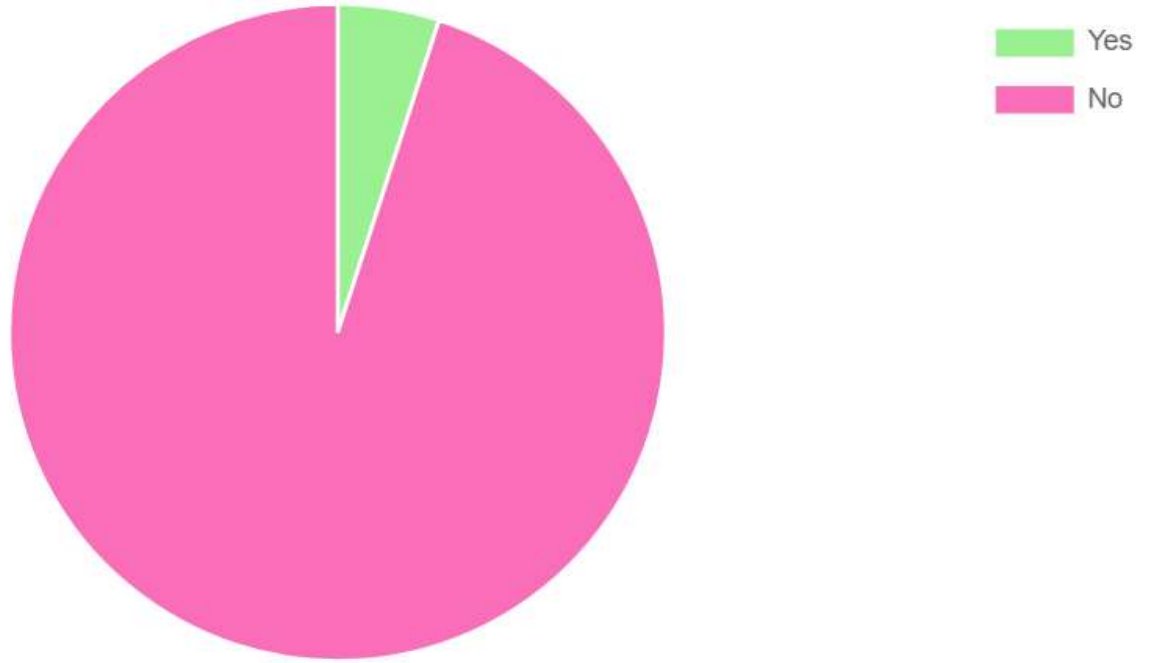
ANSWERS	DATE	
MCAS, Dysautonomia & POTS	February 15, 2024 at 5:30 pm	
Holding anything cold or going into the freezer then my finger or fingers will go white and numb !	February 17, 2024 at 2:11 am	
Vibration	February 17, 2024 at 2:23 pm	
Mixed Connective Tissue Disease and Rheumatoid Arthritis	February 18, 2024 at 12:14 pm	
M.e	February 19, 2024 at 8:18 pm	
Pressure	February 21, 2024 at 6:47 pm	
cold urticaria	February 23, 2024 at 7:48 am	
just cant regulate my temperature, feet always feel cold. It gets worse in cold weather, but happens all year round.	February 23, 2024 at 1:30 pm	
hot weather	March 11, 2024 at 11:18 am	
Low vitamin D triggered Raynauds. If vit D in balance, I hardly have symptoms	March 13, 2024 at 3:45 pm	

28 Answered

324 Skipped

Question 9  MULTIPLE CHOICE

Do you take medication for Raynaud's disease?



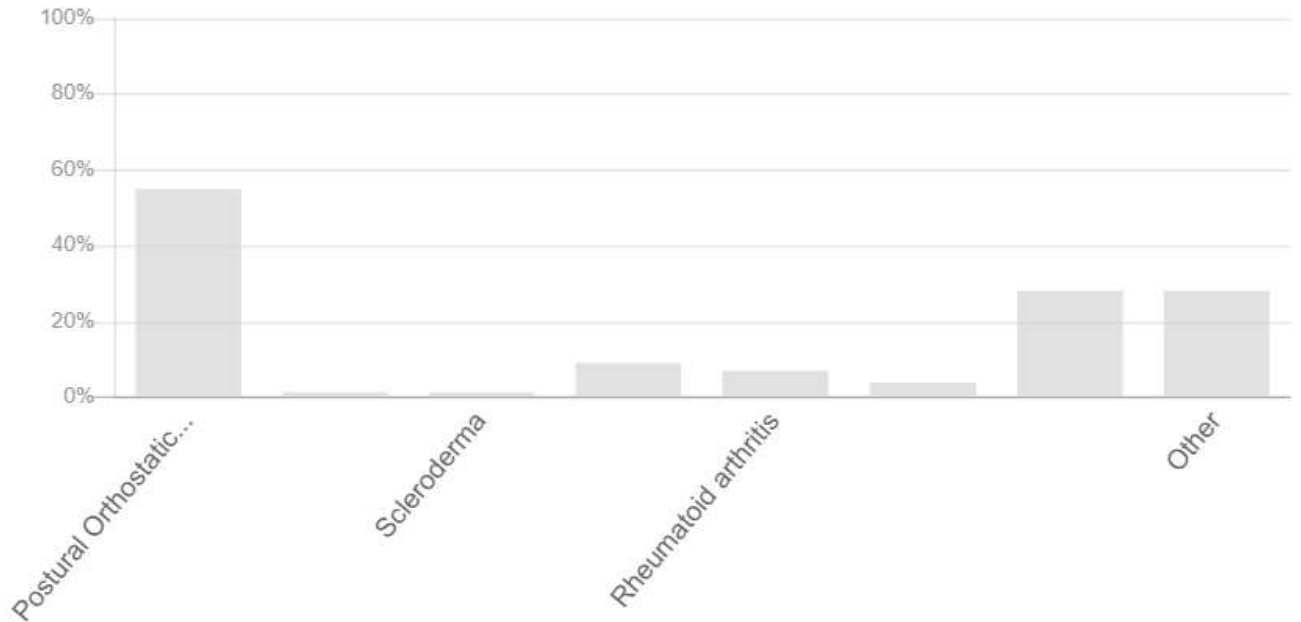
ANSWERS	RESPONSES	
No	95%	316
Yes	5%	15

331 Answered

21 Skipped

Question 10 CHECKBOXES

Do you also have any of the following conditions:



ANSWERS	RESPONSES	
Postural Orthostatic Tachycardia Syndrome (PoTS)	55%	101
Lupus (systemic lupus erythematosus)	1%	1
Scleroderma	1%	1
Sjögren's Syndrome	9%	17
Rheumatoid arthritis	7%	13
Blood disorder	4%	7
Thyroid disorders	28%	52
Other	28%	51


























183 Answered























169 Skipped

Question 11  SINGLE LINE TEXT

Other condition(s)

ANSWERS	DATE	
Multiple allergies	February 12, 2024 at 4:47 pm	

ANSWERS	DATE	
Inflammatory arthritis diabetes high blood pressure	February 12, 2024 at 4:53 pm	
Hypermobility spectrum disorder	February 12, 2024 at 5:11 pm	
High blood pressure (medicated), irregular heart rate (medicated)	February 12, 2024 at 5:34 pm	
Beta thalassaemia blood trait	February 12, 2024 at 5:41 pm	
Migraine	February 12, 2024 at 6:07 pm	
Endometriosis	February 12, 2024 at 9:06 pm	
Anxiety, depression, eczema & asthma.	February 13, 2024 at 2:25 pm	
Asthma, Herpes.	February 13, 2024 at 3:03 pm	
AERD, sinus polyps, Allergies, Asthma, PMDD, spine issues.	February 13, 2024 at 3:12 pm	
Celiac, rosacea M.E	February 13, 2024 at 5:07 pm	
Nodular prurigo	February 13, 2024 at 7:23 pm	
Fnd	February 13, 2024 at 9:05 pm	
microvascular angina and asthma	February 13, 2024 at 9:40 pm	
Severe Asthma	February 13, 2024 at 10:13 pm	
Endometriosis	February 13, 2024 at 11:01 pm	
Endometriosis, chronic migraine, CRPS	February 14, 2024 at 6:02 am	
Suspected POTS, not yet diagnosed but the symptoms are there	February 14, 2024 at 12:54 pm	
Inflammatory bowel disease (ulcerative colitis)	February 14, 2024 at 3:26 pm	
orthostatic intolerance, mystery skin condition	February 14, 2024 at 4:21 pm	
Tachicardia (potentially POTS but undiagnosed), reactive hypoglycemia.	February 14, 2024 at 5:45 pm	
HEDS	February 14, 2024 at 6:29 pm	
Hypotension which I believe is POTS. awaiting sjogrens biopsy. Severe dry eye lichen planus awaiting biopsy for lichen sclerosis	February 14, 2024 at 6:52 pm	
Arthritis, impinge nerves, long covid, asthma, breathing pattern disorder, immune deficiency, ibs, gord, Hypertension	February 14, 2024 at 7:51 pm	
Ehlers Danlos III (hyper mobile)	February 14, 2024 at 11:22 pm	
Rosacea; B12 Deficiency; Osteoarthritis	February 15, 2024 at 8:56 am	

ANSWERS	DATE	
MCAS, Dysautonomia, hypermobility	February 15, 2024 at 5:30 pm	
Long COVID/ME	February 16, 2024 at 9:20 am	
diabetes	February 16, 2024 at 6:41 pm	
Type 2 Diabetes, Celiac,	February 16, 2024 at 7:19 pm	
Post covid	February 17, 2024 at 12:02 am	
Endometriosis	February 17, 2024 at 2:23 pm	
P.B C. Fibrosis of the lungs	February 17, 2024 at 5:59 pm	
Mixed Connective Tissue Disease	February 18, 2024 at 12:14 pm	
Not sure fr certain if got pots	February 19, 2024 at 8:18 pm	
Mitochondrial disease	February 21, 2024 at 3:07 am	
Hypermobility Spectrum Disorder, Osteoporosis, chronic vit d deficiency, GERD	February 21, 2024 at 3:40 pm	
Iron deficiency anaemia, asthma, psoriasis	February 21, 2024 at 4:24 pm	
RLS, dysautonomia	February 21, 2024 at 6:41 pm	
Psoriatic arthritis	February 22, 2024 at 4:50 am	
Endometriosis	February 22, 2024 at 7:27 am	
Joint hypermobility syndrome, endometriosis	February 22, 2024 at 1:12 pm	
Osteoarthritis	February 22, 2024 at 2:29 pm	
Cancer	February 22, 2024 at 8:21 pm	
Microprolactinoma	February 25, 2024 at 10:43 pm	
Orthostatic Hypotension, hEDS,	March 4, 2024 at 12:50 pm	
Heart failure with non operable dead tissue. 8 to 10 year life expectancy.	March 21, 2024 at 7:13 pm	
Obstructive Sleep Apnea, and COPD.	April 1, 2024 at 11:46 am	

48 Answered

304 Skipped