

## Raynaud's awareness month

Raynaud's is a common condition affecting around 10 million people in the UK. In people who have Raynaud's, the small blood vessels in the extremities are over-sensitive to changes in temperature or stress causing an attack. Raynaud's symptoms generally affect the fingers and toes, but all extremities can be involved, including: the ears, nose, lips, tongue and nipples.

Take a [test](#) to see if you are affected.

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