24-year Old Medical Student with Raynaud's Phenomenon

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1. Visual case discussion

A 24-year-old female medical student presented after standing for two hours in a cold operating room observing surgery with digits 2–5 on both hands pale and cool to touch (Fig. 1). She described paraesthesias and stiffness in those digits, and denied any other symptoms. Her other hand appeared similar. Roughly thirty minutes after exiting the operating room and treating her hands with external passive rewarming, the paraesthesias diminished and the color began to return to her digits (Fig. 2). Her past medical history is significant for extreme cold (or hypothermia) exposure and frostbite to her hands at the age of fourteen with residual hypersensitivity of her hands (or fingers) to cold temperature.

Conflict of interest and authorship confirmation

All authors have participated in (a) conception and design, or analysis and interpretation of the data; (b) drafting the article or revising it critically for important intellectual content; and (c) approval of the final version.

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Figure 1. Patient's hand immediately after exiting the operating room.
Figure 2. Patient's hand after external passive warming.