

Color Changes in the Fingers

The color and whether it hurts tell the four conditions apart

PER

Chilblains (pernio)

painful red-violet lesions after cold · sometimes ulcerate

RAY

Raynaud phenomenon

three-phase change (white, blue, red) from vasospasm with cold or stress

ACR

Acrocyanosis

persistently bluish fingers, but painless

ERY

Erythromelalgia

redness, warmth and burning pain from vasodilation · linked to thrombocythemia

Three phases
Raynaud

Blue, painless
Acrocyanosis

Secondary Raynaud
Look for connective tissue disease

Primary Raynaud: symmetric, young woman, normal capillaroscopy · secondary: asymmetric, digital ulcers, positive ANA, abnormal capillaroscopy