



Frost

Raynaud's & Cold Hands

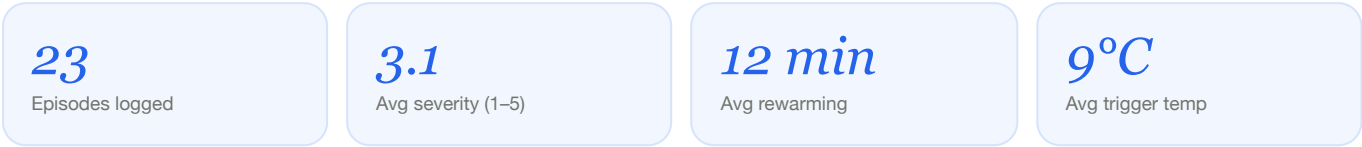
Prepared for **Rheumatology consultation**

1–30 June 2026

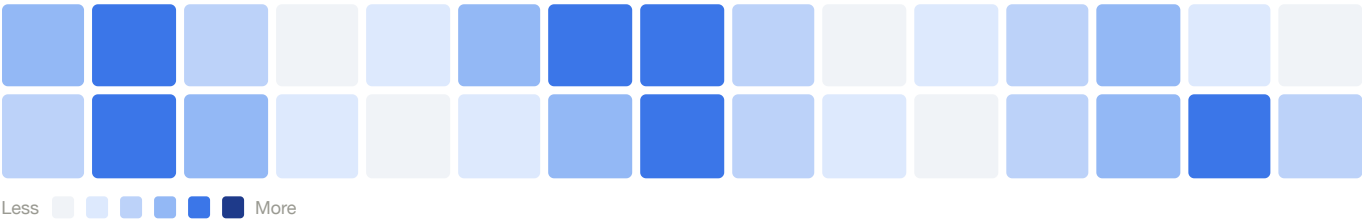
Generated 3 Jul 2026

Raynaud's episode *report*

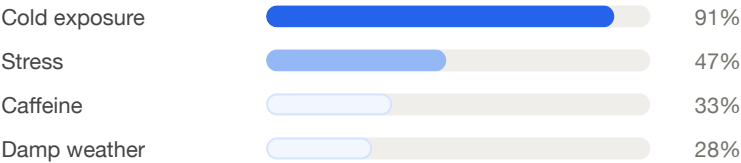
30-day episode log with weather captured at each attack



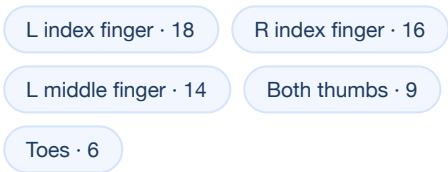
EPISODE SEVERITY — JUNE 2026



TRIGGER CORRELATION



MOST AFFECTED AREAS



PATTERN SUMMARY

Episodes are overwhelmingly triggered by **temperatures below ~12°C** (91%), with a tri-phasic colour change reported in 70% of attacks and an average rewarming time of 12 minutes. Stress is a secondary trigger. Patient would like to discuss primary vs. secondary Raynaud's.