



Your friend is suffering from Raynauds Disease; affects the extremities in afflicted people; recurrent cases can result in atrophy of the skin, subcutaneous tissue, and muscle. The last few days were considerably warmer than today and Ray's clothing and gloves were effective in keeping both his body and hands warm. The sudden drop in temperature combined with the 20 minute wait on the chair lift caused his hands to become cold enough to initiate an episode. Warm his hands in warm water in the rest room and wait; they should feel normal in about 15-20 minutes.

Consider calling it a day...or have him try wearing more clothing and a heavier hat and gloves. Carry a pair of hand warmers and put them on the inside of his wrists for use on the chair lift or the hill if the problem returns.