



## FootHuggers Comfort Socks Newsletter

- March 2008 Issue -

[www.foothuggers.com](http://www.foothuggers.com)

### **Congratulations to Deborah Couch from Franklin, GA!**

Deborah is the March winner of a free pair of socks in our monthly drawing. Each month, we draw one name from our email list and that person receives a FREE pair of FootHuggers Comfort Socks of their choice.

Since you have joined our mailing list, you are automatically entered in this drawing every month!

*Winners are excluded from future drawings for 6 months.*

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### **St. Patrick's Day Special**

***Top of the morning to you!*** In honor of this historic and fun day, we were thinking of some way we could add to the fun with our line of FootHugger Comfort Socks. Of course! **Green socks!** That's it! OK, on March 17th, St. Patrick's Day, all orders that contain at least one pair of green socks will ship FREE. In order to capture this savings, orders must be placed on our original website, [www.foothuggers.com](http://www.foothuggers.com). Once your order is placed, we will manually change the shipping charge to zero before billing and shipping the order. Have fun with green FootHuggers for St. Patty's Day!

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### **Quote of the Month**

"Ordered a week ago to try them out and now I have ordered 12 more pair! They are the most comfortable and warmest socks I have tried. I would never have thought that they would make such a difference in my life. I actually have not had cold feet aches since I put the first pair on! I have suffered from Raynauds for the past 10 years and this is the first product I have tried that actually made a difference. Thank you for such a wonderful product! I will be passing this site on to all my friends!"

Helen - Elkhart, IN

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## **Patriotic Hands and Toes are Medical Alerts**

*(from Lynn Wanderman, Raynaud's Association)*

Ever notice your hands or toes changing colors when temperatures drop to frigid levels? Experience pain in your fingers holding an iced drink or shopping in the frozen food section? Do your toes hurt when you enter an air conditioned room? If you identify with any of the painful thoughts just described, you may think your problem is poor circulation, but in fact, you may be one of millions of Americans suffering from a little known but widespread medical condition called Raynaud's.

### **What is Raynaud's?**

Raynaud's (pronounced "ray-NODES") is a disorder of the small blood vessels of the extremities, reducing blood flow. When exposed to cold, the blood vessels go into spasms, which may cause pain, numbness, throbbing and tingling. Emotional distress may also trigger such a response.

The fingers are usually the primary affected areas, although toes, nose, ears and other extremities may be involved. In a typical case within minutes of cold exposure, fingers or toes turn white as blood flows away from the extremities, blue from the lack of oxygen, then become red when they warm up and blood rushes back to fingers or toes. These patriotic color changes, which may vary from person to person, are an exaggeration of a normal response to cold exposure. A normal cold response in the hands is a blotchy red and white pattern. Raynaud's-type color changes are distinctively different.

For most Raynaud's patients, the condition is uncomfortable, inconvenient, and sometimes painful, but not life threatening – you just learn to dress warmly and take precautions to prevent future attacks. In these cases, Raynaud's is considered a primary disorder. But for a small percentage of Raynaud's sufferers (less than 10%), their condition is a by-product of (or secondary to) another more serious autoimmune disease, such as Lupus, Scleroderma or Rheumatoid Arthritis. Patients with secondary Raynaud's tend to have more severe attacks, which – if not taken seriously – can result in skin ulcers, infection and even gangrene at the extremes.

### **Who Gets Raynaud's?**

You're reading this article because you're "hooked" on Foothuggers, so chances are you have some need to avoid cold toes. You're probably asking yourself now "Could I have Raynaud's? What's the profile for Raynaud's sufferers?"

Raynaud's is seen in all population groups, affecting 5% to 10% of people in the U.S. Women are affected nine times more than men; the condition is seen in 20% of women of childbearing age. Men and children – even babies – also get Raynaud's. When it occurs in teenagers (mostly female), they tend to develop Raynaud's around the time of puberty. Often, the symptoms disappear when the individuals are in their twenties. But most sufferers are diagnosed in their middle thirties. For some, it gets better overtime; others

find their condition intensifies with age.

If you're getting the picture that little is known about this disease, you're right. It's been over a hundred years since the condition was first discovered, yet the cause of Raynaud's is still unknown. There's no definitive test to diagnose Raynaud's, and most doctors know little about it. As a result, most sufferers walk around thinking they have poor circulation; only one out of every five will become aware of their medical condition and seek treatment.

### **Where To Go for Information and Help**

The Raynaud's Association is here to help. The mission of the Raynaud's Association is to provide support, resources and credible information to Raynaud's sufferers. It was created primarily to raise awareness of this disorder: to help people identify their condition and to seek medical intervention to determine whether or not an underlying – potentially serious – medical condition exists.

We know the pain and frustration Raynaud's causes. It can inhibit lifestyle and leisure pursuits, hinder the ability to perform various jobs, and affect relationships with others who are unsympathetic and uneducated about the condition.

But Raynaud's doesn't need to be a "life sentence." Through the Raynaud's Association, sufferers can learn ways to avoid and limit Raynaud's episodes, find techniques for protecting extremities from the cold, and share ideas for dealing with family, friends and co-workers who do not understand how painful and problematic Raynaud's can be.

To learn more about Raynaud's and the Raynaud's Association, visit our website at [www.raynauds.org](http://www.raynauds.org). Our site is designed to be a useful first step in the learning and sharing process. Here you'll find:

- Frequently Asked Questions - such as what type of medical specialist is most knowledgeable about Raynaud's.
- Newsletters – Including stories and tips from fellow Frosties, news on medical research and strategies for reducing attacks, along with products we've discovered that can provide relief.
- Our Discussion Forum – where members informally exchange ideas on coping with daily activities, trade information on where to buy products for getting through the cold times, and share personal experiences.
- Special Offers Section – where manufacturers of products we've pre-screened for members' warmth and comfort are described along with order information and discounts for Association members.

### **Join Us in Our Mission**

Are you're a Raynaud's sufferer or know someone who's likely to benefit from some knowledge and information about this frustrating condition? If you've sometimes felt that no one really understands your discomfort and felt alone

in your cold shadow, don't ignore your condition any longer – fight back!

Join us on our website ([www.raynauds.org](http://www.raynauds.org)) for helpful resources, call us at 800-280-8055 for information and answers to your questions, email us at [info@raynauds.org](mailto:info@raynauds.org), and support us in our mission to bring warmth and assistance to cold sufferers around the globe.

The Raynaud's Association is a self-funded 501c3 non-profit member-run group. While there is no charge for membership, we ask for a voluntary contribution of \$20 or more to help fund member mailings, maintenance of our website, management of our online forum and general costs of operations in support of our volunteer services.

To make a donation to the **Raynaud's Association**, go to our website at:

<http://www.raynauds.org/donate>

or

**Send a check to:**

**Raynaud's Association, Inc.  
94 Mercer Avenue  
Harsdale, NY 10530**

*We are grateful to FootHuggers  
for their continued support of our organization.*

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### **Upcoming Shows**

**Rocky Mountain Horse Expo**

Denver, CO - National Western Complex  
March 14-16

**Huffman Productions, Spring Festival**

Shakopee, MN - Tent outside Canterbury Race Track  
April 4-6

**Huffman Productions, Spring Festival**

Omaha, NE - Qwest Center  
April 11-13

**Midwest Horse Expo**

Madison, WI - Alliant Center  
April 18-20

**Minnesota Horse Expo**

St. Paul, MN - State Fair Grounds  
April 25-27

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Thanks for all your support and interest.

Please forward this newsletter to a friend  
who might benefit from this information.

*PS: Print the 1st page of this email for an extra \$2.00 discount  
at any of our shows!!*