

Sound Bites on Frostbite from: Dr. David Nestler, Mayo Clinic Emergency Medicine.

Severe frostbite is similar to a burn injury:

SOT @ 00:05 “When it is extremely cold, like now, your skin can actually freeze. And when your skin freezes, it actually acts very similarly to if you get a severe burn. The areas of your body that are prone to this would be your nose, your ears, your chin, your fingers and your toes.” (TRT :19)

Frostbite can cause permanent damage:

SOT @ 00:33 “When it’s so cold the blood vessels actually constrict or freeze. And because of that they aren’t getting the normal amount of blood flow. After a while that tissue can freeze and to be honest, once that freezes completely, we are not able to reverse that entirely.” (TRT :21)

When to seek medical attention:

SOT @ 02:00 “When you’re continuing to have discomfort after you’ve been inside for several minutes. Often, at the same time, you may see whitening of the affected areas, for example your hands. If your finger tips are not returning to normal color after you’ve been inside for several minutes, then you need to be concerned, because there may be little to no blood flow to those parts of your body. (TRT :29)

Journalists: To schedule an interview with Dr. Nestler contact Kelley Luckstein, Mayo Clinic Public Affairs at 507-284-5005 or newsbureau@mayo.edu.