

Mayo Clinic Minute: Suffering from cold feet?

Do your feet always feel cold, even when it's not chilly outside? While cold weather can be a common cause, persistent cold feet might point to something more — like circulatory issues, immune problems or nerve disorders.

Dr. Jesse Bracamonte, a Mayo Clinic family physician, says it's important to seek medical advice if cold feet persist. Getting evaluated can help identify and treat any underlying health conditions.

Video.	Audio
	Sometimes, cold feet simply mean you need warmer socks. But if your feet are always cold, no matter the weather, it might be something more.
Jesse Bracamonte, D.O. Family Medicine Mayo Clinic	"Anything from circulatory problems, not having adequate blood flow, heart condition problems, immune or autoimmune conditions such as like having thyroid disease, and sometimes nerve or neuropathic problems. Having nerve disorders can cause cold feet."
	Where to start? Mayo Clinic's Dr. Jesse Bracamonte suggests a few immediate steps.
	"Warm socks, lifting your feet, staying hydrated, diet, nutrition is really important. Exercise is important. And, obviously, if you smoke, don't smoke."
	If your cold feet persist and are causing you distress, it might be time to see your healthcare team.
	"There are certain tests that it can easily be done to ensure that you have no circulatory issues, and a few blood tests may be warranted just to make sure you have no autoimmune issues or even signs of anemia."
	For the Mayo Clinic News Network, I'm Joel Streed.