



Autoimmune Resource and Research Centre

Information Sheet

CREST

- **Calcinosis** (KAL-sin-OH-sis): the formation of calcium deposits in the connective tissues, which can be detected by x ray. They are typically found on the fingers, hands, face, and trunk and on the skin above elbows and knees. When the deposits break through the skin, painful ulcers can result.
- **Raynaud's** (ray-NOHZ) **phenomenon**: a condition in which the small blood vessels of the hands and/or feet contract in response to cold or anxiety. As the vessels contract, the hands or feet turn white and cold, then blue. As blood flow returns, they become red. Fingertip tissues may suffer damage, leading to ulcers, scars, or gangrene.
- **Esophageal** (eh-SOFF-uh-GEE-ul) **dysfunction**: impaired function of the oesophagus (the tube connecting the throat and the stomach) that occurs when smooth muscles in the oesophagus lose normal movement. In the upper oesophagus, the result can be swallowing difficulties; in the lower oesophagus, the problem can cause chronic heartburn or inflammation.
- **Sclerodactyly** (SKLER-oh-DAK-till-ee): thick and tight skin on the fingers, resulting from deposits of excess collagen within skin layers. The condition makes it harder to bend or straighten the fingers. The skin may also appear shiny and darkened, with hair loss.
- **Telangiectasias** (tel-AN-jee-ek-TAY-zee-uhs): small red spots on the hands and face that are caused by the swelling of tiny blood vessels. While not painful, these red spots can create cosmetic problems.

© ARRC 2016

The Autoimmune Resource and Research Centre (ARRC) is a Not for Profit registered health promotion charity. ARRC provides education, support and research services for people living with a range of systemic and organ-specific autoimmune diseases. For more information, education and support contact ARRC

www.autoimmune.org.au

HNELHD-arrc@health.nsw.gov.au

Pathology North Bldg, John Hunter Hospital, New Lambton Heights, NSW Australia 2305

ARRC information for patients, carers & Health Professionals

Disclaimer

This document has been developed and peer reviewed by ARRC and is based on expert opinion and the available published literature at the time of review. Information contained in this document is not intended to replace medical advice and any questions regarding a medical diagnosis or treatment should be directed to a medical practitioner. The development of this document is not funded by any commercial sources and is not influenced by commercial organisations. For more information about ARRC and its *policies & procedures* please refer to our website.

Reviewed by Judy Knapp, Clinical Trial Research RN October 2016