

Appendices

Appendix 1 – Causes of Pericarditis (Adapted from BMJ Best Practice)

- **Viruses:** Coxsackie, flu, Epstein–Barr, mumps, varicella, HIV, rubella, cytomegalovirus
- **Bacteria:** Mycobacterium tuberculosis, Coxiella burnetii, pneumococcus, meningococcus, gonococcus, Haemophilus, Chlamydia, Treponema, Borrelia
- **Fungi:** candida, histoplasma, aspergillus
- **Myocardial infarction** Dressler's syndrome
- **Drugs:** procainamide, hydralazine, methyldopa, isoniazid, phenytoin, penicillins, amiodarone, thiazides, ciclosporin
Chemotherapeutic agents: doxorubicin, daunorubicin, cyclophosphamide, fluorouracil, cytarabine
- **Metabolic:** uraemia, myxoedema
- **Trauma:** *direct* – penetrating thoracic injury or oesophageal perforation
indirect – mediastinal radiation, non-penetrating thoracic injury
- **Neoplastic:** primary tumour or secondary metastases: lung, breast, leukaemia, lymphoma, melanoma, gastric and colon, sarcoma
- **Auto-immune:** rheumatoid arthritis, Sjogren syndrome, SLE, sarcoidosis, familial mediterranean fever, inflammatory bowel disease, reactive arthritis, systemic vasculitides, rheumatic fever
- **Post-interventions:** coronary percutaneous intervention. Pacemaker lead insertion, radiofrequency ablation

Appendix 2: Resources for patients with Raynaud's Phenomenon

- Raynaud's and Scleroderma Association (www.raynauds.org.uk)—Information for patients and healthcare professionals
- Arthritis Research UK (www.arthritisresearchuk.org)—Information leaflets for patients
- Patient.co.uk ([www.patient.co.uk/health/Raynaud's-Phenomenon-\(Cold-Hands\).htm](http://www.patient.co.uk/health/Raynaud's-Phenomenon-(Cold-Hands).htm))—Information for patients on Raynaud's phenomenon
- Health and safety executive (www.hse.gov.uk/vibration/hav/index.htm)—Information on claiming compensation for hand and arm vibration syndrome
- International scleroderma network (www.sclero.org)—Comprehensive information on Raynaud's phenomenon, particularly when related to scleroderma; includes recent evidence based references, photographs, patient stories, and tips