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Cold Feet

Cold feet are most commonly a result of medical conditions that cause poor blood flow in the legs or feet, such as peripheral vascular disease (PVD), a blockage or narrowing of the arteries, Raynauds's phenomenon (cold sensitivity that causes a spasm of the blood vessels) and heart disease. Some medications that cause constriction of blood vessels can also lead to cold feet or limbs. Beta blockers for high blood pressure, ergotamine medications for migraine headaches and cold medications that contain pseudoephedrine may all cause this problem.

Other potential causes of cold feet include hormonal abnormalities, such as hypothyroidism and adrenal insufficiency, nerve disorders, such as peripheral neuropathy and fibromyalgia, and autoimmune disorders (lupus, scleroderma).


Because there is such a wide range of causes for cold feet, it is important to see a foot and ankle surgeon for diagnosis and treatment.

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