



Capillaroscopy

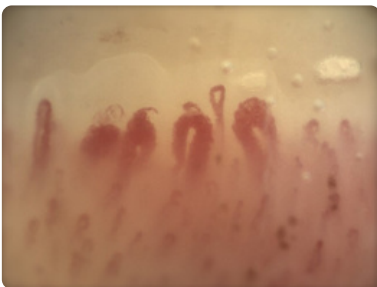


Why is nailfold videocapillaroscopy (NVC) performed in presence of Raynaud's phenomenon?

The test is useful in *rheumatology* for an early or to be confirmed diagnosis of rare and complex connective tissue diseases such as *Systemic Sclerosis*, *Mixed Connective Tissue Disease*, *Polydermatomyositis*, *Undifferentiated Connective Tissue Disease*, *AntiPhospholipid Syndrome*, and it is useful in *Systemic Lupus Erythematosus* as well as *Sjögren's Syndrome*.

How is the exam performed?

Blood microcirculation is observed by placing a probe (a magnifying glass with a micro camera) around the nails of all the fingers sequentially, except the thumb. The **NVC** is carried out at a constant temperature.



NVC "Active" Scleroderma Pattern (200x)

What does the NVC examination evaluate?

Capillaroscopy is used to evaluate the number, size, and shape of capillaries around the nail.



Is specific preparation for the exam necessary?

Manicures and any type of *nail polish* must be avoided 2 weeks before the exam.



How long does the exam take?

The exam takes a maximum of *10 to 20 minutes*.

Are there any contraindications?

No. It is not an invasive test, it is not painful, it is a harmless test (it simply uses a magnifying glass).



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