

Cold and Heat Injuries (Thermal Injuries): Cold Injuries



The major cold injuries are:

- Frostbite
- Non-freezing cold injuries (NFCI)
- Formerly trench foot and immersion foot
- Hypothermia

Environmental conditions such as temperature, wind and moisture in combination with physical activity, the duration of exposure, amount of protection, level of fitness and individual cold susceptibility all contribute to an individual's risk for cold injury.

Learn about:

How Veterans May Have Had Cold Injuries During Military Service

Veterans may have been exposed to extreme cold without adequate protection during:

- World War II - The Battle of the Bulge was fought in December 1944 through January 1945 under conditions of extreme cold.
- Korean War - The Chosin Reservoir

Campaign was conducted from October 1950 through December 1950 in temperatures that reached

- -100° Fahrenheit and possibly lower (by modern chill factors).
- Other campaigns or circumstances during military service, including training.

Health Problems Associated with Cold Injuries

Cold injuries may result in long-term health problems, including the following signs and symptoms (at the site of exposure):

- Changes in muscle, skin, nails, ligaments, and bones
- Skin cancer in frostbite scars
- Neurologic injury with symptoms such as bouts of pain in the extremities, hot or cold tingling sensations, and numbness
- Vascular injury with Raynaud's phenomenon with symptoms such as extremities becoming painful and white or discolored when cold

If you are concerned about health problems associated with cold injuries contact your County Veterans Officer at 507-765-4937

For more information on cold weather injuries please come join us at the Fillmore County Veterans Office on the Tuesday the 27th of December 2011 at 6:30 PM. There also will be Coffee and cookies for your enjoyment.

For more information call Jason Marquardt your CVSO at 507-765-4937