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-----Messaggio originale-----
**Da:** Daily InfoPOEMs [mailto:poems@infopoems.com]
**Inviato:** mercoledì 1 marzo 2006 13.31
**A:** segreteria@zadig.it
**Oggetto:** InfoPOEM: Having cold feet increases risk of URI symptoms

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## Having cold feet increases risk of URI symptoms

**Clinical Question:**

Does chilling feet in cold water increase the likelihood of developing a cold?

**Bottom Line:**

This small, flawed study supports what your mother always told you: get out of those wet socks or you'll catch a cold. (LOE = 2b)

**Reference:**

Johnson C, Eccles R. Acute cooling of the feet and the onset of common cold symptoms. Fam Pract 2005;22:608-13.

**Study Design:**

Randomized controlled trial (nonblinded)

**Setting:**

Population-based

**Synopsis:**

The authors subjected 180 healthy volunteers at a university (mean age = 20 years) to either 20 minutes of cooling their feet in a 10 C water bath or just placing their feet in an empty bowl for the same amount of time. Patients were then asked to record their symptoms for the next 4 or 5 days. There was no difference in symptom scores for the first 3 days, but by day 4 or day 5 the average symptom score was 1.93 in the chilled group and 1.36 in the control group (P = .013). In addition, more patients in the chilled group reported that they had a common cold (14.4% vs 5.6%; P = .047; number needed to treat to harm = 11). Although randomization and allocation procedures were appropriate, the lack of blinding is a major potential bias. If patients expected that chilling causes cold symptoms, they might have been more likely to report them.

**Funding:**

Government

**Allocation:**

Concealed