



Prairie Path Foot and Ankle Clinic

Neuropathy

What is Neuropathy?

Peripheral neuropathy is caused by nerve damage or a malfunction of the nerves, typically seen in the lower extremities. It can result from such problems as traumatic injuries, infections, metabolic problems and exposure to toxins. One of the most common causes is diabetes. Peripheral neuropathy often causes numbness and pain in your hands and feet. People typically describe the pain of peripheral neuropathy as tingling or burning, while they may compare the loss of sensation to the feeling of wearing a thin stocking or glove. In many cases, peripheral neuropathy symptoms improve with time — especially if it's caused by an underlying condition that can be treated. A number of medications are often used to reduce the painful symptoms of peripheral neuropathy.

Diagnosis

In order to diagnose neuropathy, a Small Fiber Neuropathy Biopsy (SFNB) that is 97% accurate is performed. Many times the diagnosis is made by symptoms, but often a SFNB is necessary and can be later repeated to monitor progress.

Symptoms

Most commonly, peripheral neuropathy may start in the longest nerves — the ones that reach to your toes. Specific symptoms vary, depending on which types of nerves are affected. Signs and symptoms may include:

Gradual onset of numbness and tingling in your feet or hands, which may spread upward into your legs and arms. Burning pain. Sharp, jabbing or electric-like pain. Extreme sensitivity to touch, even light touch. Lack of coordination. Muscle weakness or paralysis if motor nerves are affected. Bowel or bladder problems if autonomic nerves are affected

How do I get rid of it?

1. Neuremedy: A medical food/vitamin that nourishes dysfunctional nerves allowing them to conduct impulses more normally. This is taken in tablet form, one time a day.
2. Lyrica – A prescription that is used to relieve neuropathic pain (pain from damaged nerves) that can occur in your arms, hands, fingers, legs, feet, or toes if you have diabetes. This may or may not be an option based on other medications you are currently taking.
3. Control of Blood sugar

Reassessment:

- 3 Months- Follow up with doctor to check on subjective symptoms
- 6 months after treatment- We repeat the SFNB to check the efficiency of your treatment

The protocol does take a commitment on your part. Your success will directly depend on the effort you put forward, including keeping your office visits and following at-home instructions.