

# Podiatry News & Clues

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## Peripheral Neuropathy

### Signs and symptoms of peripheral neuropathy may include:

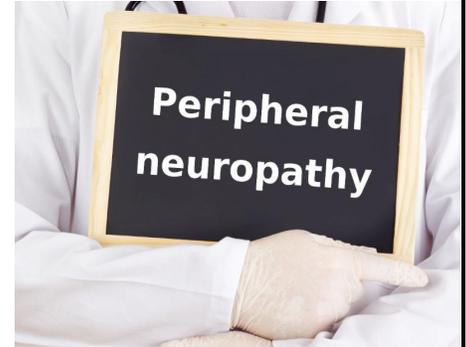
- Gradual onset of numbness and tingling in your feet, which may spread upward into your legs
- Sharp, jabbing or burning pain
- Extreme sensitivity to touch
- Lack of coordination and falling
- Muscle weakness or paralysis if motor nerves are affected

### Peripheral neuropathy risk factors include:

- Diabetes mellitus, especially if your sugar levels are poorly controlled
- Family history of neuropathy

### A number of factors can cause neuropathies, including:

- Diabetes. More than half of people with diabetes develop some type of neuropathy.
- Vitamin deficiencies.
- Trauma or pressure on the nerve. Traumas, such as falls or sports injuries, can sever or damage peripheral nerves.
- Consumption of Excessive alcohol over a period of time.



### Complications of peripheral neuropathy may include:

- Burns and skin trauma. If parts of your body are numb, you may not feel temperature changes or pain.
- Infection. Your feet and other areas lacking sensation can become injured without your knowing. Check your feet regularly and treat minor injuries before they become infected, especially if you have diabetes mellitus. If you have concerns seek medical attention immediately.

### When to see a doctor

Seek medical care right away if you notice unusual tingling, weakness or pain in your feet. Early diagnosis and treatment offer the best chance for controlling your symptoms and preventing further damage to your peripheral nerves.

### **Treatment goals are to manage the condition causing your neuropathy and to relieve symptoms.**

- Medications/Vitamins** such as gabapentin (Gralise, Neurontin) and pregabalin (Lyrica), and Metanx may relieve nerve pain. OTC vitamins such as B-Complex and Physician only dispensed vitamins such as *NeuRemedy* are also other treatments.
- Electrical nerve stimulation.** Adhesive electrodes placed on the skin deliver a gentle electric current at varying frequencies.
- NEW** non-invasive treatments also available.

### *~Quote of the Day~*

*"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do, so throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails. Explore, Dream, Discover."*

See our educational videos of the services we offer on our website. An innovative non-invasive and drug-free procedure with no downtime and very effective for Heel Pain/Plantar Fasciitis and Achilles Tendonitis is EPAT.