

# Peripheral Neuropathy

Peripheral neuropathy is a type of nerve damage that happens most often in hands and feet. You can get peripheral neuropathy from diabetes, chemotherapy, injury to the nerve, cancer, age, or infection.

## What are the signs?

Your hands or feet might feel numbness, burning, tingling, or pain. These feelings can be worse at night.

## Why does it matter?

You can easily hurt yourself without knowing and healing can take a long time. You can accidentally hurt yourself while trimming your nails or removing calluses. Do not use a heating pad, it can burn your skin without you feeling it.

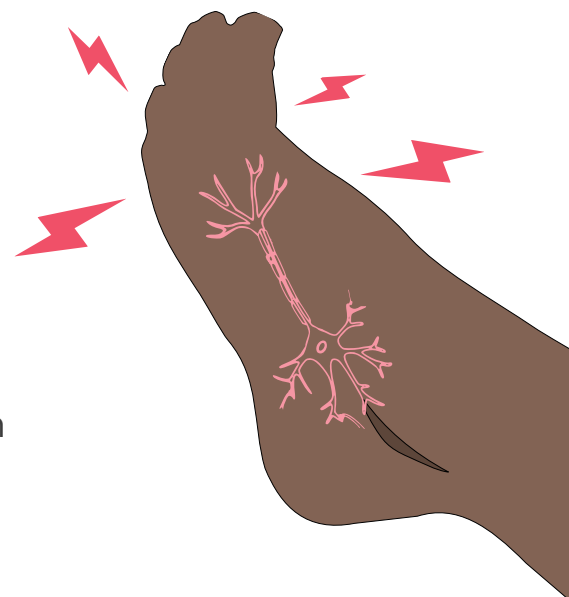
## How is it diagnosed?

Your doctor will do an exam and order some tests including:

- A blood sugar test.
- Nerve conduction velocity study (NCV) - a test to see how fast electrical signals move through a nerve.
- Electromyography (EMG) - a test which checks the health of muscles and nerves.

## What are my treatment options?

- Medicine to help with nerve pain including pills, creams, compound medicines and shots.
- Shoes that are the right length and width and socks with no elastic.
- TENS - a treatment that uses gentle electric currents to treat pain.
- Acupuncture - hair-thin needles placed gently on specific points to stimulate nerves.
- Physical therapy.



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