

# Argus Orthopaedic Zone

## More About Peripheral Neuropathy

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### *Transforming patient information into patient understanding.*

Last time I tried to explain what peripheral neuropathy is, what symptoms it causes and who is affected. Today I can complete our discussion with much more information.

#### **Danger Lurks**

Numbness or reduced feeling or sensation can cause some real problems. If feeling is lacking in parts of your body, it's hard to protect yourself from injury. Pain sensation from heat (usually) or pressure can cause tissue damage which can be very difficult to treat. I see these "injuries" all the time and they often require surgery and prolonged wound care management by our hospital Wound Care Clinic.

The second great danger is for infection to go unnoticed and therefore untreated. Infection and inflammation cause pain, but if you have peripheral neuropathy you don't feel it.

#### **Peripheral Neuropathy Is Not A Disease**

It is a symptom which can be associated with many diseases. There is a long list of possible diseases. I'll try to keep it as brief as possible.

- Genetic conditions
- Diabetes
- Rheumatoid arthritis
- Lupus
- Kidney disease
- Hypothyroid
- Viral or bacterial infections
- Hepatitis C
- HIV
- Certain blood related cancers
- Vitamin deficiency
- Alcoholism
- Exposure to toxic substances

#### **Mysterious**

Trying to sort out the cause can be challenging and requires a detailed family history, physical and neurological examinations. Also -

- Blood tests
- EMG
- Possibly x-ray imaging

### **Treatment**

Treatment focuses on treating the underlying condition (if you can figure out what it is).

Treating the proper condition can control symptoms and perhaps stop damage from progressing.

And lastly, relieving painful symptoms can be a huge benefit to the patient.

### **Office Website and Argus Orthopaedic Archive**

I hope what you have read has raised questions. No problem!

Please log onto [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com). It has a huge amount of musculoskeletal information in the Website and the Archive of all previous Argus articles.

Check it out and be amazed what you can learn.

Good health. Good life. All the best to you. Be well.

Dr. Haverbush