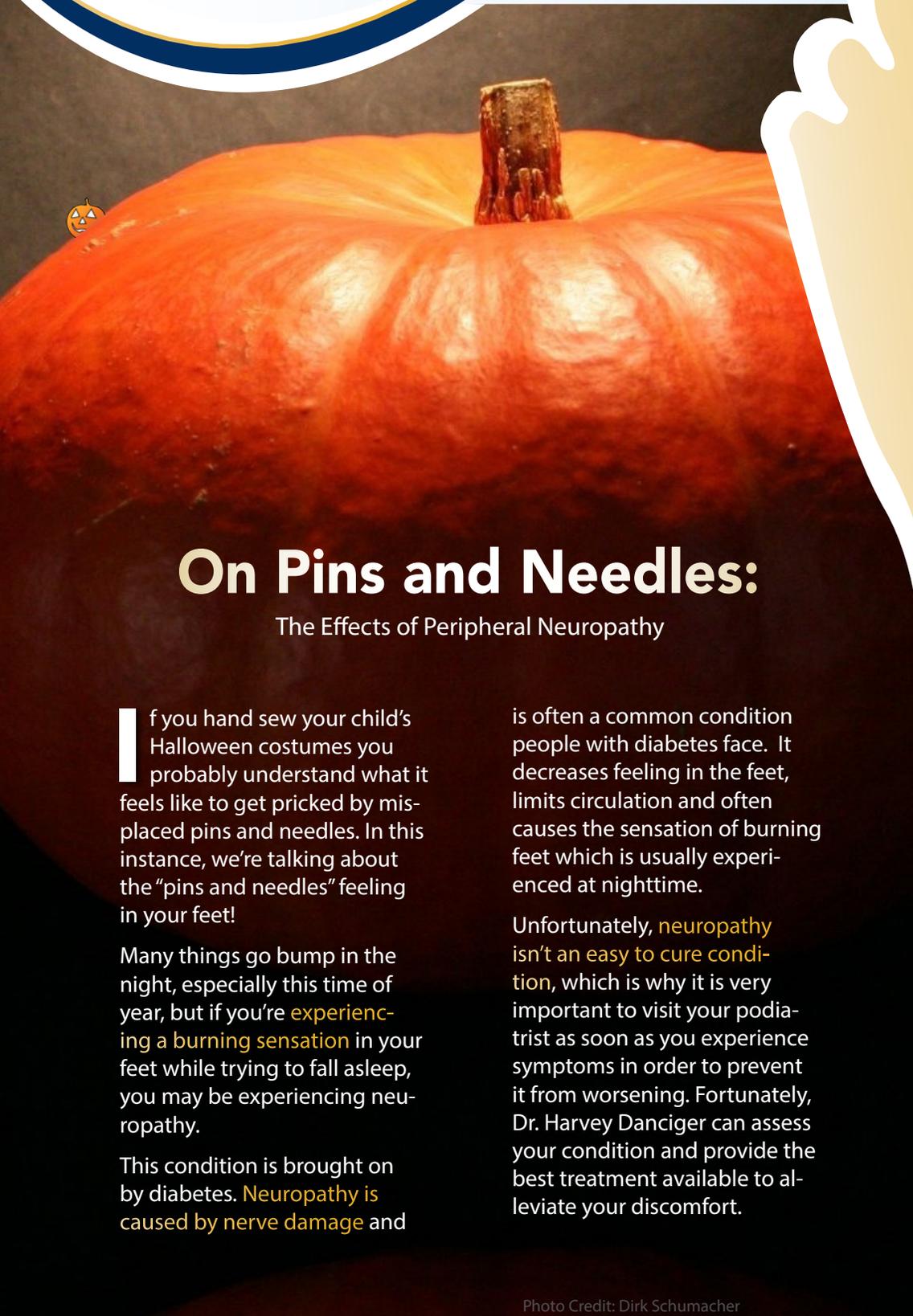




# HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care



## On Pins and Needles:

The Effects of Peripheral Neuropathy

If you hand sew your child's Halloween costumes you probably understand what it feels like to get pricked by misplaced pins and needles. In this instance, we're talking about the "pins and needles" feeling in your feet!

Many things go bump in the night, especially this time of year, but if you're experiencing a burning sensation in your feet while trying to fall asleep, you may be experiencing neuropathy.

This condition is brought on by diabetes. Neuropathy is caused by nerve damage and

is often a common condition people with diabetes face. It decreases feeling in the feet, limits circulation and often causes the sensation of burning feet which is usually experienced at nighttime.

Unfortunately, neuropathy isn't an easy to cure condition, which is why it is very important to visit your podiatrist as soon as you experience symptoms in order to prevent it from worsening. Fortunately, Dr. Harvey Danciger can assess your condition and provide the best treatment available to alleviate your discomfort.

Photo Credit: Dirk Schumacher



SCHEDULE AN APPOINTMENT



### OUR OFFICE

74-000 Country Club Dr, Ste A-2  
Palm Desert, CA 92260

VIEW MAP



### OUR WEBSITE

www.  
CoachellaValleyPodiatrist.com

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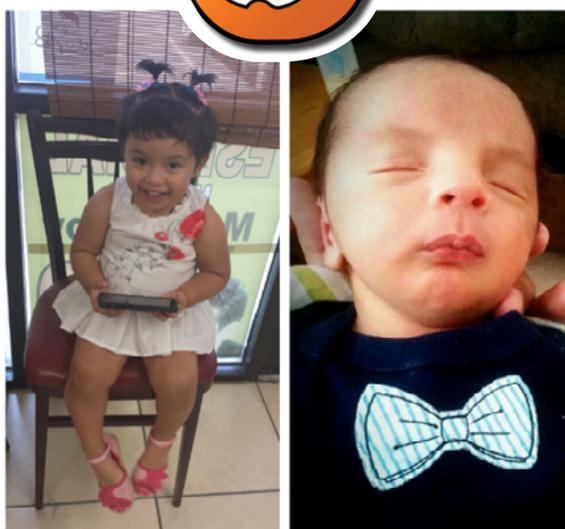


# Causes of Peripheral Neuropathy:

- Traumatic injury
- Diabetes
- Bacterial infection
- Alcoholism
- Autoimmune diseases such as rheumatoid arthritis
- Exposure to toxins such as with chemotherapy
- Tumors that form directly on nerves

Early diagnosis and treatment is key in preventing further damage once peripheral neuropathy is present. Knowing the causes and risk factors is the first step in staying on top of your health. Common causes of peripheral neuropathy include:

- Vitamin deficiencies, specifically the B vitamins which are crucial for nerve health
- Kidney and liver disease
- Hypothyroidism



The Bravo family consist of Alberto my husband, myself and Allyson who is 2 years of age and our newest addition Izaiah who just turned 7 weeks old. We are very elated about our growing family.

As of July 26, 2012 with the arrival of our first miracle, Allyson, our lives have changed beyond belief. Two years to the day our second little bundle of joy arrived, Izaiah. We can't wait to see what the future has in store for our family.

## MEET YOUR TEAM:



DR. HARVEY DANCIGER



AIRREYLLE LAMB,  
FRONT OFFICE



BETHANY VEGA,  
FRONT OFFICE



REBECCA BRAVO,  
MEDICAL ASSISTANT

# Symptoms of Peripheral Neuropathy:

Peripheral neuropathy is a condition that develops slowly over time. Patients who are experiencing nerve damage typically describe the following symptoms:

- Tingling and/or burning sensations
- Sharp, stabbing pain
- Skin being sensitive to touch
- Numbness
- Lack of coordination
- Muscle weakness

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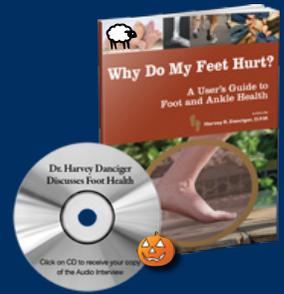
## What Are The Treatment Options



Dr. Danciger will begin by performing a thorough neurological exam to identify the cause and severity of the nerve damage. Managing the symptoms stemming from the condition is priority. Peripheral neuropathy often improves over time when the underlying condition causing the nerve damage is effectively treated.

Nerves can regenerate as long as the nerve itself has not died and when symptoms are managed and the cause eliminated, if possible, the progression of peripheral neuropathy can be prevented.

Symptoms do not typically go away overnight, so the goal will be to manage the pain and discomfort associated with the neuropathy. There are several medication options that are effective depending on the nature of the condition to help relieve symptoms. A nerve stimulation applied regularly has also been shown to be helpful in relieving pain. Laser treatments have also shown good results decreasing symptoms of neuropathy.



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# What Can I Do At Home



Along with the help and treatment by Dr. Danciger, there are a few ways to manage peripheral neuropathy at home:

- Eating healthy** – if you have peripheral neuropathy or are at risk for the condition, it is important to get the vitamins and minerals your body needs.
- Exercise** – staying active will help the symptoms of peripheral neuropathy and can control blood sugar levels.
- Foot care** – stay on top of your foot health by checking feet on a daily basis and wearing comfortable well-fitting shoes.
- Avoid smoking** – cigarette smoking impacts circulation and heightens your risk for foot problems.

Having peripheral neuropathy inhibits a patient's ability to feel pain, heat or cold and increases the risk of burns and injury. Minor injuries can easily go unnoticed due to loss of feeling and result in infection.

It is imperative to seek care as soon as possible if you are noticing symptoms of neuropathy or have any minor foot injury. Contact our Palm Desert podiatric office at (760) 568-0108 or schedule an appointment with Dr. Danciger online today.



## Logic Puzzle

At a recent birthday party there were four mothers and their children. aged 1, 2, 3 and 4. From the clues below can you work out whose child is whose and their relevant ages? It was Jane's child's birthday party. Brian is not the oldest child. Sarah had Anne just over a year ago. Laura's child will be 3 next birthday. Daniel is older than Charlie. Teresa's child is the oldest. Charlie is older than Laura's child.

**P.S.**

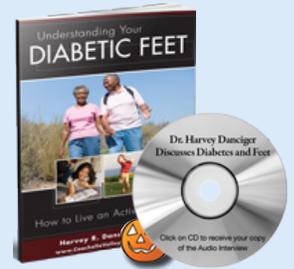
Did you see the pumpkin hidden throughout this issue? How many can you find?

Answer: 7

## Sudoku Puzzle

3	6	9	7	5	8	4	1	2
4	2	7	1	6	3	5	9	8
5	1	8	2	9	4	3	7	6
7	9	5	6	4	2	8	3	1
2	8	3	5	1	9	6	4	7
6	4	1	3	8	7	2	5	9
9	3	2	4	7	6	1	8	5
8	5	6	9	3	1	7	2	4
1	7	4	8	2	5	9	6	3

Answers to Sept. Edition:



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