



# HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care



**REQUEST AN APPOINTMENT**

**OUR OFFICE**  
74000 Country Club Dr, Ste A-2  
Palm Desert, CA 92260  
**VIEW MAP**

**OUR WEBSITE**  
[CoachellaValleyPodiatrist.com](http://CoachellaValleyPodiatrist.com)

**CALL NOW: (760) 568-0108**

## Managing Neuropathy to Live a Full and Active Life

The burning, tingling, and numbness in your feet **due to neuropathy** can certainly have a negative effect on your quality of life, but **there are things you can do** to manage your condition and minimize these symptoms! It is completely possible to enjoy a full and active lifestyle by following our guidelines.



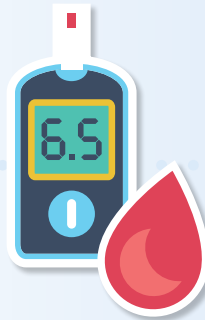
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**Get Moving!** Exercise encourages circulation, and the more you get that blood pumping, the quicker healing nutrients can reach your damaged nerves to help them out! Start slow with stretching exercises or walking, and gradually build a regular routine.



**Create Healthy Habits.** Along with incorporating an exercise routine into your day, be sure to eat a nutritious diet, don't smoke, and limit alcohol.



**Manage underlying causes.** If you have diabetes, for instance, be sure to keep your blood sugar levels regulated.



**Determine a treatment plan.** Medications are available to help with symptoms. Physical therapy can also be beneficial, as can MLS laser treatments that help block pain while at the same time stimulating cell repair and regrowth.

**Relax!** A warm bath followed by a foot massage can help boost blood flow and reduce neuropathy symptoms, not to mention stress!



## MEET YOUR DOCTOR

### DR. HARVEY DANCIGER



Dr. Harvey R. Danciger's practice is founded on three basic principles: trust, caring and a commitment to excellence in podiatry.

We view each patient as an individual. We view our relationship with our patients as a sacred trust and work hard everyday to deserve that trust. Patients come first!

[LEARN MORE](#)

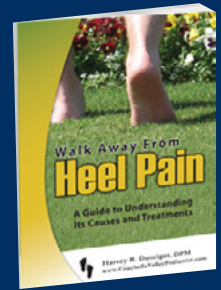


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## Spotting the Signs of Nerve Damage in Your Feet



**Burning, stabbing, or throbbing pain**



**Pins and needles or tingly sensation that can extend up your leg**



**Numbness**



**Extreme sensitivity to touch**



**Lack of coordination**



**Muscle weakness**

If any of these symptoms arise, it's important to make an appointment with us right away so we can determine the cause and develop an appropriate treatment plan. Don't let the problem go or let it interfere with your life! We can help, and early detection is key!

“YOU HAVE **COMPLETELY** CHANGED MY LIFE.”

L. HALLEK - PALM SPRINGS, CA

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### SERVICE AREAS

[HEEL PAIN](#) ▶

[NERVE ISSUES](#) ▶

[FUNGAL TOENAILS](#) ▶

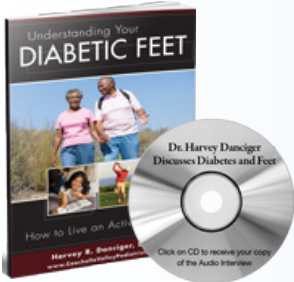
[LASER TREATMENT](#) ▶

[DIABETIC FOOT CARE](#) ▶

[BUNIONS](#) ▶

# Free Resources for Help!

Did you know Harvey R. Danciger, DPM offers free books to help patients living with nerve pain and diabetes? Take advantage of this valuable information by ordering your free books today, then keep the books handy for reference to help manage your condition and live life to the fullest!

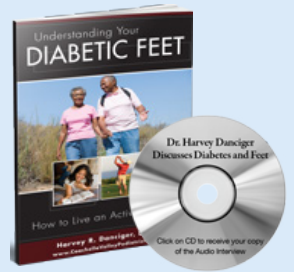


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EDUCATIONAL VIDEOS ▶



## QUICK LINKS

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PATIENT EDUCATION ▶

PATIENT FORMS ▶

OUR SERVICES ▶

FAQ's ▶

## Sudoku Puzzle:

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

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Please call our office (760) 568-0108. We're always happy to help!

If you're looking for more entertainment, browse our [newsletter library](#).

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