



HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care

Do you (or someone you love) suffer from burning, tingling, or hypersensitivity in your feet?

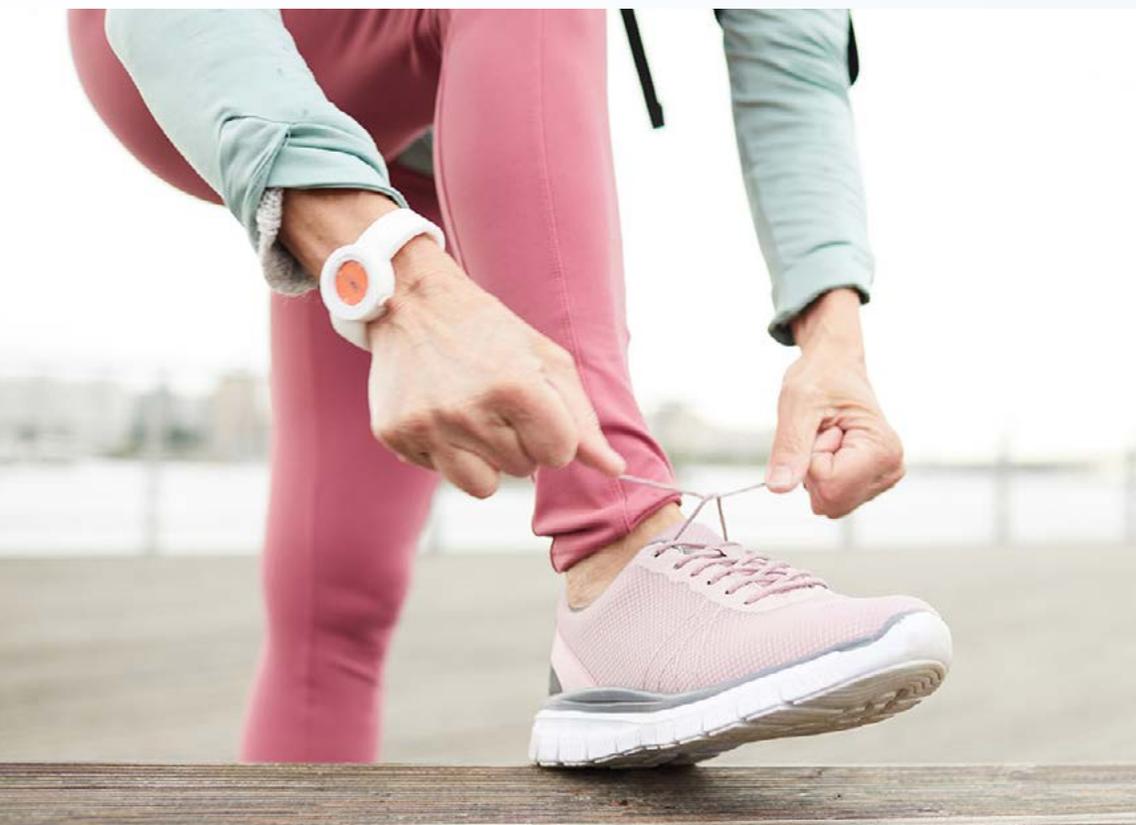
Maybe you've only just started to notice intermittent, prickly sensations that make you feel as if you're wearing a thin stocking.

Or maybe the pain is so intense that it keeps you from accomplishing daily tasks, enjoying leisure activities, or even driving and remaining independent.

Or, perhaps, that was the way your feet used to feel—when they could still feel anything at all.

If you recognize any of the above scenarios, it's very likely that you have some form or stage of [peripheral neuropathy](#). And if you don't make changes to your lifestyle and seek out treatment, it **will** continue to get worse.

Fortunately, we can help.



REQUEST AN APPOINTMENT



OUR OFFICE

74000 Country Club Dr, Ste A-2
Palm Desert, CA 92260

VIEW MAP

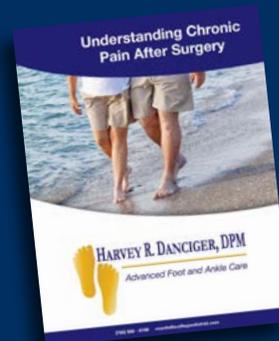
OUR WEBSITE

CoachellaValleyPodiatrist.com



CALL NOW: (760) 568-0108

Understanding Chronic Pain After Surgery



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Why Does Neuropathy Happen?

By far, the most common underlying cause of peripheral neuropathy in feet is diabetes. Blood sugar levels which are consistently elevated will slowly poison and choke out the delicate peripheral nerves of the feet, depriving them of the oxygen and nutrition they need.

However, there are other possible causes besides diabetes. They include:

- 01 Anatomical compression.** Perhaps a dislocated bone, scar tissue, tumor, or other displaced or swollen mass of tissue is pressing on the nerve, causing it to malfunction.
- 02 Toxin exposure.** Certain chemicals and toxic materials can directly poison the nerves if you are exposed to them.
- 03 Alcoholism.** Alcohol abuse impairs nerve function, and also prevents essential nutrients from reaching the nerves.
- 04 Certain medications.** Certain medications (including some chemotherapy drugs) can produce neuropathic symptoms as a side effect.

It's important to note that a root cause cannot always be established. When this is the case, neuropathy is said to be **idiopathic**—literally a “disease of its own” that does not appear connected to anything else.



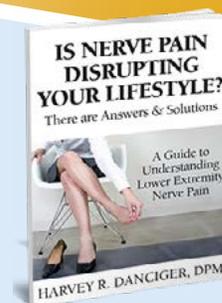
MEET YOUR DOCTOR

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!



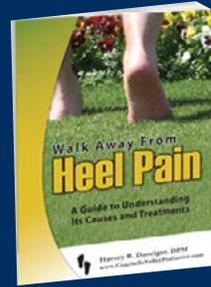
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Managing Neuropathy at Home

The good news is that neuropathy and neuropathic pain can be managed, with the progression slowed or sometimes even reversed. There are two important components to treatment—living a healthy lifestyle and getting appropriate treatment from a professional.

We'll start with what you can do at home:

- **Eat healthy.** Your nerves need good nourishment like any other part of your body. B-vitamins and omega-3 fatty acids are especially critical for nerve health.
- **Exercise regularly.** This keeps oxygen and nutrients flowing to your feet. Check in with our office or your regular practitioners first to make sure you have a good exercise plan that protects your feet.
- **Manage underlying conditions.** If diabetes is a factor with your neuropathy, keeping blood sugar well regulated is the most important thing you can do.
- **Check your feet every day.** If you have neuropathy, you might not notice cuts or injuries on your feet until after they've become infected. Checking your feet every day helps reduce the risk of severe complications.



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Getting the Professional Care You Need

Healthy lifestyle changes should always be paired with a comprehensive treatment plan from a peripheral nerve expert, such as Dr. Harvey Danciger. These treatments can help significantly reduce your pain, reliance on medication, and in some cases even allow the nerves to heal and restore lost function.

As a peripheral nerve specialist, Dr. Danciger has been at the forefront of emerging treatment technology, including the innovative use of the MLS laser to bring rapid pain relief and healing to damaged nerves. We've seen some truly remarkable results from patients who have used this treatment option, including those who have suffered from neuropathy for many years.

In fact, we just published a blog on this topic, which you can read by clicking [here](#). You may find it extremely informative!

Of course, we don't just provide laser sessions. We will help you create a customized, comprehensive treatment plan that may include diet recommendations, exercises, custom orthotics, physical therapy—whatever you need to achieve the best possible results.

“YOU HAVE COMPLETELY CHANGED MY LIFE.”

L. HALLEK - PALM SPRINGS, CA

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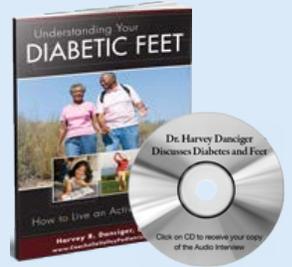
Knowledge is power. If you'd like to learn even more about peripheral neuropathy, we have more free resources you may be interested in. These include:

- If you live in California, you can request a free copy of our short book, *Is Nerve Pain Disrupting Your Lifestyle? There Are Answers and Solutions*. Just fill out the information on the form and we'll send you your copy.
- Regardless of where you live, you can request a free audio file of Dr. Danciger speaking about neuropathy, including causes, preventative measures, and treatments.

After you fill out the form, we'll send you a downloadable file that you can play on your computer or phone, or burn to a CD if you wish.

Remember, if you have neuropathy and you want to give yourself the best chance at protecting (or regaining) your quality of life for as long as possible, you need to seek out an expert and schedule an appointment right away. Putting it off will only cause your problems to increase.

Connect with our Palm Desert office for more information—or to request your appointment—by calling (760) 568-0108.



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