



Everett Foot Clinic

Peripheral Neuropathy

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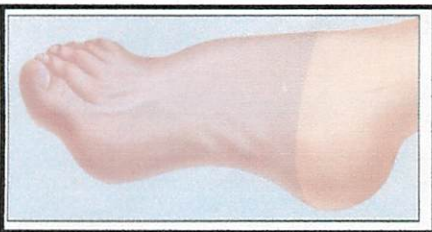
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What Is Peripheral Neuropathy?

Do you feel numbness or strange sensations in your feet? Do you wake at night with the feeling of burning or pins and needles in your feet? Do your feet get blisters or red areas that you can't feel? These can be symptoms of peripheral neuropathy. Peripheral neuropathy is a disease of the nerves in your feet. It may make you unable to sense pain. Lack of pain makes you more likely to injure yourself without knowing it. But you can learn ways to protect your feet from injury.

When Nerves Are Diseased

Nerves in your feet carry signals to your brain. Your brain reads those signals and interprets them as sensations. When nerves in your feet are diseased, signals may never reach the brain. Or, signals may be confused. The result may be a lack of feeling in your feet or other symptoms of peripheral neuropathy.



Symptoms Mask Pain

Symptoms of peripheral neuropathy begin in your toes. The symptoms slowly spread up your feet and legs as more nerve is affected. These symptoms may mask pain. Without pain, you may not notice a cut or even a bone fracture. Cuts may become infected. Fractures may heal poorly and lead to foot deformity.

Physical Exam

Your doctor will ask about your symptoms and check your reflexes. He or she will also check how well you sense pressure, vibration and temperature. To do this, some simple tools will be touched against your feet.



A monofilament checks how well you feel pressure.



A tuning fork checks your response to vibration.

Regular Foot Care

If you have foot numbness, you may not notice cutting yourself while trimming your nails. To prevent problems, your doctor may ask you to visit for nail and callus trimming. See your doctor for foot care as often as suggested.



Your doctor can safely trim your nails during an office visit.

Protecting Your Feet

Learn ways to protect your feet. Check your feet daily for wounds you may not have felt. Avoid burns by testing bath water with your elbow before stepping in. Also to prevent injury always wear shoes.

Check Your Feet Daily

Catch problems early by checking your feet every day for changes. Look at the top and bottom of your feet, your heels, and between your toes. It may help to use a mirror. If this is hard, ask someone to check for you. Call your doctor if you notice a wound, ingrown nail or any changes in your feet. This includes increased heat, swelling and redness.

Wear Proper Footwear

Always wear shoes and socks, even indoors. Ask your doctor how to choose the right shoe. After buying shoes bring them to your doctor to be checked for fit. Take new shoes off every hour or so to check for red pressure areas on your feet. Each time you put on your shoes use your fingers first to feel inside for foreign objects.

Working With Your Doctor

People who have diabetes are more likely to get peripheral neuropathy. If you have diabetes, controlling your blood sugar is the best way to curb nerve damage. Your doctor may ask you to check your blood sugar.



Shoe

Shoe is a word that is used in many different ways. It can refer to the footwear we wear on our feet, or it can refer to the person who wears a shoe. In this article, we will explore the many different meanings of the word shoe.

Shoe as a Footwear

When we think of a shoe, we usually think of the footwear we wear on our feet. Shoes are made of many different materials, including leather, rubber, and cloth. They come in many different styles, including sneakers, dress shoes, and boots. Shoes are an important part of our daily lives, and they can make a big difference in how we feel and how we look.

Shoe as a Person

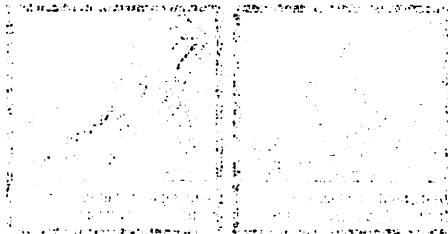
In addition to referring to footwear, the word shoe can also refer to the person who wears a shoe. For example, we might say "the shoe of the team" to refer to the player who is the most important member of the team. In this sense, a shoe is a person who is responsible for the success or failure of a team or organization.

Shoe as a Metaphor

The word shoe can also be used as a metaphor to describe a person or a situation. For example, we might say "the shoe of the moment" to refer to the person who is in the best position to win an election. In this sense, a shoe is a person who is in a position of power or influence.

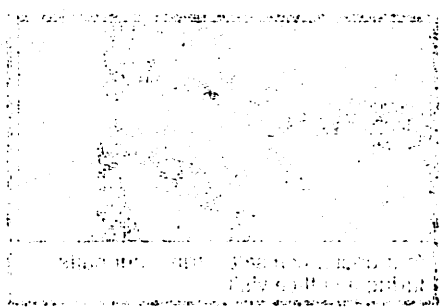
Shoe as a Verb

The word shoe can also be used as a verb to describe the action of putting a shoe on or taking a shoe off. For example, we might say "he shoeed the horse" to mean that he put shoes on the horse's feet. In this sense, a shoe is a person who is responsible for the care and maintenance of a horse.



Shoe as a Noun

The word shoe can also be used as a noun to describe a person who is responsible for the care and maintenance of a horse. For example, we might say "the shoe of the stable" to refer to the person who is responsible for the care of the horses in the stable. In this sense, a shoe is a person who is responsible for the care and maintenance of a horse.



Shoe as a Slang

The word shoe can also be used as a slang term to describe a person who is in a position of power or influence. For example, we might say "the shoe of the company" to refer to the person who is in charge of the company. In this sense, a shoe is a person who is in a position of power or influence.

Shoe as a Symbol

The word shoe can also be used as a symbol to represent a person or a situation. For example, we might say "the shoe of the nation" to refer to the person who is responsible for the care and maintenance of the nation. In this sense, a shoe is a symbol of power and responsibility.

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