NEUROPATHY
AND FEET.
PERIPHERAL NEUROPATHY

20 MILLION SUFFER IN THE US

20 PERCENT OF OLDER AMERICANS

MANY DON'T REALIZE THEY HAVE IT
POORLY UNDERSTOOD
Symptoms vary
IT OFTEN STARTS IN THE FEET
PERIPHERAL NEUROPATHY IN
MOST CASES STARTS AT THE
EXTREMITIES WHERE THE
NERVES ARE THE LONGEST
AND FARTHEST FROM THE
SPINAL CORD AND BRAIN.
Symptoms

The most common symptoms of peripheral neuropathy include burning, numbness, tingling, or shooting or stabbing pain in the toes and/or fingertips. Any change in sensation in the fingers or toes may be a symptom of peripheral neuropathy. Be sure to report any abnormal sensations to your doctor. Those sensations may be the first sign of another problem, such as diabetes.
OVER TIME
IT'S USUALLY SPREADS TO THE ANKLES, LEGS AND ARMS IF THE UNDERLYING CAUSE IS NOT ADDRESSED
SOME COMMON CAUSES:
DIABETES, TOXINS, HIV, TOO MUCH OR TOO LITTLE VITAMINS, KIDNEY OR LIVER FAILURE, CANCER, RHEUMATOID ARTHRITIS, ETC. ETC...
Any time there is a condition with so many causes you can bet that there are many people offering solutions. The weird thing is most of these miracle cures are offering the same miracle cure for a condition that has many different causes. Some of this just doesn’t make sense!
This is a vitamin that I have actually seen good results from in some cases!
I have no experience with this heavily marketed machine. But you would think with all these “cures” no one would have neuropathy.
This is an important article in the current issue of “Wired” Magazine.

END PAIN FOREVER
HOW A SINGLE GENE COULD BECOME A VOLUME KNOB FOR HUMAN SUFFERING
by Erika Hayasaki
art by Sean Freeman
Congenital insensitivity to pain

Erythromelalgia or “Man on Fire” Syndrome

Breakthrough is that a genetic link has been found between these conditions!
Pharmaceutical researchers are now doing clinical trials on a new type of drug that mimics the insensitivity to pain condition in order to treat people with chronic pain. Such a drug would not merely dull inflammation the way ibuprofen does or alter our neurochemistry the way opioids do: it would block the transmission of pain signals from cell to cell without ruinous side effects on the brain or body.

- The article notes that the scale of the problem that this breakthrough could help solve is so vast that it is difficult to appreciate. According to the National Institute of Health, more than one in 10 American adults say that some part of their body hurts some or all of the time. That is more than 25,000,000 people. In study after study, more middle-aged Americans than ever before say they suffer from chronic pain.
My well-worn copy of my favorite neuropathy book.
Shoe recommendations:

- Look for soft materials that breathe
- Shoes should be wide and allow the toes to move freely
- Allow extra width if you use inserts in your shoe
- Lightweight shoes and shoes easy to put on are preferred
- Do not walk barefoot!
Specific shoe recommendations:
(I really hate to do this!)

- Hoka Shoes – these shoes emphasize cushioning
- SAS Freetime for women and Time Out for men
- Nike Air, New Balance (come in widths) other major brands
- Be careful of Sketchers (they often compromise support)
- Ecco and Rockport Shoes (Love Vibram soles!)
- Diabetic Shoes from Dr. Comfort, Apex and Orthofeet
- Custom made shoes, PW Minor etc. Feetz (made from scans)
PERIPHERAL NEUROPATHY INSERTS
THINK SOFT AND COMFORTABLE!
Orthotics vs Shoe Inserts, Custom vs OTC

Custom orthotics – can offer maximum support AND cushioning. Detailed examination by Podiatrist can determine if you need them.

OTC insoles are much less expensive and provide cushioning. But they do not relieve pressure points.

My practice uses our own OTC insoles that we heat mold to the foot and modify to relieve pressure points.
PERIPHERAL NEUROPATHY SOCKS
SOFT, THICK AND A LITTLE LOOSE
The best type of socks for peripheral neuropathy are also the best type of sock for diabetes. I recommend diabetic socks because they will not bind and reduce circulation to the feet. Some people with peripheral neuropathy also like Thorlo type socks which are the double layer of material which provides extra cushioning and wicks the perspiration away from your skin.
GENERAL FOOTCARE

GOOD FOOTCARE IS CRITICAL!
Don’t ever use commercial corn removers or harsh chemicals on your feet!
MISCELLANEOUS HINTS

TO MAKE LIFE BETTER!
Miscellaneous hints:

- Get some long foot and bath brushes
- Get a mirror on a stick so you can check the bottom of your foot
- Test water temperature with your hands - not your feet
- By extra long shoe horns
- Use Velcro instead of shoe laces
- Replace regular shoe laces with elastic shoe laces
- Consider a vibration foot massager for a “quick fix”
- If needed get a handicap parking permit
- Get up and walk around occasionally - especially when you’ve been sitting for a long time
- Take off your shoes every once in a while, wiggle your toes and massage your feet
- If your feet are particularly bothering you try wrapping your feet with an ace bandage through the arch
Thank you