

## THIRD QUARTER 2016 JOURNAL QUESTIONNAIRE

### **What is Peripheral Neuropathy**

Peripheral neuropathy is a disease that can damage nerves in the feet and prevent them from working properly. It's most common in people with \_\_\_\_\_. Neuropathy can also be caused by poor \_\_\_\_\_, injury, and other diseases. When nerves are damaged, you may have changes in sensation, including numbness. Not being able to sense pain makes you more likely to injure your feet without knowing it. Over time, neuropathy can lead to permanent loss of nerve function, as well as bone and joint damage.

### **Common Symptoms**

Some of the most common symptoms of neuropathy maybe \_\_\_\_\_, burning or pain, tingling, or a feeling of "pins and needles".

### **If you have Diabetes**

Diabetes is the leading cause of peripheral neuropathy. Having diabetes also makes it harder to heal from \_\_\_\_\_. In fact, minor foot problems can quickly become serious infections that send you to the hospital.

### **Medical history**

You'll be asked about your health and any history of foot problems. If you have diabetes, you'll also discuss how well controlled your blood sugar levels have been. Be sure to mention any medications, supplements, or herbal remedies you take.

### **Physical Exam**

Your doctor will check how well your \_\_\_\_\_ sense vibrations, pressure, and temperature. To do this, some simple tools will be touched against your feet.

## **Diagnostic Tests**

To find out more about your feet, your doctor may recommend \_\_\_\_\_ tests. These include: Nerve studies which check how well your nerves are functioning. Vascular test study the blood flow in your feet and legs. Imaging tests, such as x-rays or an \_\_\_\_\_, which show bone and joint problems.

## **Treating Peripheral Neuropathy**

After the evaluation, your doctor will talk with you an=bout treatment options. These may include making changes in your diet and exercise habits. Other treatments are used to reduce pain and improve nerve function. Keep in mind an important part of treatment is learning how to \_\_\_\_\_ your feet.

## **Nutrition**

Eating foods that are high in \_\_\_\_\_ can help improve nerve problems caused by poor nutrition. So your doctor may recommend changing your diet. In some cases, vitamin supplements may be needed. If you have diabetes, be sure to \_\_\_\_\_ your blood sugar regularly and follow your meal plan.

## **Exercise**

Daily exercise \_\_\_\_\_ blood flow in your feet. It also increases foot strength and flexibility. Gentle exercises, like \_\_\_\_\_ or riding a stationary bicycle, are best. Also mention if any exercises cause pain, \_\_\_\_\_, or other signs of foot problems.

## **Other Treatment**

The doctor may recommend other treatments for your neuropathy. These include \_\_\_\_\_ and \_\_\_\_\_ to help reduce pain and inflammation. Physical therapy, massage, and electrical nerve stimulation may also help manage pain and improve nerve function.

**Fill in the blanks with these words**

Ointments	Diabetes	Protect	Measure
Nerves	Injuries	Walking	Diagnostic
Vitamin B	Nutrition	Medications	Numbness
Improves	MRI	Redness	

15-13 correct answers = 5 credits

12-10 correct answers = 4 credits

9-7 correct answers = 3 credits

6-4 correct answers = 2 credits

3-1 correct answers = 1 credit