

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