Here is the good news: If it is confirmed that you have peripheral neuropathy, it can be addressed and its progression can be monitored.

Can peripheral neuropathy be cured?

There is no “cure” for peripheral neuropathy. However, there are several things that can be done that may slow down its progression and even partially reverse it. Depending on the reason for your peripheral neuropathy, your healthcare provider will give you a plan of action that you should follow as closely as possible. Just by reading this pamphlet you are taking the important step of educating yourself about peripheral neuropathy.

You also need to manage the risks associated with peripheral neuropathy.

The most important step you can take is to talk to your provider about your symptoms.

Manage Pain

- If you are experiencing pain, discuss your pain management options with your provider.

Make Sure You Sleep Well

- If pain is interfering with your sleep, discuss this with your healthcare provider.

Lower Your Risk for Falls

- Remove all items that may be a tripping hazard around your home.
- Keep items you use often in cabinets you can reach easily without using a step-stool.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home and always use nightlights.

If You Have Diabetes, Practice Good Foot Care

- Check your feet for sores and other injuries every day.
- Have your feet examined each time you see your healthcare provider.
- Wear shoes that fit right and do not rub or pinch your feet, or cause blisters.
- Never walk barefoot or while wearing just socks.
- Make sure you see a podiatrist on a regular basis.

For further questions about your results, please see your healthcare provider.

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https://DPNCheck.com

Protecting Yourself from Peripheral Neuropathy

This pamphlet will help you understand the DPNCheck test and provide you with an overview of peripheral neuropathy.

What is the DPNCheck test?

It is a fast, easy diagnostic test of your nerves. It helps determine whether your nerves are healthy or if you have peripheral neuropathy. The test will also help your healthcare professional determine its severity.

Peripheral neuropathy may have no signs or symptoms until the nerves have been substantially damaged. DPNCheck – using nerve conduction testing – can objectively detect peripheral neuropathy in a clinical setting, often before symptoms occur. The earlier peripheral neuropathy is identified, the earlier your healthcare professionals can put interventions in place to reduce progression and the impact complications may have on your life.

Why would you be given this test?

To better understand your nerve health. If you have diabetes, are over 65, or have other conditions with high prevalence of neuropathy, DPNCheck can help detect peripheral neuropathy even before symptoms arise. This will help you and your healthcare provider put interventions in place to avoid costly complications like pain, foot ulcers and falls.

What does a positive result mean?

A positive test means you probably have peripheral neuropathy.

What is peripheral neuropathy?

Peripheral neuropathy is a form of nerve damage which has no cure and has many causes. Over 50% of those living with diabetes will develop diabetic peripheral neuropathy sometime in their lives. People who are pre-diabetic, overweight, have high blood pressure or have elevated cholesterol levels are also at increased risk. Among people 65 or older, over one-quarter have peripheral neuropathy. The earlier peripheral neuropathy is detected, the sooner your provider can put interventions in place to reduce progression and complications that can significantly impact quality of life.

What are some common symptoms of peripheral neuropathy?

The symptoms of peripheral neuropathy are usually felt first in the feet, though some people may experience them in the hands if the disease is advanced. You may experience some of the following symptoms with your peripheral neuropathy:

- Pain or burning
- Numbness or tingling
- Sensation of pins and needles
- Increased sensitivity to normal touch
- Trouble feeling hot or cold
- Trouble feeling your feet when you walk

What health risks are associated with peripheral neuropathy?

There are several health risks associated with peripheral neuropathy including:

Pain:
You may experience pain which can be severe. It is often described as burning or stabbing pain.

Falls:
People with peripheral neuropathy, especially the elderly, are at a higher risk of falling that may result in serious injuries.

Foot Ulcers:
If you have diabetes and peripheral neuropathy, you are at increased risk of foot ulcers. Ulcers occur most often on the ball of the foot or on the bottom of the big toe. Remember, even though some ulcers do not hurt, every ulcer should be seen by your healthcare provider right away.

Poor Sleep:
The pain associated with peripheral neuropathy may disrupt your normal sleep patterns. The lack of sleep can then increase your sensitivity to pain and generally harm your health.