

# Burning Pain or Tingling Sensation in Hands or Feet: Understanding Peripheral Neuropathy

Peripheral neuropathy is a condition that affects the nerves that send signals from the brain and spinal cord to the rest of the body. These nerves are called peripheral nerves, and they run throughout the body, including the arms, legs, hands, and feet.

When peripheral nerves are damaged, it can cause a variety of symptoms, including:



## Burning Pain or Tingling Sensation in Hands or feet

by Lawrence Kelter

★★★★★ 5 out of 5

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- Burning pain or tingling sensation in the hands or feet
- Numbness or loss of sensation in the hands or feet
- Weakness in the hands or feet
- Difficulty walking

- Balance problems
- Bowel or bladder problems
- Sexual dysfunction

Peripheral neuropathy can be caused by a variety of factors, including:

- Diabetes
- Alcoholism
- Chemotherapy
- HIV/AIDS
- Guillain-Barré syndrome
- Lead poisoning
- Vitamin B12 deficiency

In some cases, the cause of peripheral neuropathy is unknown.

The symptoms of peripheral neuropathy can range from mild to severe. In some cases, peripheral neuropathy can be temporary, while in other cases it can be permanent.

## **Diagnosis**

Peripheral neuropathy is diagnosed based on a physical examination and a review of the patient's medical history. The doctor may also order blood tests, nerve conduction studies, and electromyography (EMG) to confirm the diagnosis.

## **Treatment**

The treatment for peripheral neuropathy depends on the cause of the condition. In some cases, treatment may not be necessary. However, if the peripheral neuropathy is caused by an underlying medical condition, such as diabetes or alcoholism, treating the underlying condition may help to improve the symptoms of peripheral neuropathy.

There are a variety of medications that can be used to treat peripheral neuropathy, including:

- Pain relievers, such as acetaminophen or ibuprofen
- Antidepressants, such as amitriptyline or duloxetine
- Anticonvulsants, such as gabapentin or pregabalin
- Opioid pain relievers, such as oxycodone or morphine

In some cases, surgery may be necessary to treat peripheral neuropathy. Surgery may be used to remove a tumor that is compressing a nerve or to repair a nerve that has been damaged.

## **Natural Remedies**

In addition to medical treatment, there are a number of natural remedies that may help to relieve the symptoms of peripheral neuropathy. These remedies include:

- Vitamin B12 supplements
- Alpha-lipoic acid supplements
- Acupuncture

- Massage therapy
- Yoga

## Home Care

There are a number of things that you can do at home to help relieve the symptoms of peripheral neuropathy, including:

- Applying warm or cold compresses to the affected area
- Taking over-the-counter pain relievers, such as acetaminophen or ibuprofen
- Getting regular exercise
- Eating a healthy diet
- Managing your blood sugar levels, if you have diabetes
- Limiting your alcohol intake
- Quitting smoking

Peripheral neuropathy can be a debilitating condition, but it is important to remember that there are a number of treatment options available. With proper treatment, most people with peripheral neuropathy can manage their symptoms and improve their quality of life.



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