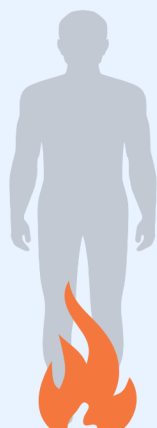


ABOUT PERIPHERAL NEUROPATHY

When the nerves in your feet aren't functioning as they should due to damage or disease, it can result in significant pain or sensation loss, and even greatly increase your risk of dangerous complications. However, help is available. Read on to learn more about this common disease.

SYMPTOMS

Nerves are responsible for transmitting messages and sensations back and forth from the body to the brain. When that communication network is disrupted, a wide variety of unwanted sensations and symptoms can occur.



BURNING



TINGLING



NUMBNESS



COLD FEET



MUSCLE WEAKNESS



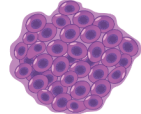
DISRUPTED SLEEP

CAUSES

Diabetes is the most common cause of peripheral nerve damage, but far from the only one.



DIABETES



TUMORS



MEDICATIONS



INFECTIONS



**PHYSICAL
TRAUMA**



**AUTOIMMUNE
DISORDERS**



**VITAMIN
DEFICIENCIES**

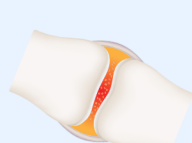
PREVENTION

Fortunately, healthy habits can reduce your risk of developing nerve damage, or help you slow the progression of an existing condition.

Managing medical conditions that heighten the risk of nerve issues:



DIABETES

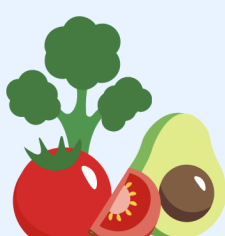


**RHEUMATOID
ARTHRITIS**



ALCOHOLISM

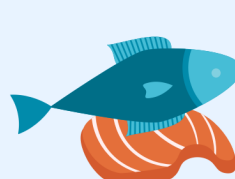
Foods that are particularly helpful:



VEGETABLES



HEALTHY FATS



LEAN PROTEIN

TREATMENT

As a fellow of the Association of Extremity Nerve Surgeons, Dr. Kevin J. Powers has advanced training in the field of peripheral neuropathy. Our office provides a wide variety of effective treatment solutions that can help you overcome your neuropathy symptoms for good.



**PHYSICAL
THERAPY**



**INTRAVENOUS
IMMUNE GLOBULIN**



MEDICATIONS



ELECTRICAL STIMULATION



SURGERY



Concerned? Talk To Us!

When damaged nerves impact your feet, and especially if they increase the risk of dangerous situations, it is time to seek professional care. Dr. Powers provides the effective treatment you need, so contact us by calling (812) 333-4422 or request your appointment with our Bloomington, IN office online today.

Kevin J. Powers, DPM

1791 West 3rd St., Bloomington, IN 47403

Bloomingtonpodiatrist.com | (812) 333-4422