

FootHuggers Comfort Socks have been found to help people suffering with: Peripheral Neuropathy

Peripheral Neuropathy -

Peripheral neuropathy is a term used to describe disorders of your peripheral nervous system. Your nerves provide communication between your brain and your muscles, skin, internal organs and blood vessels. When damaged, your nerves can't communicate properly, and that miscommunication causes symptoms such as pain or numbness.

Peripheral neuropathy often affects people with diabetes and autoimmune diseases such as rheumatoid arthritis and lupus. Certain vitamin deficiencies, some medications and alcoholism can also damage peripheral nerves.

Treating the underlying condition may relieve some cases of peripheral neuropathy. In other cases, treatment of peripheral neuropathy may focus on managing pain. Peripheral nerves have a remarkable ability to regenerate themselves, and new treatments for peripheral neuropathy using nerve growth factors or gene therapy may offer even better chances for recovery in the future.

The extensive network of peripheral nerves includes the motor nerves, which help your muscles contract, and the sensory nerves, which allow you to feel a range of sensations. In addition, your peripheral nerves help control some of the involuntary functions of the autonomic nervous system, which regulates your internal organs, sweat glands and blood pressure.

Unfortunately, peripheral nerves are fragile and easily damaged. Damage to a peripheral nerve can interfere with the communication between the area it serves and your brain, affecting your ability to move certain muscles or feel normal sensations. Your symptoms will depend on the cause of your neuropathy and on which nerve or nerves are involved.

If a sensory nerve is damaged, you may experience: pain, numbness, tingling, muscle weakness, burning, or loss of feeling. These symptoms often begin gradually. You may have a tingling sensation or numbness that starts in your toes or the balls of your feet and spreads upward. Tingling might also begin in your hands and extend up your arms. In some cases your skin may become so sensitive that the slightest touch is agonizing. You may also have numbness, or even a complete lack of feeling, in your hands or feet. At times your symptoms may be barely noticeable, and some people go years without realizing anything is wrong. For others, symptoms are constant, and especially at night may be almost unbearable.

When damage occurs to several nerves, the cause frequently is diabetes. At least half of all people with diabetes develop some type of neuropathy. Unfortunately, it's not always easy to pinpoint the cause of peripheral neuropathy. In fact, if your neuropathy isn't associated with diabetes, it's possible the cause may never be found.

Having diabetes places you at high risk of developing peripheral nerve damage. In fact, at least half of people with diabetes have some form of neuropathy. The risk increases the longer you have diabetes, and is highest for those who've had the disease for more than 25 years. Your risk is even greater if you are older than 40 or have difficulty

controlling your blood sugar level.

Although researchers don't understand exactly how damage occurs, a high blood sugar level seems to impair your nerves' ability to transmit signals. You can help reduce your risk by carefully following a medically approved plan for keeping your blood sugar level as close to normal as possible.

Your risk of developing peripheral neuropathy is also higher if you have one or more of the following risk factors:

Vitamin deficiency. A lack of certain vitamins, especially B-1 (thiamin) and B-12 makes peripheral neuropathy more likely.

Immune system disorders. You're more likely to develop peripheral neuropathy if you have an autoimmune disease, such as lupus or rheumatoid arthritis, or if your immune system is compromised by the human immunodeficiency virus (HIV) or AIDS.

Alcohol abuse. Excessive drinking of alcohol can affect your nervous system, causing numbness of your hands and feet.

Repetitive stress. A job or hobby that puts stress on one nerve for long periods of time increases your chances of developing peripheral neuropathy. In carpal tunnel syndrome, for example, the median nerve that extends through your wrist into your fingers becomes compressed. Repetitive assembly line work or work involving prolonged, heavy gripping can compress the median nerve. Playing golf, tennis or a musical instrument and using vibrating

power tools or even crutches also can put pressure on peripheral nerves.

Toxic substances. Exposure to some toxic substances can make you susceptible to peripheral nerve damage. These substances include heavy metals, such as lead, mercury and arsenic; organic solvents; and certain medications, such as those used to treat cancer or AIDS.

Peripheral neuropathy isn't a single disease, but rather a syndrome with many causes. For that reason it can be difficult to diagnose. To help in the diagnosis, your doctor will likely take a full medical history and perform a physical and neurological exam that may include checking your tendon reflexes, your muscle strength and tone, your ability to feel certain sensations, and your posture and coordination.

Diabetic neuropathy may cause a number of complications. Damage to the nerves in your feet, along with poor circulation, can lead to ulcers and even gangrene. But it's not only your feet that are vulnerable — diabetes-related neuropathy can affect any organ in your body.

The goal of treatment is to manage the underlying condition causing your neuropathy and repair damage, as well as provide symptom relief. If your doctor hasn't been able to determine the cause of your neuropathy, he or she may try a variety of medications to see which help ease your symptoms.

Controlling a chronic condition may not eliminate your neuropathy, but it can play a key role in managing it. Here's what your doctor may recommend for treating various underlying conditions:

The best way to prevent peripheral neuropathy is to carefully

manage any medical condition that puts you at risk. That means controlling your blood sugar level if you have diabetes or talking to your doctor about safe and effective treatments if you think you may have a problem with alcohol.

Whether or not you have a medical condition, eat a healthy diet that's rich in fruits, vegetables, whole grains and lean protein. The best food sources of vitamin B-12 are meats, fish, eggs, low-fat dairy foods and fortified cereals. If you're a strict vegetarian, fortified cereals are a good source of vitamin B-12 for you, but you may also want to talk to your doctor about B-12 supplements.

Take care of your feet, especially if you have diabetes. Check your feet daily for signs of blisters, cuts or calluses. Tight shoes and socks can worsen pain and tingling and may lead to sores that won't heal. Wear soft, comfortable socks like **FootHuggers** when ever possible.

FootHuggers Comfort Socks have many features that customers have discovered help with their Neuropathy symptoms.

Burning sensation – FootHuggers reduce or eliminate this sensation.

General foot pain – FootHuggers again reduce or eliminate this discomfort.

Extreme sensitivity – Many customers wear FootHuggers at bedtime to eliminate the discomfort of even bedsheets touching their feet.

Cold feet – FootHuggers help everyone with cold feet!

As a customer told us: **"My mom has Neuropathy in her feet really bad from chemotherapy. Her feet always**

are cold and yet feel like they are burning. I gave her a pair of socks for Christmas and she absolutely LOVES them! That's why I am now ordering more. Thank you!