



Diagnosis and Treatment of Peripheral Nerve Entrapments and Neuropathy, An Issue of Clinics in Podiatric Medicine, 1e (The Clinics: Orthopedics)

Babak Baravarian DPM

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Peripheral neuropathy affects at least 20 million people in the United States. Nearly 60% of all people with diabetes suffer from peripheral neuropathy. It can be associated with poor nutrition, a number of diseases, and pressure or trauma. Many people suffer from the disorder without ever identifying the cause. Peripheral neuropathy produces symptoms such as weakness, muscle cramps, twitching, pain, numbness, burning, and tingling (often in the feet and hands). Neuropathic pain is often worse at night, seriously disrupting sleep and adding to the emotional burden of sensory nerve damage. Neuropathy does not usually clear up unless the underlying problem is relieved or removed. Controlling a chronic condition may not eliminate neuropathy, but it can play a key role in managing it. Depending on the cause, neuropathy may be relieved by medications, vitamin supplements, physical or occupational therapy, splinting, or surgery. Dr. Babak Baravarian is a podiatric foot and ankle specialist. He is currently a member of UCLA Medical Group, chief of podiatric surgery at Santa Monica/UCLA medical center, and an assistant clinical professor at the UCLA School of Medicine. He also serves as co-director of The Foot and Ankle Institute.

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