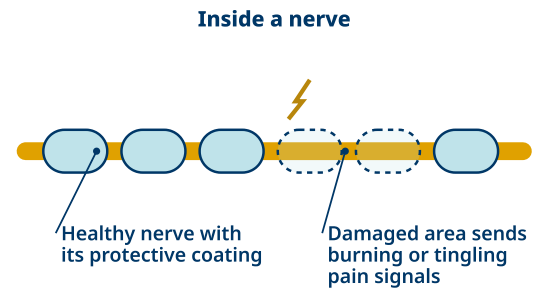


Neuropathic Pain

What it is

Neuropathic pain is pain caused by damaged or irritated nerves. It often feels like burning, shooting or pins and needles. Diabetes, shingles, injury and spine problems are common causes.



Common symptoms

- Burning or shooting pain
- Pins and needles
- Numbness
- Sensitivity to light touch
- Pain that is worse at night

Self-care tips

- Check your feet every day for cuts or sores if they are numb.
- Keep blood sugar in your target range if you have diabetes.
- Gentle activity and good sleep may help you cope with pain.
- Take medicines exactly as prescribed. Some take weeks to help.

What to expect at GSMC

At your visit: We ask about your symptoms and examine you.

Tests: You may need X-rays, an MRI or other tests. Not everyone needs them.

Your plan: We talk about your options, starting with the simplest steps. We decide together.

When to call us

- A foot sore that does not heal, or looks red or swollen
- Numbness or weakness that is spreading or getting worse
- Side effects from your medicines

Call 911 or go to the emergency room for loss of bladder or bowel control, numbness in the groin or inner thighs, or sudden leg weakness.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/conditions/neuropathic-pain/



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This handout is general information and is not a substitute for medical advice.