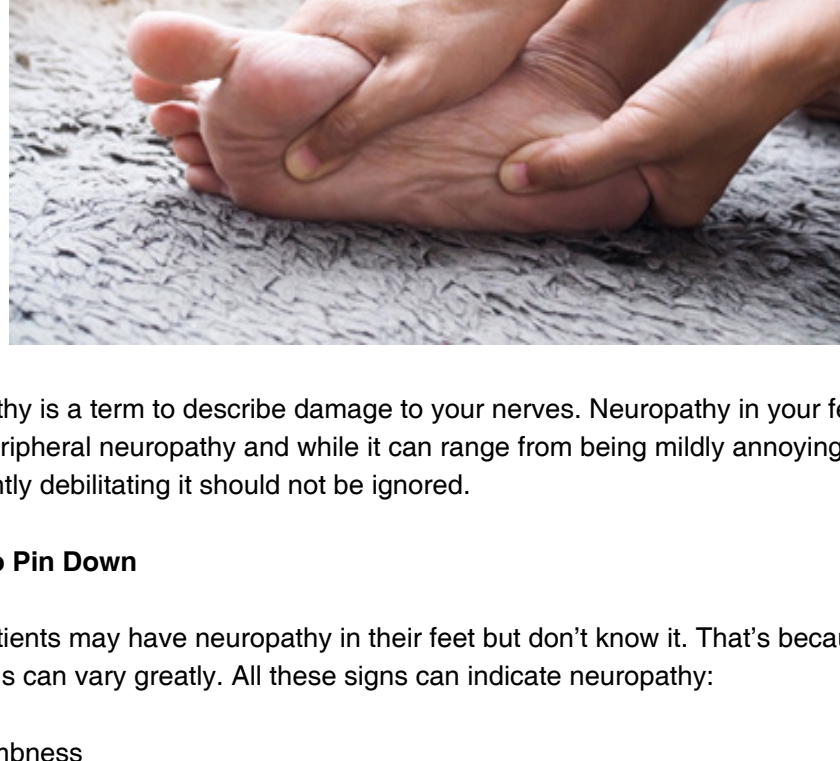




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Neuropathy and Your Feet



Neuropathy is a term to describe damage to your nerves. Neuropathy in your feet is called peripheral neuropathy and while it can range from being mildly annoying to significantly debilitating it should not be ignored.

Tricky to Pin Down

Many patients may have neuropathy in their feet but don't know it. That's because the symptoms can vary greatly. All these signs can indicate neuropathy:

- Numbness
- Prickling or tingling feeling in toes or feet
- Burning
- Throbbing or shooting pain
- Cramping
- Muscle weakness
- Feeling like you're wearing an invisible sock
- Extreme sensitivity to touch

Since there are three different types of nerves—motor, sensory and autonomic—and nerve damage can affect any or all of them, symptoms may also include excessive sweating or loss of balance.

These symptoms may develop gradually or come on suddenly. The discomfort may be constant or come and go and for many patients; symptoms are worse at night. Usually, sensations are experienced in both feet equally.

Neuropathy Causes

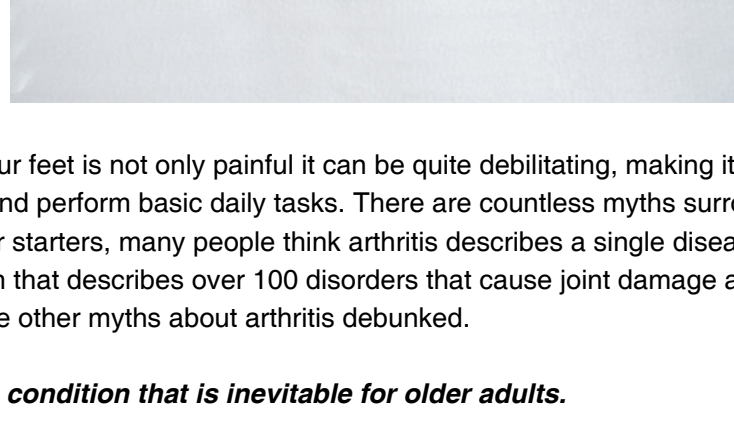
There are many disorders and conditions that can result in neuropathy. The more common ones include:

- Diabetes—this is one of the most frequent reasons patients develop neuropathy. Approximately 60% of diabetics experience a degree of nerve damage. In fact, for some patients, symptoms of neuropathy in the feet are what lead to a diagnosis of diabetes.
- Medications and medical treatments—chemotherapy and medications used to treat HIV/AIDS may have neuropathy as a side effect, as well as certain anticonvulsant drugs and blood pressure meds.
- Alcoholism
- Autoimmune diseases—such as rheumatoid arthritis, celiac disease, and lupus
- Kidney failure
- Vitamin and nutrition deficiency

Unfortunately, for some people, no cause is found for their neuropathy. There are, however, certain factors that increase your risk for developing neuropathy, including being over 40, having high blood pressure, and being overweight.

If you are experiencing any of the above symptoms, it's important that you talk to your podiatrist about them. Neuropathy can lead to serious podiatric problems and falls. Your foot doctor will help determine the cause of the neuropathy and appropriate treatment to manage it.

5 Myths about Arthritis



Arthritis in your feet is not only painful it can be quite debilitating, making it difficult to stand, walk and perform basic daily tasks. There are countless myths surrounding this condition. For starters, many people think arthritis describes a single disease, but it is an umbrella term that describes over 100 disorders that cause joint damage and pain. Below are five other myths about arthritis debunked.

Arthritis is a condition that is inevitable for older adults.

Osteoarthritis—the "wear and tear" arthritis that results from a breakdown of cartilage in the joints over time—is the most prevalent form of arthritis. However, it is not a forgone conclusion that all older people will develop arthritis. In fact, there are several ways to reduce your risk and even prevent arthritis. These include maintaining a healthy weight, exercising regularly, and not smoking. Talk to your podiatrist about your risk factors and a strategy for keeping your joints healthy.

Arthritis makes it too painful to exercise.

Exercise is an important therapy in treating arthritis. Regular movement helps prevent joint stiffness and increases range of motion. There are exercises that can be done without putting strain on painful areas. Check out the National Arthritis Foundation for [exercise options](#).

Medication is the only way to treat arthritis.

A multi-pronged treatment plan is more effective than medication alone. Your physician can help you design a plan utilizing complementary therapies, physical therapy, diet, and exercise. Depending on the type of arthritis you have alternative therapies such as acupuncture, nutritional supplements and massage may all be beneficial.

Arthritis is purely a physical condition.

Arthritis symptoms can increase stress and stress can worsen your joint disease symptoms creating a vicious, no-win situation. Chronic pain can lead to poor sleep and fatigue which in turn can make you less willing or able to participate in the self-care that will help alleviate your symptoms such as exercise. Ongoing stress can cause your muscles to tense and inflame your body's inflammatory response, increasing joint pain and damage. Develop strategies to combat stress such as joining a support group for people with arthritis, being available to talk to family and friends regularly, and taking relaxation breaks throughout the day by sitting quietly and breathing deeply or taking a brief walk in a beautiful setting.

Diet is unrelated to joint pain.

Not true. Sugar, fried and processed foods can all trigger an inflammatory response and increase pain from arthritic conditions. Conversely, there are also many foods such as berries, fatty fish, and green vegetables that can reduce pain. Avoiding being overweight is also a way to reduce arthritis symptoms.

If you're diagnosed with arthritis, explore the numerous options available for slowing the progression of the disease and improving your quality of life.

Client Reviews

Lisa Marie S. ★★★★★

Dr. Fillari is thorough, educates, and is pleasant and knowledgeable. He takes time to listen. He truly appreciates you as a patient and enjoys his work!

Ella F ★★★★★

I always receive excellent service. The receptionist and Podiatrist is very friendly and helpful. Everything is always done in a timely and professional manner.

» Monroe Township

» Neptune NJ

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