

Low Back or Leg Pain

Do you have ...

- Pain in your low back, buttocks, thighs, lower legs or feet?
- Shooting pain or burning down your leg?
- Numbness or tingling in your legs or feet?
- Weakness in your legs or feet?

Low Back Pain or Leg Pain (often referred to as Sciatica) are extremely common conditions affecting millions of people. The pain can range from mild to excruciating.

These symptoms may be caused by strains, sprains, arthritic conditions or they may be caused by pinching or irritation of the nerves that travels from the spine to the legs.

Diabetic Peripheral Neuropathy

If you have Diabetes, Do you have ...

- Pain or burning in your feet?
- Numbness or tingling in your feet or hands?
- A pins & needles feeling in your feet?
- Increased sensitivity to touch? For example, it hurts to have bed covers touch your feet.
- Weakness in your feet, legs or hands?
- Trouble feeling your feet when you walk?

About 60-70% of people with Diabetes have nervous system damage. Diabetic peripheral Neuropathy (DNP) is a common, chronic and disabling complication of diabetes. Some patients experience symptoms such as burning, tingling, or numbness. Many other patients do not show any obvious symptoms.

A nerve conduction study can help your doctor make an accurate diagnosis.

Hand & Wrist Pain (Carpal Tunnel Syndrome)

Do you have ...

- Frequent tingling or numbness in the palm and fingers?
- Numbness or tingling in the fingers or hands that gets worse during the day?
- Symptoms that wake you up at night?
- Decreased grip strength, difficulty forming a fist or performing tasks with your hands?

Carpal Tunnel Syndrome is caused by pressure on the median nerve as it travels through the wrist. The space where this occurs is called the Carpal Tunnel.

The result may be pain, weakness, or numbness in the hand and wrist, and may move up the arm. Although these symptoms may indicate other conditions, Carpal Tunnel Syndrome is often the cause.

Carpal Tunnel Syndrome is also frequently diagnosed in patients with diabetes.

What is a Nerve Conduction Study?



A nerve conduction study is a simple, painless and non-invasive test that allows your physician to measure the health of specific nerves. The procedure involves delivering a small electric pulse at one point on a nerve and measuring the response at another point.

The nerves are stimulated at various locations depending on your symptoms. Results are immediately available to your physician so that you can begin a treatment plan quickly. Tests are conducted in your doctor's office and are usually completed in 20 minutes or less.



Talk to your doctor about your symptoms

What are neuropathies and how do they affect me?

Neuropathies are injuries or diseases of the nerves and they affect millions of people every day. Early diagnosis and treatment can minimize potential long-term harm.

You may have experienced:

- Pain
- Burning
- Numbness
- Tingling

There are many possible reasons for this discomfort or pain, which may include certain nerve conditions.

Some common types of nerve conditions (neuropathies) are:

- Low Back or Leg Pain
- Diabetic Peripheral Neuropathy
- Carpal Tunnel Syndrome

An accurate diagnosis is necessary for the best treatment results, because treatments will vary, depending on the cause of the symptoms.

As part of your exam, your doctor can conduct a convenient, painless nerve test.

TALK TO YOUR DOCTOR if you have experienced any of the symptoms listed inside this brochure.

NeuroMetrix Advance Nerve Conduction Studies

We use the most advanced NeuroMetrix systems for the accurate diagnosis of nerve disorders.

This procedure is totally pain-free and takes less than 20 minutes.

Comprehensive results are available within 24 hours of the test for an earlier diagnosis and treatment.

To arrange an appointment for NeuroMetrix Conduction Studies please contact:

1. Rheumatology Clinic at the Aut Even Hospital, Freshford Road, Kilkenny.
Tel: 056-7721726, 056-7775146
2. Rheumatology Clinic, Suite 6 at the Whitfield Clinic, Cork Road, Waterford.
Tel: 051-359921
3. Rheumatology Clinic, Suite 8, Balinderry Clinic, St. Francis Private Hospital, Mullingar, Co. Westmeath.
Tel: 044-9329945

Are you living with...

Pain?

Tingling?

Numbness?

Weakness?



Lower Back or Leg Pain



Diabetes

with Discomfort in Feet or Hands



Hand & Wrist Pain

Your doctor can diagnose these conditions and get you on the road to recovery.