

PATIENT INFORMATION SHEET

SYMPTOM OVERVIEW

UNDERSTANDING NUMBNESS, WEAKNESS, OR TINGLING IN THE EXTREMITIES



- Sensations of numbness, weakness, or "pins and needles" in the arms, hands, legs, or feet.
- These sensations can be persistent, intermittent, or progressively worsening.

WHAT IT MIGHT INDICATE

- Common conditions: These symptoms can be due to nerve compression or irritation, such as that caused by carpal tunnel syndrome, sciatica, or herniated discs.
- They might also be indicative of peripheral neuropathy, which can be caused by diabetes, certain medications, or other conditions.
- Other causes include vitamin deficiencies, vascular disorders, or, in rare cases, diseases like multiple sclerosis or Guillain-Barré syndrome.
- Please note: This document is not intended for self-diagnosis. Persistent or worsening symptoms should be evaluated by a healthcare professional.

IMMEDIATE ACTIONS

- Take note of any specific triggers or activities that exacerbate or relieve the symptoms.
- Avoid repetitive motions or prolonged positions that could be compressing nerves.
- If the numbness or weakness is sudden and localized to one side of the body or accompanied by other serious symptoms (like confusion, dizziness, or severe headache), seek immediate medical attention.

WHEN TO CONTACT US



- If you are experiencing consistent or worsening numbness, weakness, or tingling in your extremities, consider contacting us to arrange an online consultation with our specialists.
- If you're seeking further guidance, alternative treatment options, or a second opinion, our service can provide expert advice and specialist referrals.

WHAT TO EXPECT DURING OUR ONLINE CONSULTATION

- Our specialist will inquire about your symptoms, medical history, and any medications you're taking.
- You may be asked to describe the sensations in detail, including their onset, duration, and any patterns you've noticed.
- Further diagnostic tests (like nerve conduction studies, electromyography, or imaging) may be recommended based on your symptoms and history.




PREPARATION FOR YOUR APPOINTMENT

- Be ready to discuss in detail the sensations you've been experiencing and their impact on your daily activities.
- Compile a list of all medications and supplements you're taking, including dosages.
- Ensure you're in a quiet, well-lit room with a stable internet connection for the video call.
- Have any questions about your symptoms, potential causes, or treatment options written down and ready to ask.

DISCLAIMER

This information sheet is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your healthcare provider with any questions or concerns you may have regarding your condition.

CONTACT US

-  www.healwise.net
-  info@healwise.net
-  [Book a Free Consultation](#)

