

# PATIENT INFORMATION SHEET

## SYMPTOM OVERVIEW

### PROGRESSIVE LOSS OF SENSATION IN SPECIFIC BODY REGIONS



- Gradual loss of sensation or numbness in the buttocks, inner thighs, or back of the legs.
- These changes may develop slowly over time and can be accompanied by weakness or changes in bowel or bladder function.

### WHAT IT MIGHT INDICATE

- Common conditions: This could be due to nerve compression caused by herniated discs, spinal stenosis, or other spinal disorders.
- It might also indicate serious conditions like cauda equina syndrome (compression of the nerve roots), which is a medical emergency.
- Other potential causes include neurological conditions such as multiple sclerosis or peripheral neuropathy.
- Please note: This document is not intended for self-diagnosis. A progressive loss of sensation should be evaluated by a healthcare professional, especially if associated with other symptoms.

### IMMEDIATE ACTIONS

- If the loss of sensation is accompanied by sudden changes in bowel or bladder control, severe weakness, or other neurological deficits, seek immediate medical attention.
- Avoid activities that exacerbate pain or numbness, particularly those involving heavy lifting or straining.
- Note the progression of symptoms, including any activities or positions that relieve or worsen them.

## WHEN TO CONTACT US



- If you're experiencing a progressive loss of sensation that affects your daily activities or quality of life, 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 and their progression in detail, including any specific patterns you've noticed.
- Further diagnostic tests (like MRI, CT, or nerve conduction studies) or referrals to neurologists or spine specialists may be recommended based on your symptoms and history.

### PREPARATION FOR YOUR APPOINTMENT

- Be ready to discuss in detail the changes in sensation you've been experiencing and their impact on your daily life.
- 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



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