

PATIENT INFORMATION SHEET

SYMPTOM OVERVIEW

UNDERSTANDING SENSATION CHANGES IN LIMBS



- Experiencing altered sensations in the limbs, such as increased sensitivity to touch or temperature, numbness, or a "pins and needles" feeling.
- These changes may occur without a known injury and can affect one or multiple areas.

WHAT IT MIGHT INDICATE

- Common conditions: This could be due to temporary issues such as pressure on nerves or reduced blood circulation from sitting or lying in one position for too long.
- It might also indicate conditions like peripheral neuropathy, often due to diabetes or other systemic illnesses, or nerve compression syndromes such as carpal tunnel syndrome.
- Other potential causes include spinal cord injuries, multiple sclerosis, or, in rare cases, stroke.
- Please note: This document is not intended for self-diagnosis. Persistent or worsening sensation changes should be evaluated by a healthcare professional.

IMMEDIATE ACTIONS

- If the sensations are temporary and associated with a certain position, adjust your posture or move around to alleviate them.
- Monitor the affected areas for any skin changes, injury, or signs of infection, especially if there is numbness.
- If these changes are sudden, severe, or associated with weakness or difficulty moving, seek immediate medical attention.

WHEN TO CONTACT US



- If you're experiencing persistent changes in sensation that don't resolve on their own or affect your daily activities, 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 any related symptoms in detail.
- Further diagnostic tests (like nerve conduction studies, MRI, or blood tests) or referrals to neurologists or other specialists may be recommended based on your symptoms and history.




PREPARATION FOR YOUR APPOINTMENT

- Be ready to discuss in detail the sensation changes you've been experiencing, their onset, and any potential triggers or alleviating factors.
- 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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-  [Book a Free Consultation](#)

