

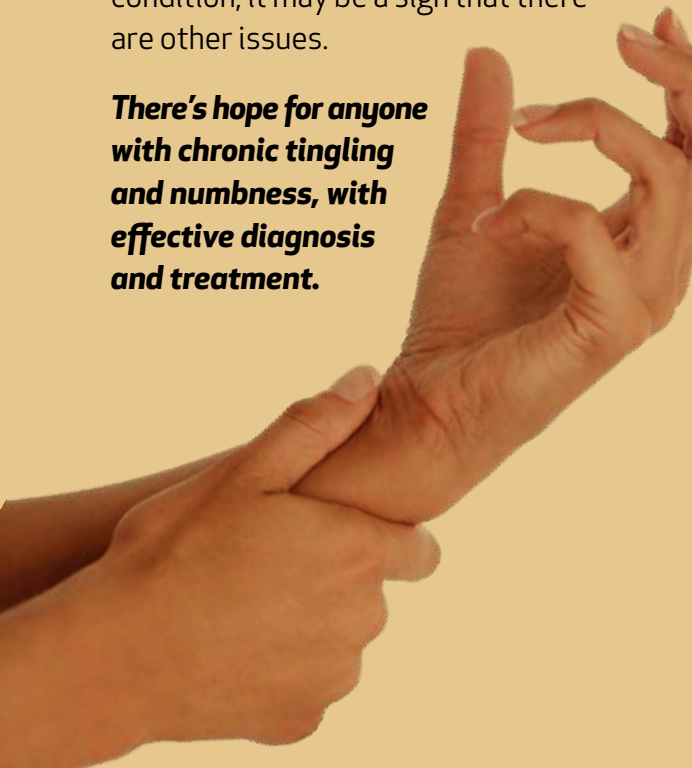
Tingling & Numbness

Normal? Or a Nerve Problem?

Tingling and numbness are abnormal sensations that can occur anywhere in your body, but are often felt in your fingers, hands, feet, arms, or legs. Could it be a sign of a nerve problem?

Sometimes called sensory loss, you may know the feeling as “pins and needles,” like when a limb falls asleep. The medical term for this is paresthia. Although it’s not a condition, it may be a sign that there are other issues.

There’s hope for anyone with chronic tingling and numbness, with effective diagnosis and treatment.



MIR Neurology and Spine Center

Founded by respected neurologist Dr. Sarim Mir in 1996, Mir Neurology is an outpatient only office that specializes in the diagnosis of musculoskeletal conditions. With locations in Hagerstown and Cumberland, MD, we serve patients in the communities of Western Maryland and the Tri State Region.

We work closely with primary care, orthopedic and podiatry specialists, as well as plastic surgeons, neurosurgeons and nephrologists around the region. Employing the most advanced diagnostic testing, we can accurately diagnose and successfully treat a wide range of neurological conditions.

Specializing in Fast, Accurate Diagnosis:

- Nerve Conduction Study (NCS)
- Electromyography (EMG)
- Epidermal Nerve Fiber Density Testing (ENFD)



**Online at www.mirneurology.com
301-797-7600**

Office Hours: 8:00am - 4:00pm

Sarim R. Mir, M.D.

Board Certified in Neurology

Board Certified in Clinical Neurophysiology

IN HAGERSTOWN:

11110 Medical Campus Rd.
Suite 151
Hagerstown, MD 21742

IN CUMBERLAND:

600 Memorial Ave.
Suite 304
Cumberland, MD 21502



TINGLING & NUMBNESS



Symptoms,
Diagnosis &
Treatment

An Informational
Supplement from
MIR Neurology



When Tingling & Numbness is a Problem

Chronic tingling and numbness could indicate there is a problem with the nerves. For example, in older individuals poor circulation in the limbs can cause these sensations. Poor blood circulation can also leave the nerves without proper supply of blood and nutrients.

Irritation to the nerves from inflammation of the surrounding tissues can also cause tingling and numbness, such as with Carpal Tunnel Syndrome and Rheumatoid Arthritis. Nerves can become compressed due to inflammation. If not addressed, this compression can cause permanent nerve damage over time.

Other Causes of Tingling & Numbness

Use of certain medications, lack of vitamin B12, abnormal levels of calcium, potassium or sodium in your body, stress, and simply remaining in the same seated or standing position too long can all cause tingling and numbness. Some of the more common medical conditions that cause it are:

- Rheumatoid Arthritis
- Diabetes
- Multiple Sclerosis
- Strokes
- Underactive Thyroid
- Migraines



Main Causes of Tingling & Numbness

A pinched nerve – or radiculopathy – is when a nerve becomes pinched or compressed, thus reducing blood flow and producing pain and weakness. This could come from sudden trauma from an accident or a sports-related injury. Herniated, bulging, or degenerative discs in your back may also cause pinched nerves. Patients with Carpal Tunnel Syndrome very often experience tingling and numbness due to a pinched or compressed nerve.

Injuries to the nerves in your neck may cause numbness anywhere along your arm or hand, while a lower back injury can cause tingling and numbness down the back of your leg.

Because numbness can cause decrease in feeling, you may be more likely to accidentally injure a numb hand or foot. Take care to protect the area from cuts, limbs, bumps, bruises, or other injury.



Determining Treatment & Getting Relief

Treatment of the underlying condition can reverse your symptoms and prevent them from becoming worse. Sometimes, treatment for tingling and numbness can be treated easily and without invasive procedures.

- If you have carpal tunnel syndrome or low back pain, your doctor may be able recommend exercises to do at home or physical therapy.
- Low levels of vitamins can be treated with vitamin supplements.
- If the cause of your tingling and numbness is from medications, dosages may be switched or adjusted.
- Sometimes, surgery may be necessary, as well.



Dr. Mir and your referring physician will determine what treatment is best for you.

Diagnosis is Our Strength

One test that Dr. Mir may use is an **Electromyogram (EMG)**. The EMG measures and records electrical activity in the muscles and nerves

of the affected area. This is very helpful in determining the cause of your symptoms. The test consists of two parts:

The first part of the test is called Nerve Conduction Study. During this test, brief electrical shocks are delivered to your arm or leg to evaluate the status of the peripheral nerve fibers by recording how well small electrical impulses travel through the nerve fibers.

Nerves work like an electrical wire, similarly to a wire in the wall switch that turns on a light. If you want to see if the wire is functioning properly, the easiest thing to do is to run electricity through it.

Injury or disease to the nerve or nerve fibers can impair this electrical transmission.

The second part of the test is the Electromyography (EMG) which consists of a needle examination. This involves using a small needle as a probe and recording device. Needles are thin, fine and about one and a quarter inches long, and there are no electrical shocks during the needle exam.

EMG directly records electrical activity in the muscle cells. This test can help determine the cause or extent of muscle weakness, spasm, pain, inflammation, or paralysis in the limbs, spinal area, or even the face. Usually five to six muscles are sampled in one extremity.