



# WESTERN NEUROPATHY ASSOCIATION

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## HOW DO I DESCRIBE WHAT I HAVE? Support Group Manual, Neuropathy Alliance of Texas

Three examples to help you describe your neuropathy to others.

### Short Description

“I have neuropathy, a disease of my nerves/damage to my nerves. In my case it causes \_\_\_\_\_ (pain, burning, weakness, tingling, a feeling of pins and needles, numbness, loss of sensation, etc.) in my \_\_\_\_\_ (feet, legs, hands, arms, digestive system, etc.) and affects my \_\_\_\_\_ (walking, using my hands, energy level, etc.).”

### 30 Second Description

“I have neuropathy, a disease of my peripheral nerves, the ones that go from my spine to my hands and feet. It gives me \_\_\_\_\_ (pain, burning, weakness, tingling, a feeling of pins and needles, numbness, loss of sensation, etc.) in my \_\_\_\_\_ (feet, legs, hands, arms, digestive system, etc.). I have had this for \_\_\_\_\_ years, and it is the result of \_\_\_\_\_ (chemotherapy, diabetes, an auto-immune disease, toxin exposure, an accident or surgery, etc.) OR the doctors don’t know why I have it. Currently there is no cure, only symptom management.

### Long Description

“I have neuropathy, a disease of the nervous system. In my case, it causes \_\_\_\_\_ (pain, burning, weakness, tingling, a feeling of pins and needles, numbness, loss of sensation, etc.) in my \_\_\_\_\_ (feet, legs, hands, arms, digestive system, etc.). You may have heard of Parkinson’s Disease, MS or Alzheimer’s Disease. Those involve the Central Nervous System – the brain and spinal cord. My disorder involves the Peripheral Nervous System – nerves from the spine to the extremities. Over 20 million people in the US or 1 in 15 have a form of neuropathy. I’ve had this for \_\_\_\_\_ years. It’s the result of \_\_\_\_\_ (chemotherapy, diabetes, an auto-immune disease, toxin exposure, an accident or surgery, etc.) OR the doctors don’t know why I have it. There are actually over 100 causes of neuropathy and patients may feel different symptoms depending on which nerves are affected. Currently there is no cure, only symptom management. I was diagnosed through a series of tests (EMG, Nerve Conduction Studies, Nerve Biopsy, Lumbar Puncture, CT, MRI, etc.) and currently see a \_\_\_\_\_ (neurologist, podiatrist, endocrinologist, pain management specialist). I treat it with \_\_\_\_\_ (medications, diet, exercise, PT, supplements, Immunoglobulin, Plasmapheresis, steroids, etc.). My neuropathy \_\_\_\_\_ (is stabilized, has worsened over the past few years, is getting better, etc.).”

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