

Imprint

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Commercial Register: Local Court Leipzig, HRB 42755 (Handelsregister: Amtsgericht Leipzig, HRB 42755)
Managing Director: Rico Saage (Geschäftsführer)
VAT ID Number: DE369527893 (USt-IdNr.)

Publisher: Saage Media GmbH
Publication: 02.2025
Cover Design: Saage Media GmbH
ISBN Softcover (en): 978-3-384-53514-6
ISBN Ebook (en): 978-3-384-53515-3

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The information contained in this book regarding polyneuropathy, nerve pain, and their treatment options has been carefully researched and compiled to the best of our knowledge. However, errors cannot be completely ruled out. The therapy approaches, dietary recommendations, and self-help measures presented for nerve damage do not replace individual diagnosis and treatment by qualified doctors, therapists, or other medical professionals. Consultation with the treating physician should always be sought before applying the described measures. In case of acute complaints, worsening of symptoms, or side effects, a doctor should be consulted immediately. The implementation of the advice is done at one's own risk. Liability for health damages resulting from the application of the information presented here is excluded. Medical knowledge and therapy recommendations are constantly evolving. All information corresponds to the state of knowledge at the time of printing. The names of the medications and brand designations used are generally protected by trademark law, even if this is not specifically indicated. The absence of a corresponding notice cannot be interpreted as indicating that it is a free trade name. The scientific sources and studies on which the information is based are listed in the appendix.

Bendis Saage

Polyneuropathy and Nerve Pain: A Practical Guide to Understanding Nerve Damage Essential Strategies for Therapy, Nutrition, and Daily Management - From Diagnosis to Self-Care

88 Sources

42 Diagrams

33 Images

7 Illustrations

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Dear readers,

We sincerely thank you for choosing this book. With your choice, you have not only given us your trust but also a part of your valuable time. We truly appreciate that.

Polyneuropathy affects millions of people and can significantly restrict daily life. Tingling, numbness, and burning pain are just a few of the distressing symptoms of this nerve damage. This specialized book offers a comprehensive insight into modern diagnostic and therapeutic options. From neurological examinations to medication treatments and proven self-help measures, all relevant aspects are practically illuminated. Affected individuals and their families receive concrete recommendations for coping with daily life: targeted exercise routines, nerve-friendly nutrition, and effective pain management strategies. Special emphasis is placed on the integration of holistic therapeutic approaches. The book combines solid medical expertise with practical solutions, enabling a self-determined approach to the condition. Take control of your health—with scientifically grounded and practically tested strategies to improve your quality of life.

This guide provides you with easy-to-understand and practical information on a complex topic. Thanks to self-developed digital tools that also use neural networks, we were able to conduct extensive research. The content has been optimally structured and developed up to the final version to provide you with a well-founded and easily accessible overview. The result: You get a comprehensive insight and benefit from clear explanations and illustrative examples. The visual design has also been optimized through this advanced method so that you can quickly grasp and use the information.

We strive for the highest accuracy but are grateful for any indication of possible errors. Visit our website to find the latest corrections and additions to this book. These will also be incorporated in future editions.

We hope you enjoy reading and discover new things! If you have any suggestions, criticism or questions, we look forward to your feedback. Only through active exchange with you, the readers, can future editions and works become even better. Stay curious!

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Quick access to knowledge

To ensure an optimal reading experience, we would like to familiarize you with the key features of this book:

- **Modular Structure:** Each chapter is self-contained and can be read independently of the others.
- **Thorough Research:** All chapters are based on thorough research and are supported by scientific references. The data shown in the diagrams serves for better visualization and is based on assumptions, not on the data provided in the sources. A comprehensive list of sources and image credits can be found in the appendix.
- **Clear Terminology:** Underlined technical terms are explained in the glossary.
- **Chapter Summaries:** At the end of each chapter, you'll find concise summaries that give you an overview of the key points.
- **Concrete Recommendations:** Each subchapter concludes with a list of specific advice to help you put what you've learned into practice.

Additional bonus materials on our website

We plan to provide the following exclusive materials on our website:

- Bonus content and additional chapters
- A compact overall summary
- An audio drama version. (In planning)

The website is currently under construction.



www.SaageBooks.com/polyneuropathy-bonus-2BYPN4

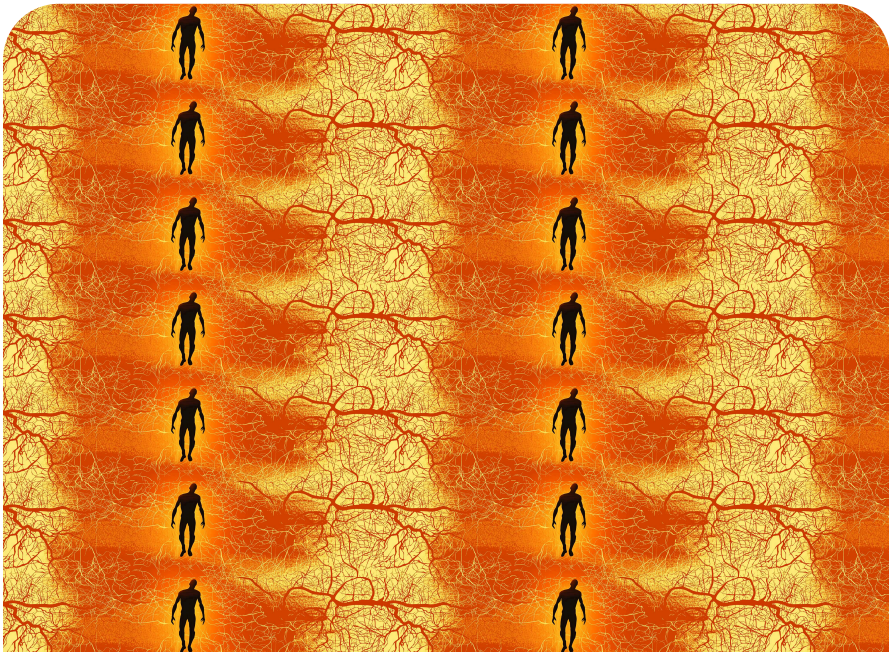


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1. Diagnosis and Clinical Picture



tingling in the feet, numbness in the hands - when do harmless complaints become the first signs of a serious illness? The path to the correct diagnosis often resembles a puzzle, where various symptoms and examination results must be pieced together. Modern diagnostic procedures today allow for a detailed view of the complex nervous system and its functions. The challenge lies in identifying the correct cause from the multitude of possible ones. In this chapter, you will learn which warning signals you should take seriously and how specialists systematically track down the diagnosis.



1.1 Physical Signs



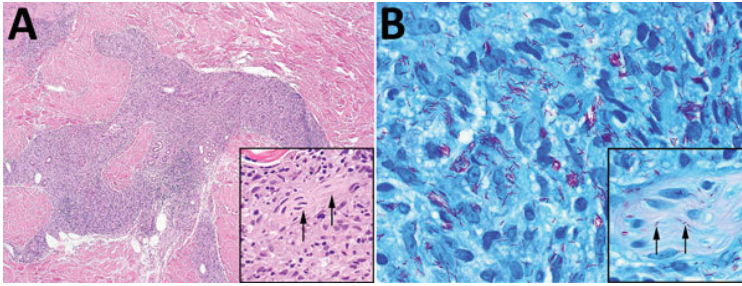
Physical signs of polyneuropathy are diverse, ranging from subtle abnormal sensations to severe pain, movement disorders, and muscle weakness. Recognizing these symptoms is crucial, as they influence both diagnosis and treatment progression. The characteristics of pain, sensory disturbances, and movement limitations provide important clues about the affected nerve fibers and the extent of damage. Numbness, tingling, or burning pain, often in a stocking-glove pattern, may be initial signs. Additionally, difficulties in coordinating movements, gait instability, and muscle weakness complicate daily activities. The nature of the pain—sharp, burning, or dull—offers further insights for diagnosis. This chapter assists you in categorizing the various physical signs and understanding their significance for your individual situation. Continue reading to learn more about the specific symptoms and their possible causes.

The way in which pain manifests in polyneuropathy (e.g., burning, stabbing, dull), along with its location and temporal pattern (e.g., worse at night, episodic), provides important clues about the affected nerve fibers (small or large) and thus aids in diagnosis and the selection of the appropriate therapy.

Detecting Sensory Disturbances



Sensory disturbances manifest in various ways, ranging from subtle abnormal sensations to severe pain. Tingling, numbness, or burning sensations, often described as "pins and needles" or electric-like, frequently occur in the affected limbs, typically following a characteristic sock-glove pattern, starting at the feet and hands and spreading upwards. [s1] For instance, a patient may feel as if there is a pebble in their shoe, even though none is present. [s2] A sensation of coldness or sharp pain is also possible. [s2] Over time, the discomfort may intensify, leading to persistent burning pain that fluctuates in intensity throughout the day. [s2] Nighttime exacerbation of symptoms is common. [s3] [s2] [s4] Some patients also experience brief but intense electric-like pain attacks. [s2] The type of sensory disturbance provides clues about the affected nerve fibers. While reduced pain and temperature perception typically indicate damage to small nerve fibers, difficulties in perceiving vibrations or one's own body position (proprioception) suggest impairment of large nerve fibers. [s3] [s5] Allodynia, or pain from normally non-painful stimuli such as the touch of bed linens, and hyperalgesia, an increased sensitivity to pain, are additional possible signs. [s2] In advanced stages, permanent sensory loss, muscle weakness, and coordination disorders may occur. [s4] A thorough neurological examination, including muscle strength, reflexes, and various sensitivity tests (e.g., using the Semmes-Weinstein Monofilament), is essential to assess the extent of nerve damage and determine the cause of neuropathy. [s3] [s6] Important information can be obtained through medical history and targeted tests, such as the Phalen or Tinel test for carpal tunnel syndrome. [s4] Additionally, neurophysiological examinations and skin biopsies can confirm the diagnosis. [s1] It is crucial to pay early attention to sensory disturbances to prevent serious consequences such as neuropathic foot ulcers. [s3]



Skin biopsy ^[i1]

Good to know

Sensory Disturbances

Sensory disturbances in polyneuropathy can manifest as altered perception of temperature, pressure, or touch. Affected individuals often report a sensation as if they are walking on cotton or wearing gloves, even though this is not the case.

Proprioception

Proprioception is the ability to perceive the position and movement of one's body in space. In polyneuropathy, this ability may be impaired, leading to coordination disorders and an increased risk of falls.

Semmes-Weinstein Monofilament

The Semmes-Weinstein Monofilament is a diagnostic tool used to assess skin sensitivity. It consists of nylon threads of varying thickness that are pressed against the skin to measure touch sensitivity.

Skin Biopsy

A skin biopsy is a medical procedure in which a small sample of skin is taken and examined under a microscope. It can help determine the cause of nerve damage and polyneuropathy.

Sock-Glove Pattern

The sock-glove pattern describes the typical distribution of sensory disturbances in polyneuropathy. Symptoms begin in the feet and hands and gradually spread upwards, similar to a sock or glove.