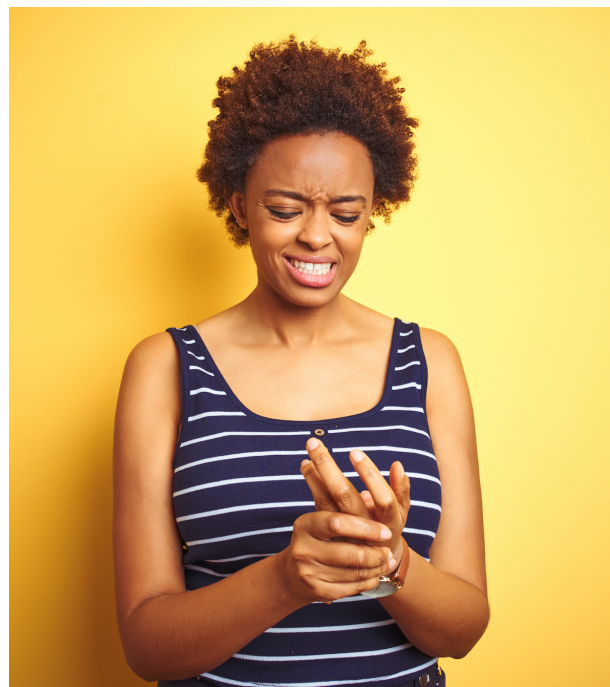


# Feet Hurt? Hands Numb?

## You may have Peripheral Neuropathy



### WHAT IS NEUROPATHY?

Neuropathy is a chronic, painful, debilitating disease that generally strikes older people. It is caused by the deterioration of nerves and results in numbness and stabbing pain in hands and feet, and a loss of balance.

It is described as peripheral because the effects are mostly felt in the points of the body that are farthest from the brain: hands and feet.

Peripheral  
**N**europathy  
Support  
Network

There are many causes of Neuropathy. Diabetes is the most common cause, but other causes include cancer, Parkinson's Disease, and autoimmune diseases such as lupus and Guillain-Barré syndrome.

Sometimes there is no explanation for its onset. Even though it is estimated that about 10 percent of the population has Neuropathy, it has been described as "the most common disease you've never heard of."

To learn more:

Website: [pnsNetwork.org](http://pnsNetwork.org)

Facebook group: **On Your Feet**

Email: [general@dcpsupport.org](mailto:general@dcpsupport.org)

Phone: **540-300-6730**

## **PN MISDIAGNOSED**

Often PN symptoms are dismissed as "old age" and never treated. This is tragic and dangerous. Sometimes physicians are unaware of the early stages of Neuropathy, when the most preventative good can take place. That means millions of people suffer needlessly.

## **WHAT CAN I DO ABOUT MY PN?**

There are few cures yet. And, frankly, other more well-known diseases crowd out funding for research and diagnosis. But there are ways to cope with the symptoms, through lifestyle changes, that can relieve pain and help you regain balance.

## **WHY JOIN PNSN?**

There is power in education and strength in numbers. At the Peripheral Neuropathy Support Network, we believe in membership

## **ACCESS TO INFORMATION:**

Point to each graphic with your smartphone camera to gain quick access to information about PNSN.



PNSN  
Calendar of Events



PNSN  
Resource Directory



PNSN  
Blog



JOIN the  
Network

education, information sharing, and social bonding within small support groups.

PNSN helps establish support groups in and around the midAtlantic region.

We regularly have speakers and panels of doctors, scientists, physiologists, physical therapists, and other subject matter experts who offer information and advice.

We use videoconferencing, web access, and social media to extend our reach.

## **JOIN US TODAY!**



PNSN is a 501(c)(3) tax-deductible public charity