

Mayo Clinic Minute

What may be causing your hands and feet to tingle

Video	Audio
	If you experience tingling, weakness or stabbing pain in your hands or feet, you may be among the 2%–3% of the population with peripheral neuropathy.
	"It's a condition that affects what we call the peripheral nerves of the body."
	Mayo Clinic neurologist Dr. Michelle Mauermann says those are the nerves that exit from the spinal cord and go to the rest of the body. Peripheral neuropathy happens when those nerves are damaged. Some patients experience decreased sensation or numbness in their hands and feet.
Michelle Mauermann, M.D. Neurology Mayo Clinic	"They can also have what we call positive sensory symptoms, so things like prickling and tingling, or burning or electrical shocklike sensations."
	Muscle weakness, balance issues, and abnormalities in blood pressure or pulse also can be symptoms of peripheral neuropathy, which can be brought on by a number of reasons — the most common being diabetes.
	Dr. Mauermann says the good news is positive sensory symptoms can be treated. And in some cases, it's possible to actually halt or reverse the neuropathy.
	For the Mayo Clinic News Network, I'm Jason Howland.