

Neuropathy Questionnaire

Name: _____

Date of Birth: _____

Gender: M/F

Neuropathy is any strange or unwarranted sensation in the extremities. It can be a secondary effect of diabetes or numerous other reasons. Patients with neuropathy experience different sensations including but not limited to burning, numbness or tingling in their feet or hands. Some patients say it feels like they are walking on cardboard or that it feels like they are wearing socks all the time or that their feet are "asleep".

Please describe your neuropathy, how do your feet feel different than normal:

Do you have burning, numbness or tingling? Other _____
When does it happen most? Morning / Noon / Afternoon / Evening / Night
What are you doing when this occurs? _____
How often does this occur? _____
Other comments: _____

Describe the quality of your sleep:

Very Restful Somewhat Restful Restless Insomnia
Do you use any sleep aids? _____

Describe your eating habits:

Very Healthy Somewhat Healthy Not Too Healthy Not Healthy

What Vitamins and Supplements are you taking? _____

What have you done so far to treat your neuropathy?

1. Taken any oral medications? Neurontin Lyrica Other _____
2. Used any topical medications? Capsaicin Other _____
3. Had Surgery? When & Where _____
4. Had External Therapy? Light (Anodyne) Laser Other _____
5. Had Physical Therapy? Yes / No
6. Had Acupuncture? Yes / No
7. Used magnetic therapy? Yes / No
8. Used heat therapy? Hot Packs Cold Packs Alternate Hot/Cold

What have you found to be most helpful for your Neuropathy, if anything? _____

Other Comments or Questions for the doctor? _____