



Azar Neurology Centre

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Understanding Numbness: A Guide for Our Clients

What is Numbness?

Numbness is a sensation that occurs when you can't feel properly in a specific part of your body. It often feels like a tingling or loss of sensation. Numbness can affect any part of the body and may be temporary or chronic.

Causes of Numbness

Numbness can be caused by various factors, including:

Pressure on nerves: Sitting or sleeping in an awkward position can compress nerves and lead to numbness. More common nerves (sites) involved are

- Median nerve (At wrist): carpal tunnel syndrome

Injury or trauma: Accidents, falls, or injuries can damage nerves, causing numbness.

Medical conditions: Conditions such as diabetes, multiple sclerosis, and peripheral neuropathy can lead to chronic numbness.

Poor circulation: Reduced blood flow to certain areas of the body can result in numbness.

Side effects of medications: Some medications can cause numbness as a side effect.

When to Seek Medical Attention

While occasional numbness may not be a cause for concern, you should seek medical attention if you experience:

Numbness that persists or worsens over time

Numbness accompanied by weakness, paralysis, or difficulty speaking

Numbness following a head injury or accident

Numbness associated with chest pain, shortness of breath, or confusion

Treatment and Management

Treatment for numbness depends on the underlying cause. Your healthcare provider may recommend:

Physical therapy to improve strength and mobility

Medications to manage pain or underlying conditions

Lifestyle changes such as improving posture or managing diabetes

Surgery to relieve pressure on nerves in severe cases

Preventing Numbness

While some causes of numbness may be unavoidable, you can reduce your risk by:

Maintaining good posture and avoiding prolonged pressure on nerves

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Exercising regularly to improve circulation and nerve function

Managing underlying health conditions such as diabetes or high blood pressure

Avoiding repetitive motions or activities that put strain on nerves