



# NUMBNESS OR TINGLING

Lack of feeling; “pins and needles” sensation in any part of the body

## CAUSES

### CARPAL TUNNEL SYNDROME

See page 46.

### OSTEOARTHRITIS

See page 124.

### HERNIATED DISK

A herniated or slipped disk is a condition that occurs when one of the flat, circular pads in the joints in the spinal cord protrudes. This inhibits freedom of movement and causes extreme pain in the lower back. The protrusion exerts pressure on the nerves in that area of the body causing severe pain.

#### Symptoms:

- Severe pain in the lower back, accompanied by numbness or tingling in the legs or buttocks
- The pain often disables the person to bend, twist, or even change position.

#### DO:

- If the pain is experienced only occasionally and mobility is not affected, relieving strained back muscles through exercise would help ease pain.
- Try lying flat on the back on a firm surface with the knees slightly elevated or try lying down sideways with a pillow between the knees.
- Use a heating pad to help soothe pain.
- Good posture should be practised at all times.
- Eat a balanced diet of foods rich in bone-strengthening nutrients.
- If symptoms persist, medical help should be sought.

#### DON'T:

- Don't bend over from the waist with the legs straight to prevent oneself from damaging the spinal cord. Instead, kneel down to reach the floor. This takes away the strain on the lower back muscles.
- Don't lift heavy things from above the shoulder level since this can cause undue stress on the back and cause disks to slip.



*Good posture allows proper circulation of blood in your body.*



# NUMBNESS OR TINGLING

Lack of feeling; “pins and needles” sensation in any part of the body

## CAUSES

### RAYNAUD’S DISEASE

Raynaud’s disease is a disorder wherein the fingers or toes of a person suddenly experience decreased blood circulation. According to statistics, women are more likely than men to develop a mild case of Raynaud’s disease.

There are two types of Raynaud’s disease: *primary*, which occurs by itself with no underlying conditions or causes; and *secondary*, which is more complicated, severe and more likely to progress.

#### Symptoms:

- When exposed to cold, the arteries react by contracting extremely. The fingers or toes appear pale and white as blood flow and oxygen is restricted.
- It is in this stage that the veins and capillaries expand while carrying deoxygenated blood, giving the fingers or toes a bluish shade. The finger or toe feels cold and numb.
- When it is warmed up, the arteries in that part of the body expand thereby increasing considerable blood flow and turning the finger or toe a bright shade of red.
- At this stage, the finger or toe feels warm and throbbing pain disturbs the person.

#### DO:

- Warm up hands or feet by soaking them in warm water.
- To prevent Raynaud’s disease from developing, keep limbs, face, and ears amply covered during very cold weather.

#### DON’T:

- Don’t smoke, as it only worsens the problem.

### NERVE OR BLOOD VESSEL COMPRESSION

Sitting, leaning or sleeping in an awkward position for too long may induce a slight tingling in the limbs or any part of the body when the position is changed or when the limb is moved.

When blood vessels are compressed, blood flow to that particular part of the body is limited. When it is no longer compressed, the blood flow that surges to that part of the body is so intense that it may cause a “pins and needles” sensation.

Leaning on the elbow may compress the nerve on that part of the arm called the *funny bone*, which is actually a nerve that may cause tingling and numbness in the fingers. This condition is not serious when unaccompanied by other symptoms. The tingling will go away eventually.

#### Symptoms:

- Tingling or numbness and nothing else.

#### DO:

- Move the affected part of the body and gently massage toward the heart to encourage blood flow.

#### DON’T:

- Don’t sit, lean or sleep in one position for too long.

### STROKE OR TRANSIENT ISCHEMIC ATTACK (TIA)

See page 137.