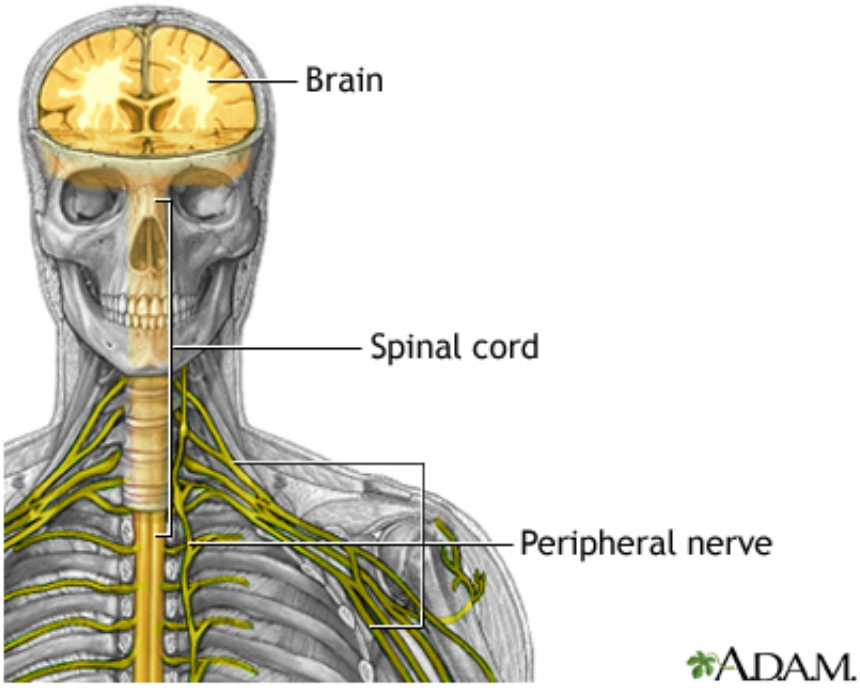
What’s Happening in My Body with Peripheral Neuropathy?

by NEWLIFEOUTLOOK TEAM

What Parts of My Body Are Involved in Peripheral Neuropathy?

Although symptoms can vary with neuropathy, you'll likely notice that your symptoms are worse during cold winter weather. Purchasing winter jackets that are loose will allow you to layer clothing to keep consistently warm when going outside. Be sure to also dress completely from head to toe. You should wear a hat, a scarf, suitable boots, and some form of a baselayer underneath your pants. Protecting your whole body from the elements will help to diminish the degree to which the weather will affect your symptoms. This is a consideration for older adults who may not live in weather that remains fairly consistent throughout the year. Be self-aware of your symptoms; if they're worse during a certain time of year or depending on the weather, consider what would help to prevent that weather from having such a large effect.



Peripheral Neuropathy is not a distinct disease, but the manifestation of many conditions that damage the peripheral nerves (nervous tissue other than the brain and spinal cord). Symptoms depend on whether sensory nerves (the nerves that transmit sensory information from the body to the brain and spinal cord) or motor nerves (the nerves that transmit impulses from the brain and spinal cord to the body) are affected. If the sensory nerves are damaged, sensation may be diminished, lacking or abnormal. Damaged motor nerves impair movement or function. Peripheral neuropathy may be caused by direct or indirect injury, or by a systemic cause such as a metabolic disorder.