

# Healthy

DIRECTIONS

SEPTEMBER/OCTOBER 2004

## A New Sensation

### Breakthrough Surgery for Neuropathy Sufferers

“**R**iding on scooters at the store, having grandchildren who have never known a time when I could walk well—these were things I’d adjusted to,” says Marilyn Hecht of Monroe Township. “One thing I couldn’t adjust to was the ‘no’ I heard every time I sought treatment for my diabetic neuropathy.”

Hecht’s persistence paid off a few months ago at CentraState Medical Center. She underwent a dynamic new treatment for her diabetic neuropathy called triple nerve decompression surgery, which can help to reestablish nerve function in an arm or leg.

#### AN UNEXPECTED “YES”

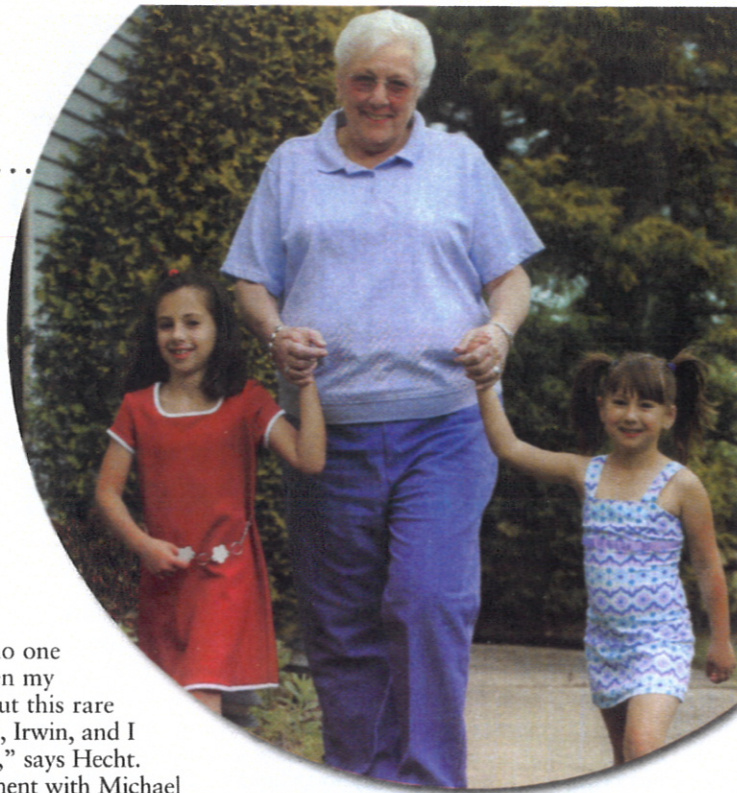
“The worst is when you lie down at night,” sighs Hecht about the pain and numbness of this condition.

Diabetic neuropathy is a nerve disorder affecting 60 percent of diabetes sufferers. It brings with it chronic symptoms such as tingling, numbness, weakness, and pain in the hands and feet. As a result, the sufferer is usually unaware of blisters, cuts, and abrasions, particularly on the feet. If left untreated, these wounds can become infected and lead to amputation.

Marilyn Hecht enjoys walks with her granddaughters since undergoing surgery for diabetic neuropathy, a condition causing lack of sensation in the extremities.

“For nearly a decade, no one could help me. So when my podiatrist told me about this rare procedure, my husband, Irwin, and I didn’t get our hopes up,” says Hecht. “We made our appointment with Michael Rose, MD, board-certified plastic surgeon, and after one meeting, we scheduled the surgery at CentraState. Dr. Rose actually said ‘yes, we may be able to help you.’ We couldn’t believe it.”

“Marilyn’s excitement was not unusual,” says Dr. Rose. “Outside of pain management, patients suffering with diabetic neuropathy are usually told there’s nothing more that can be done for them. While this procedure is not for everyone and the amount of sensation restored will vary depending upon the extent of the neuropathy, it’s often the first time anyone has said ‘yes’ to them regarding a treatment option. It sounds almost too good to be true. The truth is, we can often help. And in most cases, the results are immediate and significant.”



#### UP AND AROUND

Triple nerve decompression surgery is an outpatient procedure involving three small incisions in the leg. The postoperative discomfort is typically minimal, and the results are long-lasting, almost never requiring a second surgery.

“Two hours after the procedure, Dr. Rose touched the bottom of my foot,” says Hecht. “It actually tickled. I can’t describe to you how grateful I was. It was the first time in nearly 10 years I’d felt anything on my foot. But the best part was the look on Dr. Rose’s face. He was pretty excited as well.”

“My husband, three children, and eight grandchildren have all been so good to me as I became more dependent,” adds Hecht. “Now, I’m looking forward to doing things for them again, too.”

**For more information on triple nerve decompression surgery, contact CentraState Medical Center at (866) CENTRA7, or visit [www.centrastate.com](http://www.centrastate.com).**



◀ Michael Rose, MD, board-certified plastic surgeon, performs triple nerve decompression surgery to treat diabetic neuropathy. For information on the Diabetes Care Program at CentraState, call (732) 294-2574.