



**ALLEGHENY PAIN
MANAGEMENT**

WHAT IS SMALL FIBER NEUROPATHY?

Cold feet? Shooting or burning sensations with no discernable cause? Numb or tingling fingers?

Could be Small fiber neuropathy!

Learn more about rarely diagnosed condition affecting more than 40 million people in the USA

*If you're experiencing symptoms suggestive of SFN, discussing the **Epidermal Nerve Density Testing** with your healthcare provider can lead to accurate diagnosis and appropriate management strategies*



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EPIDERMAL NERVE DENSITY TESTING

The gold standard in Small Fiber Neuropathy testing

Epidermal Nerve Fiber Density (ENFD) Testing is a simple procedure where skin samples are collected from 2-3 sites and tested to measure the density of the small nerve fibers under the skin

How Does It Work?

A healthcare professional administers local anesthesia to numb the area. Then, using a small 3mm punch tool, they extract a tiny skin specimen. This sample is then sent to the lab to be examined under a microscope to quantify nerve fiber density (# of nerve fibers per mm of epidermis)

Why is it Important?

The Epidermal Nerve Density Punch Biopsy is a direct method for evaluating small nerve fiber pathology, providing objective evidence of SFN. By measuring nerve density, clinicians can **confirm SFN diagnosis, assess disease severity, map progression** and **monitor** treatment efficacy

What to Expect?

The procedure typically takes a few minutes and is well-tolerated by most patients. Minimal discomfort may occur during and after the biopsy, but any discomfort is usually brief and manageable. Results are usually available within a three weeks, and can be used to further customize your care plan.

WHAT IS SMALL FIBER NEUROPATHY(SFN)?

Small Fiber Neuropathy (SFN) affects small nerve fibers in the skin, leading to sensory and systemic symptoms that can greatly impact your daily life.



Pain and Burning

Chronic burning, tingling or shooting sensation localized or spread over the limb



Temp Dysfunction

Excessive sweating or difficulty tolerating hot or cold temperatures



Altered Sensations

altered sensations such as increased sensitivity to touch or numbness in affected areas.



Autonomic Failure

Dizziness upon standing, GI issues and changes in heart rate

Diagnosis is the first step to stopping the progress of Small fiber neuropathy!

Take Charge of Your Health Today!