

# WHAT IS SMALL FIBER NEUROPATHY?

Small Fiber Neuropathy (SFN) is a Progressive condition that affects the tiny nerve fibers in your skin. These tiny nerve endings are responsible for conveying sensory information like pain and temperature. When damaged, they can cause a range of various sensory and autonomic symptoms that significantly impact daily life.

## MOST COMMON SYMPTOMS:



### 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

Additional symptoms include changes in skin color and texture, and/or hair growth in effected regions

## WHO'S AT RISK:

Older people and people with the following underlying conditions

- Diabetes
- Autoimmune Disorders such as Lupus, Rheumatoid Arthritis
- Chronic Pain syndrome such as Fibromyalgia
- Vitamin deficiencies - B12 and folate deficiencies can exacerbate nerve damage

## WHAT TO DO:

Talk to your doctor about an Epidermal Nerve Density Test, the gold standard in SNF diagnosis.

Get tested regularly to map severity and progress of condition, efficacy of treatment and any potential side effects of Small Fiber Neuropathy



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