



Advanced Foot & Ankle Surgeons

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Health & Medical

New hope for neuropathy

Local surgeon receives special training to perform cutting-edge procedure to relieve neuropathy

Thousands with diabetes and other illnesses suffer from neuropathy, which destroys nerves usually in the feet and hands. For years, patients have been told there was nothing that could be done to help them — until now.

Mark E. Solomon, a local podiatrist with Advanced Foot & Ankle Surgeons, has been trained to perform a new procedure which helps reduce — and in some cases, eliminate — diabetic neuropathy.

Solomon was trained by A. Lee Dellon, M.D., a plastic surgeon from Johns Hopkins University Medical Center. Dellon is currently director of the Institute for Peripheral Nerve Surgery and developer of the technique. Solomon is one of approximately 200 physicians around the world who have been trained by Dellon.

Nerve compression can cause the symptoms of numbness, tingling and weakness of extremities. It was discovered that surgery that is well-known to restore sensation and strength to

people with nerve compression, like carpal tunnel syndrome, can be done in patients with diabetes. It was recognized that using this technique to decompress specific nerves would provide the patient

This new procedure helps reduce — and in some cases, eliminate — diabetic neuropathy. The surgery is an outpatient procedure that takes about 90 minutes and includes only three small incisions.

with relief and restoration of sensation. It's like cutting a tight rubber band constriction over the nerve.

Over the past 15 years, the results of this type of surgery have been carefully evaluated. The research shows that overall, about 80 percent of those diabetic patients who have had a nerve decompression have had decreased pain and improved sensory and motor function. Balance is also improved.

The nerve decompression surgery is an outpatient proce-

dures that takes about 90 minutes. Three small incisions are made — one near the knee, one near the ankle and one near the top of the foot.

To determine who is a candidate for this type of surgery, patients should have a neurosensory test conducted to measure their degree of sensory and motor loss. Solomon conducts this testing in his office, using a pressure-specified sensory device specifically designed for this purpose. The test is done

with a computer and does not hurt because there are no needles and no electric shocks.

"This is exciting news. It offers much hope and promise to those suffering from neuropathy, and it's gratifying to be part of it," comments Solomon.

For more information on this new procedure to cure diabetic neuropathy, or on any foot and ankle issues, please call Dr. Mark E. Solomon at Advanced Foot & Ankle Surgeons, 218 Ridgedale Ave., Cedar Knolls, phone (973) 285-1700.