



# Rancho Bernardo **SUN**

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## Getting to the root cause of pain is doctor's goal

You may not know, but a job as a cashier is more physical than most would think.

Long hours on your feet can take their toll on the body and for Poway's Ken Norris, that was the case. While he tried to put his best foot forward with customers, he had major pain in his back. For Ken, who suffered from three damaged discs, physical therapy here and there wasn't cutting it.

The pain in his back and neck was so intense, Ken's doctor Jonathan Nissanoff, was concerned peripheral neuropathy was adding to Ken's problems. Peripheral neuropathy, caused by damage to the peripheral nerves that connect the central nervous system to the rest of the body, disrupts the body's ability to communicate with its muscles, organs and tissues.

While most types of neuropathy, can be easily treated or managed, many patients ignore the pain to avoid being referred to a neurologist for diagnostic testing.

Historically, nerve conduction tests were performed in a



**MR. BONES-** Who is on the left and Dr. Jonathan Nissanoff, MD, right, sometimes consult concerning patients' conditions, in their Poway office.

neurologist's office. This could be difficult for many patients because of the extra time and expense required. Referrals often included an additional invasive needle electromyogram (needle EMG) procedure that can be painful. The delayed diagnosis and treatment of neuropathy, due to the traditional cumbersome diagnostic process, makes treatment and management more difficult.

Little did Ken know that Dr. Nissanoff would be able to diagnose

him on the spot. Instead of referring him out to a specialist for the nerve conduction test and an invasive, painful needle EMG, Dr. Nissanoff used a new nerve conduction test right in his office.

He offered Ken the FDA-cleared NC-stat System, a standard nerve conduction test involving soft biosensors applied to the skin. It can also be used to help doctors diagnose carpal tunnel syndrome and diabetic neuropathy.

As soon as the test got underway, the results appeared on a screen and Dr. Nissanoff reviewed them immediately. NC-stat allows physicians to perform a nerve conduction test in minutes at the initial point of care, providing them with critical information to make a diagnosis and develop a treatment strategy.

Turns out Ken, didn't have nerve damage at all. Dr. Nissanoff was able to rule it out during their visit and offer Ken more than a diagnosis. Along with a prescription for some lifestyle changes and more rigorous physical therapy, the doctor gave Ken peace of mind.

Photo by Mark Brenner