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HOW TO CONTROL SYMPTOMS OF CARPAL TUNNEL SYNDROME AND AVOID NEED FOR SURGERY

*Debra M. Parisi, M.D., Hand Surgeon at Beth Israel's Department
of Orthopedic Surgery Offers Tips*

New York, NY (June 29, 2010) While carpal tunnel syndrome is not a life-threatening condition, it can negatively affect a person's quality of life if left untreated. Within the United States, approximately 50 out of 1,000 people will suffer from the effects of carpal tunnel syndrome, with Caucasians having the highest risk of being diagnosed and women three times more likely than men to suffer more from it. The condition is also very common during pregnancy and in patients who also have diabetes.

Debra M. Parisi, M.D., hand surgeon at the Department of Orthopedic Surgery at Beth Israel Medical Center in New York City says, "The good news is that most people who come to see me with carpal tunnel syndrome do not need surgery. If carpal tunnel syndrome is diagnosed and treated early on, permanent damage to the median nerve can be avoided. Unfortunately, many people do not seek medical treatment until it is too late and then even surgery may not be able to reverse the nerve damage."

Dr. Parisi explains that you can control symptoms of carpal tunnel syndrome by doing the following:

- Immobilize the wrist in a splint at night to avoid sleeping with the wrist bent or twisted.
- Avoid sustained forceful or repetitive manual activities.
- Various drugs such as nonsteroidal anti-inflammatory drugs can ease the pain and swelling associated with carpal tunnel syndrome.
- Stretching and strengthening exercises can be helpful in people whose symptoms have abated.

For more information about diagnosis and treatment of carpal tunnel syndrome, please go to www.chpnyc.org/orthoBI or to set up an appointment, please call 212/844-6770.

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