

Burlington Chiropractic Explains How Neuropathy Is Diagnosed During American Diabetes Month

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During American Diabetes Month, the American Diabetes Association?s (ADA) November awareness campaign, Burlington Chiropractic is explaining how neuropathy is diagnosed. Any plan for relieving numbness and tingling starts with identifying the underlying cause. Diabetes is the most common cause of neuropathy overall, according to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).

In New Jersey, about 773,700 adults have diagnosed diabetes, according to the association?s 2025 figures. Nationally, the U.S. Food and Drug Administration (FDA) reports that about one in four people with diabetes do not know it. Those figures make nerve symptoms a relevant concern for many New Jersey residents.

NIDDK says at least half of all people with diabetes develop neuropathy. The ADA reports that distal symmetric polyneuropathy, a common form of diabetic nerve damage, may be present in at least 10% to 15% of people newly diagnosed with type 2 diabetes. Reported rates reach 50% after 10 years of diabetes.

The institute lists the main symptoms as burning or shooting pain and loss of feeling that start in the feet and move upward. Other symptoms include tingling, pain from light touch, swelling, weakness, and feeling very hot or very cold. When discussing how neuropathy is diagnosed, the practice starts with a conversation about these symptoms.

At Burlington Chiropractic, Dr. James Galgano and Dr. Antonietta Sorbara-Galgano ask where symptoms occur, when they began, and how they affect daily routines. Along with a physical examination, that history helps doctors understand symptom patterns. The practice says every recommendation is based on a patient?s examination results.

The association?s 2026 Standards of Care in Diabetes call for assessing people with diabetes for peripheral neuropathy using a medical history and simple clinical tests. Pinprick and temperature tests assess small-fiber nerve function. A tuning fork tests vibration, and a thin nylon filament called a monofilament checks large-fiber nerve function and protective sensation in the feet.

The standards say causes other than diabetes, such as an underactive thyroid or low vitamin B12 levels, should be considered. Electrophysiological testing or a neurologist referral is rarely needed unless symptoms are atypical or the diagnosis is unclear. Burlington Chiropractic says patients with conditions such as diabetes should keep seeing their medical providers, and it coordinates care when needed.

The standards recommend assessment at the time of type 2 diabetes diagnosis, five years after a type 1 diagnosis, and at least once a year thereafter. Up to half of diabetic peripheral neuropathy cases may cause no symptoms, the association says. It also calls for a comprehensive foot exam at least once a year and education on daily foot checks.

Burlington Chiropractic also uses a technique the practice calls digital spinal nerve testing. According to the practice, it records temperature variations along the spine and displays them visually. These readings serve as a baseline for comparison at future visits.

Identifying possible underlying causes is central to diagnosing neuropathy. Tumors and other serious conditions can also affect nerves, according to the practice, so an accurate diagnosis matters when the cause is unclear. It advises seeking prompt medical care when symptoms worsen quickly. Sudden arm or leg weakness, or new loss of bladder or bowel control accompanied by leg numbness or weakness, warrants emergency medical evaluation.

Burlington Chiropractic?s team has served Burlington, New Jersey, and surrounding communities for more than 25 years. Dr. James Galgano and Dr. Antonietta Sorbara-Galgano have taught postgraduate

chiropractic seminars for more than 20 years. The team includes Dr. Joby Passanante, who has more than 15 years of clinical experience.

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Burlington Chiropractic

Our mission at Burlington Chiropractic is to provide chiropractic wellness care with excellence and integrity. Our advanced chiropractic approach to care helps our patients reach and exceed their health goals.

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