

B3. Sometimes people feel a sensation after they have been sitting for too long in one place on a hard surface. This is what I mean by “pins and needles.”

Have you ever had “pins and needles” in both feet, or both feet and both legs, at around the same time? (PROBE: I am not asking about “pins and needles” caused by sitting for too long.)

YES1
NO2 (B5)

On a scale of 1 to 10, where 1 is mild and 10 is severe, please rate to what extent this bothered you in the...

- a. right foot and leg: |__| |__|
- b. left foot and leg: |__| |__|

B4. In the last 6 months, have you had “pins and needles” in both feet, or both feet and both legs, at around the same time?

YES1
NO2 (B5)

On a scale of 1 to 10, where 1 is mild and 10 is severe, please rate to what extent this bothered you in the...

- a. right foot and leg: |__| |__|
- b. left foot and leg: |__| |__|

B5. Sometimes people have Novocaine or Orajel administered to their gums by a dentist. Even if you tap their lips and mouth, they cannot feel the tap. This is what I mean by numbness.

Have you ever had numbness in both feet, or both feet and both legs, at around the same time? (PROBE: I am not asking about numbness caused by Novocaine or Orajel.)

YES1
NO2 (C1)

On a scale of 1 to 10, where 1 is mild and 10 is severe, please rate to what extent this bothered you in the...

- a. right foot and leg: |__| |__|
- b. left foot and leg: |__| |__|

B6. In the last 6 months, have you had numbness in both feet, or both feet and both legs, at around the same time?

YES1
NO2 (C1)

On a scale of 1 to 10, where 1 is mild and 10 is severe, please rate to what extent this bothered you in the...

- a. right foot and leg: |__| |__|
- b. left foot and leg: |__| |__|

NOTE: IF PARTICIPANT RATES CURRENT PAIN AS “8” OR ABOVE, THEN REFER PARTICIPANT TO HER PRIMARY CARE PROVIDER OR A NEUROLOGIST.

SECTION C: NEUROPATHY SIGNS

INSTRUCTIONS FOR EVALUATING PERCEPTION OF VIBRATION:

Have the participant sit on the edge of the exam table with her legs hanging over the side. Strike the end of a 128 Hz tuning fork hard enough that the disks audibly touch. First, establish a vibration control on the participant’s wrist. Next, watch the timer as you place the stem gently but firmly on the top of the distal interphalangeal (DIP) joint of the great toe. Stop measuring the seconds when the participant indicates that no vibration is felt or after 12 seconds. The participant should say that the vibration stops when it is removed. Otherwise, re-do the test. Repeat these steps for the left toe.

C1. I am going to put the tuning fork on your toe. I want you to tell me if you feel the vibration and as soon as it stops.

| | > 10 SECONDS (NORMAL) | 6-10 SECONDS (MILD LOSS) | 5 SECONDS OR LESS (MODERATE LOSS) | NO FEELING OF VIBRATION | UNABLE TO EVALUATE OR DID NOT ASSESS |
|----------------|-----------------------------|--------------------------------|---|-------------------------------|--|
| a. RIGHT | 0 | 1 | 2 | 3 | -9 |
| b. LEFT | 0 | 1 | 2 | 3 | -9 |

INSTRUCTIONS FOR EVALUATING DEEP TENDON REFLEXES:

With the participant seated, use one hand to press upward on the ball of the foot, dorsiflexing the participant’s ankle to 90 degrees. Use a Queen’s Square hammer to strike the Achilles tendon. The tendon reflex is felt by the examiner’s hand as a plantar flexion of the foot, appearing after a slight delay from the time the Achilles tendon was struck. If the reflex cannot be elicited, try again with the Jendrassik maneuver (C3).

C2. Please close your eyes and relax.

| | ABSENT | HYPOACTIVE | NORMAL, INCREASED, OR CLONUS | UNABLE TO EVALUATE OR DID NOT ASSESS |
|----------------|--------|------------|---------------------------------|---|
| a. RIGHT | 0 | 1 | 2 | -9 |
| b. LEFT | 0 | 1 | 2 | -9 |

C3. ARE BOTH THE RIGHT AND LEFT NORMAL, INCREASED, OR CLONUS (i.e., “2” is circled for both C2a and C2b)?

- YES 1 (C5)
 NO 2 (C4)

