

## Neurology Second Opinions™ Consultation

*Date:*

*Patient:*

### **Discussion:**

Thank you for the opportunity to review some of your current neurological symptoms with you. As we discussed, you have experienced shooting pain in your left leg, numbness mainly in the right arm and leg over the past 6 months, lightheadedness leading to falls, tremor in your right hand noticeable during movements, and progressive difficulties with walking. You have also experienced urinary and fecal incontinence over the past 5 years which your GI specialists have attributed to diverticulitis and SIBO. You have not yet been seen by a neurologist and don't have an appointment scheduled until the end of April. You have been seen in the ER and an MRI of your brain in July 2021 and January 2024 showed nonspecific foci of T2/FLAIR white matter changes without contrast enhancement, which is not strongly indicative of MS and can be seen in the setting of high blood pressure, high cholesterol levels or just related to normal aging. You have never had MRI studies of your spine performed.

### **Recommendations:**

- 1) Imaging of your spine should be considered, with special consideration to the cervical and lumbar spine. There are a number of pathologies affecting the spinal cord and nerve roots exiting the spinal cord that could be responsible for your current symptoms. I recommend to discuss with your PCP whether an MRI of your cervical and lumbar spine could be obtained prior to your neurology appointment.
- 2) In regards to your tremor, a postural and action tremor (e.g. tremor with handwriting or applying make-up) is most often due to Essential Tremor or medication side effects, and is not typical for Parkinson's disease which causes a tremor at rest.
- 3) A detailed neurological exam should be performed to help guide next steps towards your diagnosis. Weakness and numbness in extremities can be due to a disorder of the nervous system at different levels, and a neurological exam will help to decide which additional tests you should have, such as an EMG/nerve conduction studies and additional laboratory studies.

### **Answers to patient's questions:**

Based on your history and review of your MRI reports, I am mostly concerned about a disorder affecting the spinal cord or peripheral nerves, and additional testing is required to make a definitive diagnosis.

For any acute changes in your condition such as inability to move your legs or acute worsening pain, I recommend to go back to the ER and have imaging studies of your lumbar spine done emergently.

*Electronically Signed by:*

*Board Certified:*

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