Short answers to common worries

Questions People Ask a Neurologist



Dr Anand Diwan

Consultant Neurologist · Adults & Children
Brain, spine, nerve & muscle specialist

MBBS, DNB (Neurology) · MMC Reg. No. 88279

Narayani Hospital **0253 2224411**
Dr Anand Diwan Neurology Clinic **0253 2472111**

Scan to book your appointment

Conditions treated at our clinic

- Epilepsy and seizures (fits)
- Stroke and paralysis
- Migraine and frequent headache
- Vertigo, giddiness, loss of balance
- Parkinson's disease, tremor, slowness
- Memory loss, dementia
- Neck and back pain, sciatica, spondylosis
- Numbness, tingling, nerve pain (neuropathy)
- Muscle weakness (myopathy)
- Head injury after an accident
- Sleep problems
- Children: seizures, developmental delay, slow walking or talking

Tests at Narayani Hospital, under one roof

EEG · Video EEG · EMG / NCS · VEP · BERA · VNG (vertigo test) · CT brain · CSF test · All blood tests

Not everyone needs tests. When they are needed, Dr Diwan explains which ones and why.

Headache

Does every headache need an MRI?

No. Most headaches are migraine or tension type and are diagnosed by history and examination. Your doctor will advise a scan if there are warning signs.

Is it safe to take painkillers daily?

No. Taking painkillers on more than 10–15 days a month can itself cause daily headache ('medication overuse headache').

Can gas or acidity cause headache?

Not usually. Missed meals, poor sleep and stress are more common triggers.



Fits and epilepsy

Once fits stop, can I stop the medicines?

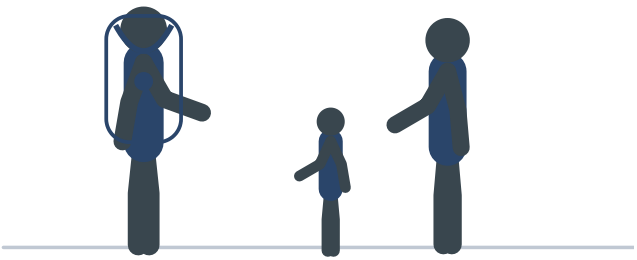
Never on your own. After 2 or more fit-free years, your doctor may reduce them slowly.

Can people with epilepsy marry and have children?

Yes. Plan pregnancy with your doctor so medicines can be adjusted and folic acid started.

Why EEG if my MRI was normal?

MRI shows structure; EEG shows electrical activity. They answer different questions.



Tingling, giddiness, weakness

Is tingling always serious?

Often due to B12 deficiency, diabetes or a pressed nerve – usually treatable. Sudden one-sided numbness needs urgent care.

Is giddiness due to cervical spondylosis?

Rarely. Most spinning giddiness comes from the inner ear and is easily treated.

Hands go numb at night – why?

Often carpal tunnel syndrome (a pressed nerve at the wrist). A nerve test confirms it.



Memory, stroke and Parkinson's

Is forgetfulness normal in old age?

Mild forgetfulness is. Forgetting recent events or getting lost is not – get checked.

Can young people have a stroke?

Yes. BP, diabetes, smoking, heart problems and some blood disorders are causes.

Will I get 'addicted' to Parkinson's medicines?

No. Doses are adjusted over time to control symptoms; they keep you active.



Visits and treatment

Should I bring old reports?

Yes – all reports, scans and prescriptions. It avoids repeating tests.

Can I take ayurvedic or home remedies too?

Tell your doctor. Never stop prescribed medicines for them.

Can I drive with epilepsy?

Only after a fit-free period advised by your doctor and as allowed by law.

Remember

- Write your questions down before the visit.

Appointments

Monday to Saturday · Closed on Sundays

Narayani Hospital

Consultation, tests & admission

Shree Vallabh Nagar, behind Chaan Hotel, near Mumbai Naka, Nashik 422009

Consult 11 am – 3 pm · Tests 10 am – 5 pm

Hospital open 24 hours for emergencies

0253 2224411

Dr Anand Diwan Neurology Clinic

Evening consultation

11 Yashika Plaza, near Satyam Sweet, Govind Nagar, Nashik 422009

Consult 6 pm – 8 pm

0253 2472111

Scan to book your appointment

Or book on WhatsApp

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WhatsApp is for booking appointments only.

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Read more online

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This booklet gives general information and does not replace medical advice. In an emergency, go to the nearest hospital.