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Numbness in lower legs and feet

Those little feet. There's nothing like them. The first time we see them, we count to ensure there's five toes each. We kiss them all over and tickle them for those first little giggles. We watch them as they try with all their might to stand up on them for the first time. Then there's those first wobbly steps as they take their first step from baby to the beginning stages of toddlerhood. And the sound of the little pitter patter as those little feet begin running around your house. But then those feet begin to change. Those toes go from round and pudgy to slim and long. Those wobbly steps turn into running. And one day, instead of running to you, your little one will start running away from you. One day those feet will step outside your house and into the big, scary world all on their own. But for now, in this season, I'm going to enjoy those little toes. I'm going to play and chase them, tickle them, and scoop them up in my arms to hold them close while I can. Someday they'll be grown and all on their own. For now, I'm going to savor the little moments and love those little feet. This post comes from the TODAY Parenting Team community, where all members are welcome to post and discuss parenting solutions. Learn more and join us! Because we're all in this together. Anyone have burning feet and legs, and back here in Albany NY been to 8-10 specialists! And no one can give me a answer what is causing it! Thanks Jim I had colon cancer surgery5 weeks ago and have had several complications. Infections and sudden loss of the ability to urinate. I also started having tingling body pains in my core that traveled down to my legs and feet. My feet are now numb and it is hard to walk. I need help. WASHINGTON (Medill News Service) -- Worn-out medical residents need more breaks to avoid dangerous slip-ups, according to a report released Tuesday by the Institute of Medicine. The prescription: Doctors in training shouldn't work for more than 16 hours without sleep, which is a drop from previous standards. Spurred by Congress, a committee looked at links between residents' work schedules and quality of patient care for 15 months. "The evidence is clear," said Dr. Carolyn Clancy. "We are placing both patients and residents at risk for deadly errors." Clancy is director of the Agency for Healthcare Research and Quality, which sponsored the report. The study's backers said stamina is an important attribute for young physicians to learn, but residents are too often pushed to their biological limits. Clancy said "coffee and prayer" were her remedies for exhaustion during training. Suggested safeguards in the report include restrictions on consecutive night shifts, boosting mandatory time off to five days per month and closer supervision by experienced physicians. The current workload cap of 80 hours per week is left untouched. There are no federal laws to curb marathon medical shifts -- unlike rules for truckers and pilots. The Accreditation Council for Graduate Medical Education is charged with policing training hospitals, but the study found rampant violations, blaming audits that were few and far between. Fixing the problem would require around \$1.7 billion a year, according to the report. Reining in resident hours means someone else has to pick up the slack. But shifting work from current residents is worth it, said Dr. Michael Johns of Emory University, considering the huge cost of treating medication errors in hospitals. The \$1.7 billion would come from existing public and private institutions that train medical students. "We need to prevent the compression of the same amount of work into less time," Johns said. Doctors in training shouldn't have to sleep with their shoes on, he said. Other countries have lighter workloads for residents, although data on compliance is spotty, according to the report. The weekly maximum in the U.K. is less than 60 hours. Doctors in New Zealand are limited to 72 hours per week. What Are the Different Types of Crabs? All crabs of the CDecapoda order have 10 legs, divided into five pairs. This includes the infraorder Brachyura, which contains true crabs, as well as the infraorder Anomura, which includes king crabs, hermit crabs and squat lobsters. However, it's important to note that horseshoe crabs are not actually crabs and are more related to spiders. They have 12 legs and are part of the order Xiphosura. They are not crustaceans, like crabs. What Are Variations on Crab Legs?r Different types of crabs have legs that have evolved for different purposes. King crabs actually fold their legs under them while they are walking and use their legs to transfer sperm. Fiddler crabs have two differently sized claws at the end of their legs, and they use one to gather food and the other to court or to fight. The crab with the longest legs is the Japanese spider crab. It's not related to spiders, despite its name. When extended, its legs can be as long as 12 feet. Do Crabs Live on Land or Sea? Some crab species, such as the Japanese spider crab, are aquatic and live in water. However, many species of crab are terrestrial, which means they live on land. Whether crabs live on land or sea, all are found in coastal regions and don't live inland. What Is a Crab's Body Made Of? Crabs are crustaceans and don't have a true skeleton. Instead, they have what is called an exoskeleton. It's softer than a true skeleton and is made of chitin. Its main purpose is to protect the soft tissue found on the underbelly of the crab. Crabs also have an abdomen that is fused together with their thorax. This is called a cephalothorax. How Can You Distinguish Male and Female Crabs? To determine a male from a female crab, you must look at their abdomen. A male crab has a very thin and narrow abdomen, while a female crab has a wide abdomen. Both males and females have flaps on their bellies, and the flap of the female crab is dome-shaped. Males and females may live together with other crabs in a cast (which is the name for a group of crabs), or they may be solitary. It depends on the species type. What Do Crabs Eat? Crabs are omnivores, which means they eat both plants and meat. Common meals for all species of crab include bacteria, fungi, worms, mollusks, other crustaceans and algae. Crabs also have a lifespan of about three to four years. 1 What Is Scale of Preference in Economics? 2 How Am I Related to My Nephew's Child? 3 What Is the Definition of an Epic Hero? 4 Boops Boops, Tasselled Wobbegong, and 6 Other Unbelievably Named Fish 5 How Many Dollars Is 1 Million Pennies?

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