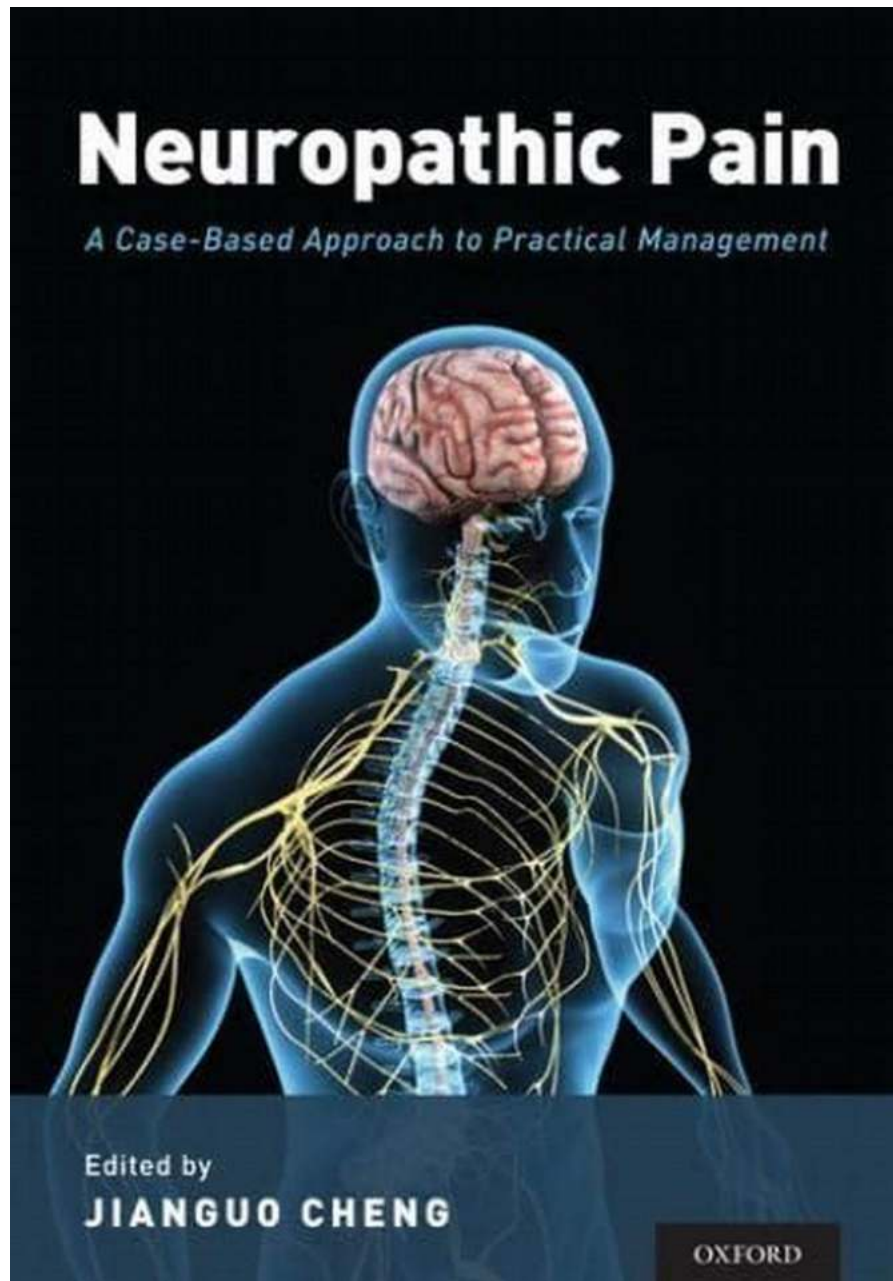


Peripheral Neuropathy Neuropathic Pain Into The Light

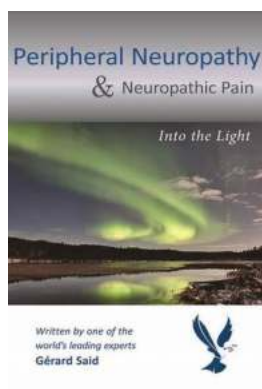


Are you tired of living with chronic pain caused by peripheral neuropathy? Do you want to find effective ways to manage your neuropathic pain and reclaim your life? If so, you've come to the right place. In this comprehensive guide, we will

shed light on peripheral neuropathy and offer various strategies to help you find relief from neuropathic pain.

Understanding Peripheral Neuropathy

Peripheral neuropathy refers to a condition in which the peripheral nerves, responsible for transmitting signals between the central nervous system and the rest of the body, become damaged. This condition can lead to a plethora of symptoms, ranging from tingling and numbness to intense pain and muscle weakness. It commonly affects the hands and feet, but can also impact other parts of the body.



Peripheral Neuropathy & Neuropathic Pain: Into the Light by Bob Lewis (1st Edition, Kindle Edition)

★★★★☆ 4 out of 5

Language : English
File size : 9634 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 219 pages



There are numerous causes of peripheral neuropathy, including diabetes, infections, autoimmune disorders, and vitamin deficiencies. Identifying the root cause of your neuropathy is crucial for effective management.

Manifestations of Neuropathic Pain

Of all the symptoms associated with peripheral neuropathy, neuropathic pain can be the most debilitating. It can disrupt your sleep, limit your mobility, and

negatively impact your overall quality of life. Understanding the different manifestations of neuropathic pain is vital in finding appropriate treatment.

Neuropathic pain can be described as burning, shooting, stabbing, or electric shock-like sensations that often worsen at night or with physical activity. The pain can vary in intensity, ranging from mild discomfort to excruciating agony. It may be constant or occur intermittently.

Treatment Options for Neuropathic Pain

While peripheral neuropathy cannot always be completely cured, there are several treatment options available to manage neuropathic pain effectively. These treatment approaches aim to minimize pain, improve quality of life, and enhance overall well-being.

1. Medications: Certain medications like antidepressants, anticonvulsants, and pain relievers may help alleviate neuropathic pain. However, it is important to consult a healthcare professional before starting any medication regimen.

2. Physical Therapy: Engaging in physical therapy exercises that target the affected areas can help strengthen muscles, improve flexibility, and relieve pain.

3. Transcutaneous Electrical Nerve Stimulation (TENS): TENS therapy involves applying low-voltage electrical currents to the skin, which can provide temporary pain relief.

4. Lifestyle Changes: Making certain lifestyle modifications, such as maintaining a healthy diet, managing stress, and quitting smoking, can have a positive impact on neuropathic pain.

Alternative Therapies and Home Remedies

Aside from conventional treatment options, there are several alternative therapies and home remedies that individuals with peripheral neuropathy can consider to manage their neuropathic pain:

1. Acupuncture: Acupuncture involves the insertion of thin needles into specific points of the body to stimulate the nerves and release endorphins, providing pain relief.

2. Herbal Remedies: Certain herbs like evening primrose oil, alpha-lipoic acid, and St. John's wort may offer benefits in reducing neuropathic pain.

3. Exercise and Yoga: Engaging in regular exercise and practicing yoga can help improve blood flow, reduce stress, and alleviate pain.

4. Massage Therapy: Massage can aid in relaxing muscles, promoting circulation, and reducing pain sensations.

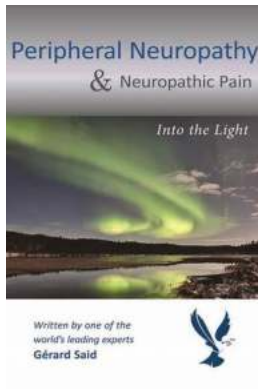
Living a Pain-Free Life

While peripheral neuropathy can present significant challenges, it doesn't have to dictate your life. With the right knowledge, treatment, and support, you can effectively manage your neuropathic pain and regain control over your daily activities.

Remember, it's important to consult with a healthcare professional to determine the most suitable treatment options for your specific condition. With perseverance and a positive mindset, you can step out of the darkness of neuropathic pain and embrace a pain-free life.

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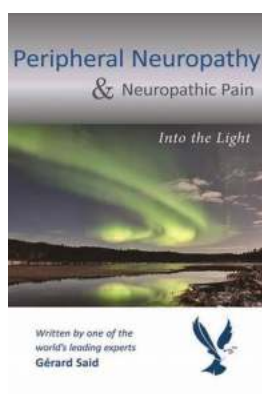
Written by one of the world's leading experts — Professor Gérard Said MD FRCP, Dpt de Neurologie, Hôpital de la Salpêtrière, Paris, France

Peripheral neuropathy is a common medical condition, the diagnosis of which is often protracted or delayed. It is not always easy to relate a neuropathy to a specific cause. Many people do not receive a full diagnosis, their neuropathy often being described as 'idiopathic' or 'cryptogenic'. It is said that in Europe, one of the most common causes is diabetes mellitus but there are also many other known potential causes. The difficulty of diagnosis, the limited number of treatment options, a perceived lack of knowledge of the subject —except in specialised clinics, the number of which are limited — all add to the difficulties which many neuropathy patients have to face. Another additional problem for many patients is that once having received a full, or even a partial diagnosis, they are then often discharged back to their primary healthcare team who, in many instances, know little about this condition and how it may impact upon their patients' lives.

In order to help bridge this gap in medical knowledge and to give healthcare providers a better understanding of this often distressing condition, The Neuropathy Trust has commissioned a new book on this complex topic. Written

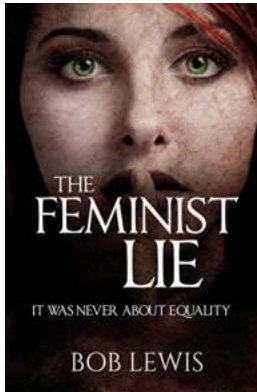
by one of the world's leading experts on neuropathy, Professor Gérard Said, it is a 'must read' and also a handy reference book for doctors, nurses, physiotherapists, chiropodists/podiatrists and other health professionals. As well as covering the anatomy of the nervous system and the basic pathological processes that may affect the peripheral nerves, the book covers a whole range of neuropathic conditions. These include, for example, Guillain-Barré syndrome, chronic inflammatory demyelinating polyneuropathy, vasculitic neuropathies, infectious neuropathies, diabetic and other metabolic neuropathies, hereditary neuropathies and neuropathies in patients with cancer. Given the almost explosive increase in diabetes predicted over the coming years and the high incidence of HIV infections alone, not to mention all the other possible causes of peripheral neuropathy, no self-respecting medical unit should be without a copy of this new book on their shelves.

The author, Professor Gérard Said, is based in the Department of Neurology at the prestigious Hôpital de la Salpêtrière in Paris. He has devoted a lifetime to the study of peripheral neuropathy and — alongside other great neurological names — added much to the world's ever-growing store of knowledge on this complex but fascinating condition which affects so many individuals.



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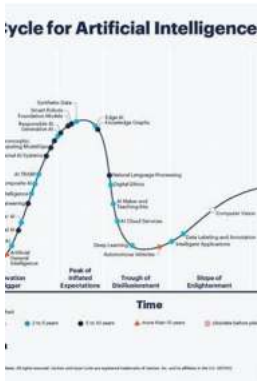
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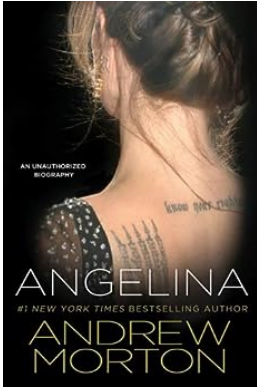
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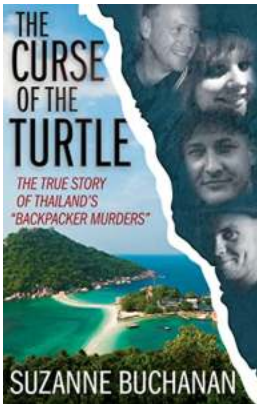
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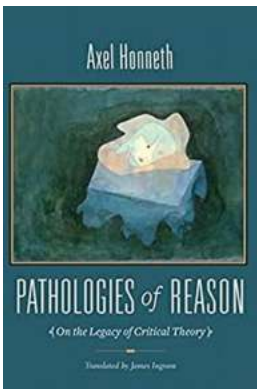
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