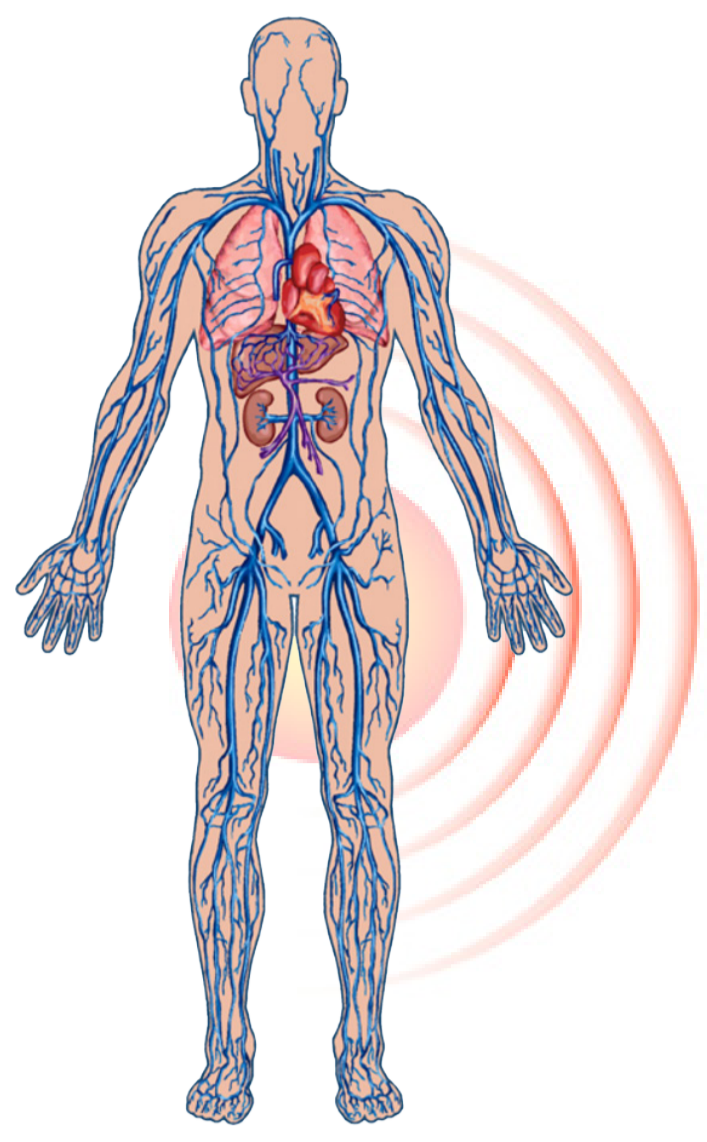


Unveiling neuropathic pain: The silent suffering or echoes from the patient



Definition

Neuropathic pain is characterized by unpleasant symptoms such as shooting or burning pain, numbness, altered sensation, and sensations that are very difficult to describe.^{1,2} The pain occurs during improper functioning of the nervous system or when the nervous system is damaged. This pain is felt in the peripheral nerves, spinal cord, and brain.²

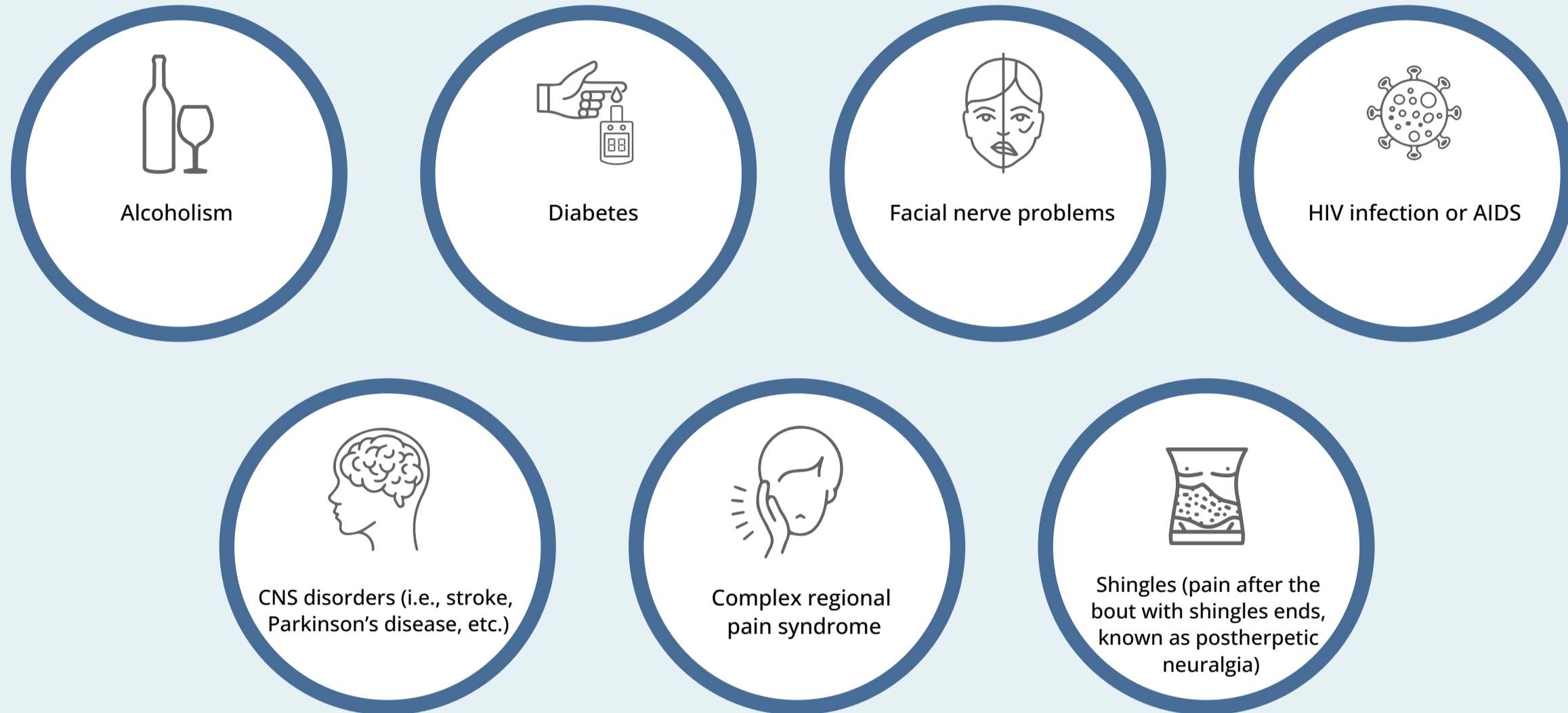


Where does the pain start?

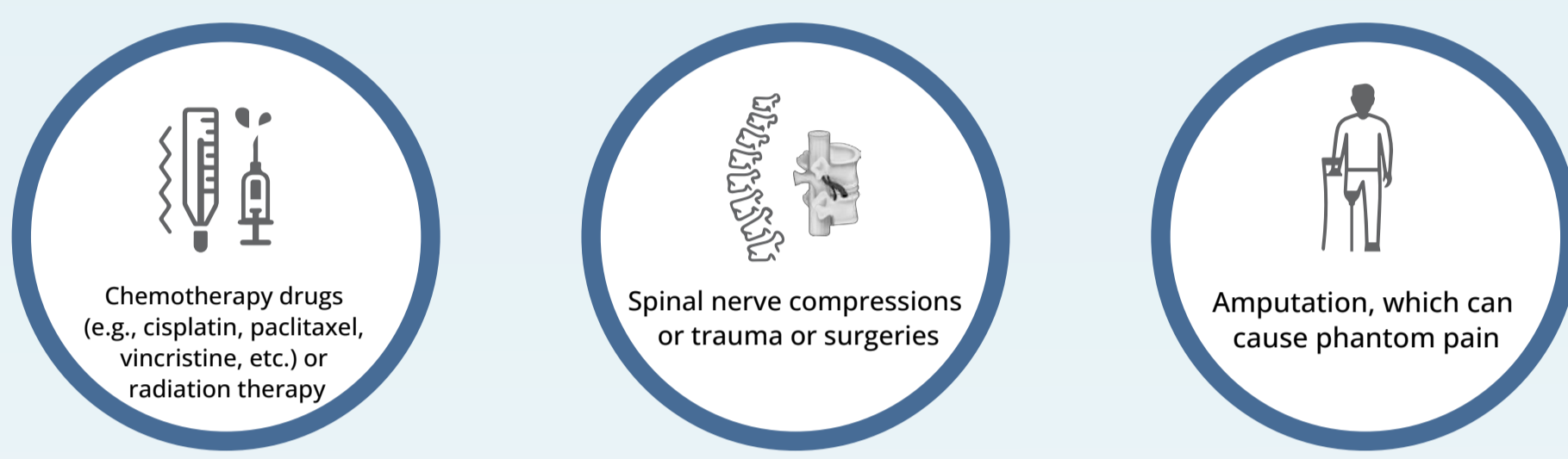
Neuropathy starts with nerve damage, which leads to pain, weakness, numbness, or tingling in one or more parts of the body. It can occur due to a disease, infection, injury, use of medicine, long-term alcohol abuse, or sometimes without an obvious cause.³

Approximately 30% of all neuropathic pain occurred may be due to diabetes or other diseases. However, it is very difficult to locate the source of neuropathic pain as there are hundreds of diseases linked to neuropathic pain.²

What are the causes of neuropathic pain?



Other causes of neuropathic pain include:

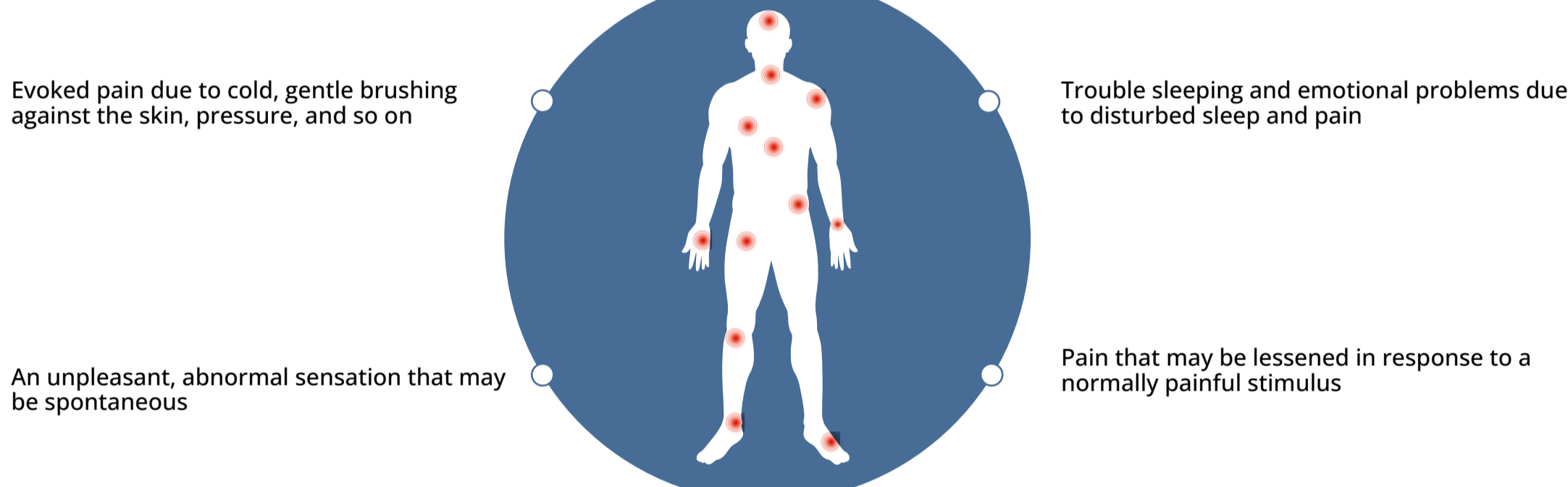


What are the symptoms of neuropathic pain?

Spontaneous pain (emerges without stimulation)²



Other forms of symptoms include:²



How is neuropathic pain treated and managed?

The goals of treatment are to:²



Most healthcare physicians recommend a multimodal therapy to treat neuropathic pain, including medicines, physical therapy, psychological counselling, and sometimes surgery if required. However, the most common medications used to treat neuropathic pain include anti-seizure drugs such as:²



Healthcare professionals also prescribe some other medications, especially antidepressants (i.e., amitriptyline, nortriptyline, and duloxetine); topical treatments (i.e., lidocaine, capsaicin patches, or opioid analgesics), and other therapies (i.e., stimulation of the spinal cord, nerve, or brain).²

Which is the most common type of neuropathy?

Diabetic peripheral neuropathy is one of the most common forms of neuropathy, which is associated strongly with diabetic patients as a long-term complication of diabetes. It affects almost 50% of patients with diabetes.⁴

The progression of diabetic peripheral neuropathy can be prevented or slowed down with the help of tight blood sugar control and a healthy lifestyle.⁵



Do lifestyle choices help in the prevention of peripheral neuropathy?

Lifestyle modifications play a crucial role in preventing peripheral neuropathy. Patients with peripheral neuropathy can live a better life with certain lifestyle changes.^{5,7}



Does neuropathic pain have a common condition or side effect?

Sleep disturbance or insomnia is the most common side effect and chief complaint among people with neuropathic pain. By following some tips, people can overcome this problem:⁸



Final view towards neuropathic pain



AIDS: Acquired immunodeficiency syndrome; CNS: Central nervous system; HIV: Human immunodeficiency virus

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