

PERIPHERAL NEUROPATHY

Peripheral neuropathy is a condition involving damage to the nerves outside the brain and spinal cord (peripheral nerves), resulting in weakness, numbness, and pain, typically in the hands and feet

What Causes Peripheral Neuropathy?

Acquired PN

- Systemic diseases including diabetes mellitus, kidney disorders, and vitamin deficiencies
- Some drugs including chemotherapy and certain medications for HIV
- Autoimmune diseases including Guillain-Barré Syndrome, and
- Chronic Inflammatory Demyelinating Polyneuropathy
- Exposure to toxic chemicals
- Alcoholism

Inherited PN

- The most common are a group of genetic disorders

Idiopathic neuropathy

- The cause remains unknown

Types & Associated Symptoms

Type	Associated Symptoms
MOTOR Send impulses from the brain and spinal cord to all muscles	Muscle weakness, difficulty walking or moving the arms, cramps and spasms
SENSORY Send messages in the other direction—from the periphery	Tingling, numbness, pain, and sensitivity to touch back to the spinal cord and the brain.
AUTONOMIC Control involuntary or semi-voluntary functions, such as heart	Difficulty swallowing, nausea, vomiting, diarrhea or constipation, problems with urination, abnormal pupil size, and sexual dysfunction, rate, blood pressure, digestion, and sweating.

Treatments

Many options available The most effective ones address the underlying cause.
Most often, the focus of treatment is on symptom control.

Coping Skills

Work with a counselor or physical/occupational therapist to construct a personalized daily routine. Engage with other patients in the PN community through patient conferences and support groups