Neuropathy

You have symptoms of neuropathy. Neuropathy means your peripheral nerves are not working normally. **There are many different causes of peripheral nerve disorders**. These include:

- Injury
- Infections
- Diabetes
- Vitamin deficiency
- Poor circulation
- Alcoholism
- Exposure to toxins
- Drug effects

Tumors, as well as liver and kidney disease, can also cause neuropathy. Blood tests and special studies of nerve function may help confirm the diagnosis. The symptoms of neuropathy are similar, no matter what the cause. Some of these are:

- **Tingling, burning, pain, and numbness in the extremities.**
- **Weakness and loss of muscle tone and size.**

Treatment includes adopting healthy life habits. A good diet, vitamin supplements and mild pain medication may be needed. **Avoid known toxins such as alcohol, tobacco, and recreational drugs**. Neuropathy symptoms may not improve very quickly. While it can cause chronic symptoms, neuropathy is rarely severe or fatal unless complicated by other diseases. Anti-convulsant medicines are helpful in some types of neuropathy. Make a follow-up appointment with your caregiver to be sure you are getting better with treatment. Call your caregiver if you are not better after one week or if you have worse symptoms.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have breathing problems.
- You have severe or uncontrolled pain.
- You notice extreme weakness or you feel faint.

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