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PERIPHERAL NEUROPATHY TREATMENT

Peripheral neuropathy can be caused by a variety of disease processes but the majority of cases are due to diabetes. **Peripheral neuropathy** in its most simple form is “disease of the nerves.” This problem usually begins to be noticed after having Diabetes for at least 5 years. The symptoms include mild numbness of part of the feet. As the disease progresses, more and more of the feet are involving moving up the legs in a “stocking” fashion. While the numbness is progressing many patients will also have various other neurological symptoms including: **Hyperesthesia**, which is increased sensation; **Allodynia**, which is pain caused by simple touch or other stimulus which would not normally cause pain; **Burning or Severe pain of feet**; **Difficulty walking** and **hypoesthesia**, which is decreased sensation; Swelling of feet, or **edema**; Poor **Circulation** and many other symptoms. These symptoms are all due to the “dying” of the nerves due to the effects of high sugar levels on the nerves. Over time, this injury gets worse and worse, eventually resulting in the death of the nerves.

Until now the only treatment available for peripheral neuropathy was medicines such as Lyrica, Gabapentin or Neurontin. These meds only relieve symptoms temporarily and as soon as you stop taking them, the symptoms return.

I am proud to be one of only 3 practices in the State of Texas and a handful nationwide that has a new treatment for peripheral neuropathy which results in a **Long-Term Improvement** in symptoms. The treatment involves local anesthetic injections to the nerves at the level of the ankles followed by 15-20 minutes of electrostimulation of the feet and lower leg. Over time, the nerves start to “come back to life” and patients have improvement in all symptoms. The treatments usually are 2-3 times per week per foot until the patient stops improving which is usually, about 10 treatments per foot. Patients will not have to wait as usual and appointments are expedited. Usually appointments are on Tuesday and Thursday or on Monday, Wednesday, and Friday.

You too deserve to have relief of your pain and to be able to walk again without help!!