

## DIABETIC NEUROPATHY

Diabetes is a systemic disease with many devastating complications. One of those is the development of painful diabetic neuropathy. The damaged nerves begin creating and transmitting pain signals without any painful input.

My first recommendation is to keep your diabetes under control. Allowing your diabetes to run uncontrolled is counterproductive to anything that we might try for improving your painful diabetic neuropathy.

My next recommendation begins with a nutritional supplement. Alpha lipoic acid has been demonstrated to reverse some of the metabolic consequences of diabetes, within the nerve endings. Alpha lipoic acid is available in both prescription and non-prescription forms. My recommendation is to start with the non-prescription form since it is generally less expensive and more readily available. The recommended starting dose is about 300 mg three times per day. Take it for at least three months, before making any decisions on whether or not this works for you. Remember, your diabetes was present for many years before you developed painful diabetic neuropathy. A nutritional solution cannot be expected to be instantaneous. You must allow time for this therapy to work.

Along with orally taken alpha lipoic acid, a topical cream is usually very effective for treatment of localized painful diabetic neuropathy. Topical medications mixed by a compounding pharmacist will provide relief of painful diabetic neuropathy within days. Topical creams are only feasible if your neuropathy pain is limited to your hands and feet or small areas of your body.

If you are interested in trying the topical cream for painful diabetic neuropathy, please contact me and I will write a prescription for a compounding pharmacist to mix the cream especially for you.

It is also important to take a high quality vitamin, mineral, and antioxidant supplement.

Finally, if we are unable to control your painful diabetic neuropathy with nutritional supplementation and topical medications combined with prescription medications, there are other alternatives. Spinal cord stimulation is very effective in eliminating painful diabetic neuropathy. If your neuropathy requires this type of intervention, we will discuss it in much greater detail during an office appointment.

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