

Will Salad Dressing Cure My Neuropathy?

Andrew J. Schneider, DPM
Tanglewood Foot Specialists
Houston, TX



Peripheral Neuropathy

- Affects approximately 2% of population
- Affects approximately 8% of those over 55 years old
- 30% of those with neuropathy are diabetic



Peripheral Neuropathy

- Our ability to diagnose peripheral neuropathy has improved
- Peripheral Neuropathy has become a “catch-all” diagnosis



Peripheral Neuropathy

- More than 100 causes of Peripheral Neuropathy
 - Diabetes is most common in US



Diagnosis of Neuropathy

- History
 - Doctor should take a thorough history
 - Family history can point to congenital causes
 - Some medications can cause neuropathy
 - Toxic substances can cause neuropathic symptoms or injury to nerves



What Nerves Are Involved?

- Different nerves can be affected, providing different symptoms
 - Single nerve → focal symptoms
 - injury
 - Some nerves affected/some spared → multifocal symptoms
 - Infections/inflammation
 - All nerves affected → generalized symptoms
 - Polyneuropathy
 - Stocking/glove distribution



Identifying a Cause

- Essential to determine cause of the neuropathy and which nerves are involved
- Diagnostic tests:
 - Deep Tendon Reflexes
 - Vibration Perception Threshold
 - Light Touch
 - Sharp/Dull Perception
 - Hot/Cold Perception



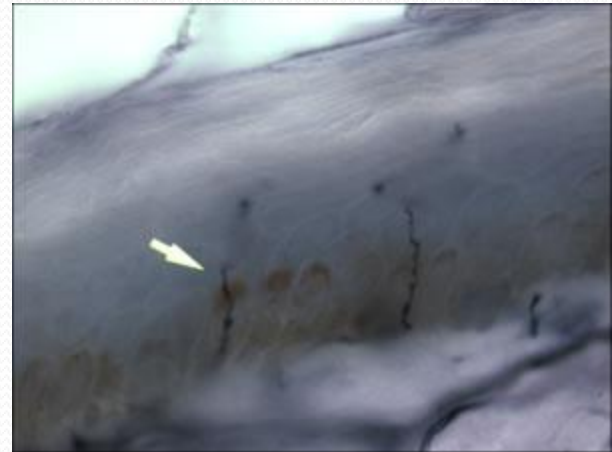
Advanced Diagnostic Testing

- Nerve Conduction Velocity
 - Test of conduction speed of the nerves and often is indicative of large fiber neuropathy
 - Can be utilized to evaluate spinal or compression etiologies
 - Peripheral neuropathy with small fiber etiology will often have a normal NCV test



Advanced Diagnostic Testing

- Epidermal Nerve Fiber Density
 - New evaluation technique with high sensitivity and specificity for small fiber neuropathy
 - Performed in conjunction with specialized pathology labs



Treatment

- Lyrica
 - Effective treatment for symptoms including night pain, burning or electrical shocks
 - Dose dependant and becomes more effective as dosage is increased
 - Usually take twice a day morning and night and should start to be effective within 7 days
 - Most common side-effect if encountered includes drowsiness



Treatment

- Neurontin (Gabapentin)
 - Effective treatment for symptoms including night pain, burning or electrical shocks
 - Patients have a tendency to “get used to” this medication and require a regular up dosing. High doses are often required
 - Usually taken 2-3 times per day. It takes several weeks often to notice improvement
 - Significant side-effects are often encountered



Treatment

- Cymbalta (Duoxetine)
 - A depression medication that is FDA approved for symptoms of neuropathy
 - Very effective in some individuals, especially with that depression commonly associated with neuropathy



Treatment

- Amitryptilline
 - Additional option for pain.
 - Not as effective as Lyrica, but often more cost effective.
 - Fewer side-effects than gabapentin



Treatment

- Pain Medications

- Typically narcotic pain medications are ineffective at treating nerve pain, and are usually only take the edge off pain.
- The only pain medication with medical studies supporting its use in treating nerve pain is Ultram (Tramadol), a non-narcotic pain medication that has been shown to be less addictive. This may be considered if other treatments are ineffective.



Treatment

- Compounded Topical
 - Topical Compound of:
 - Ketoprofen/Flurbiprofen (Anti-inflammatory)
 - Lidocaine (Anesthetic)
 - Gabapentin
 - Amitryptilline
 - Applied 3 times daily for pain relief
 - No side effects



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Improving Peripheral Neuropathy



Neuremedy

- Medical food consisting of benfotiamine, that nourishes dysfunctional nerves allowing them to conduct impulses more normally.
- Since the early 1960s, benfotiamine has been used successfully to treat neuropathy in Asia and Europe. It has extensive studies that show it to be both effective and safe.
- It has recently been brought to the USA for treatment of neuropathy in our population



Neuremedy

- Recent studies have shown that many people suffering from peripheral neuropathy have low plasma levels of this essential micro-nutrient.
- They are unable to maintain adequate plasma thiamine levels through normal dietary means, or even through most of the B complex vitamins



Neuremedy

- Neuremedy alleviates the symptoms of peripheral neuropathy by delivering a highly bioactive form of the micro-nutrient thiamine to where it is needed, the nerve cells.
- Neuremedy works by nourishing the nerves.
- Due to its overall efficacy, often people will experience improvement within 2-3 weeks of starting the treatments.
- Neuremedy is dosed at one capsule twice a day.



Neuremedy

- Has been effective in Chemotherapy-induced neuropathy.
- www.buyneuremedy.com



Metanx

- Metanx is a medical food with unique formulation providing the active forms of folate, vitamin B₆ and vitamin B₁₂ to manage the distinct nutritional requirements of neuropathy patients who often experience numbness, tingling, and burning sensations in their feet.



Metanx

- One tablet is equivalent to taking 19 folic acid tablets (1mg each), 2 B₁₂ tablets (1mg each), and 2 B₆ tablets (25mg each). You would need to take a handful of over-the-counter tablets to equal one dose of **Metanx**. Metanx is given at 1 tablet twice a day.



MicroVas

- Physical Therapy modality that sends a digital waveform through the limb
- Addresses microvascular causes of peripheral neuropathy
- Stimulates small circulation to the nerves to reduce symptoms of peripheral neuropathy
- Most effective in diabetic peripheral neuropathy



MicroVas

- In-office, non-invasive, passive, and painless
- Treat both lower extremities simultaneously
- 3 treatments/week for 4 weeks
- Each treatment is 45 minutes long
- Treatment continues past four weeks as long as benefit is being noticed



Thank You!

Dr. Andrew Schneider

Tanglewood Foot Specialists

713-785-7881

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