



Living With Peripheral Neuropathy



Overview

If you have peripheral neuropathy, you know how frustrating it can be. It keeps you from doing many of the things you enjoy. It can affect your emotional well-being. But don't lose hope. There are things you can do to get some relief.

Take an active role in your care

First, take an active role in your care. Get treated for any underlying medical issues, because that helps your nerves heal. Schedule regular checkups. Develop a good relationship with your doctor. Ask questions when you don't understand something. Follow your doctor's advice. And take medications as directed.

Focus on health

You also need to focus on your health. So eat nutritious meals, and get the proper amount of sleep. Avoid alcohol and smoking, and limit caffeine. Keep your blood glucose level within a healthy range. And if your doctor says it's OK, get regular exercise. Exercise helps reduce your cramps and muscle weakness. So get up, get out of the house and get moving.

Pain relief

Ask your doctor about ways to relieve pain. Things like braces and orthopedic shoes are helpful for many people. You may benefit from massage or electrical nerve stimulation.

Stay positive

Finally, stay positive. It's important that you don't lose hope. So reach out to others. Maintain connections with your loved ones and friends. These relationships help provide a support system for you. A support group may be helpful, too. And if you're depressed, tell someone. Talk to your doctor so you can get the treatment you need.

Conclusion

If you take an active role in your care and follow your doctor's advice, you can learn to manage your symptoms and take back your life.