

Neuropathy Affects Millions of People

Neuropathy is a mysterious disease. The Neuropathy Association calls it the most prevalent disease most people have never heard of. In fact, more than 20 million Americans suffer from some form of neuropathy. Neuropathy results from damage to peripheral nerves, often from diabetes. Symptoms may include pain, numbness, tingling, and poor balance. It shows up in the hands, arms, feet, and legs. The earlier it is diagnosed, the better it can be treated.

In neuropathy, three types of nerves can be affected. The sensory nerves, obviously, are in charge of sensation. Autonomic nerves control the function of internal organs. Motor nerves affect the muscles. Because the nervous system is the communication network within your body, neuropathy might best be understood as a malfunction of communications.

Most neuropathy patients are aged, and the care for their disease costs Medicare \$3.5 billion yearly. Many people experience subtle sensations that come and go. For others, the disease may be debilitating. There are over one hundred types of neuropathy, including autonomic, cancer-related, compressive, hereditary, and diabetic. Few of these can be cured, but for those which cannot be, there are many ways of controlling the symptoms and reducing pain.

If you suffer from neuropathy, the best thing you can do for yourself is to become a dogged advocate for your own health. Do your own research. Learn as much as you can about your symptoms and the various treatments that are out there. Be very honest with your doctor about the exact nature of your symptoms. Insist that he be up front with you about your disease and what you can expect as it progresses. Also, make sure your physician has a file with your full medical history and is updated with every single medication and supplement you are taking. Be proactive: question your doctor if there is anything you should be doing to help yourself. Finally, you may feel better talking to others who suffer from neuropathy. Find out if there are any support groups in your area.

There is no substitute for educating yourself. Knowing more about neuropathy gives you a degree of control you may not otherwise have, and knowledge has a way of empowering you.

About the Author

Go to RealFoodNutrients.com to find out more about [neuropathy](#) and [diabetes](#).

Source: <http://www.howidefeated.com>