

Peripheral Neuropathy: Diagnosis & Treatment

“A Working Script”

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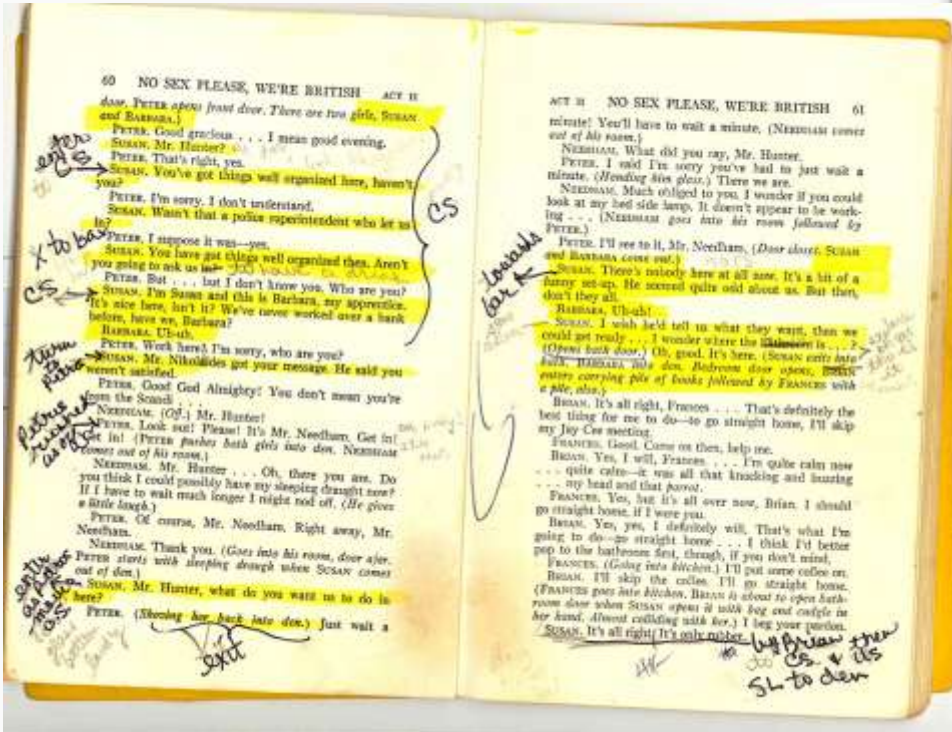


GOALS FOR THIS TALK

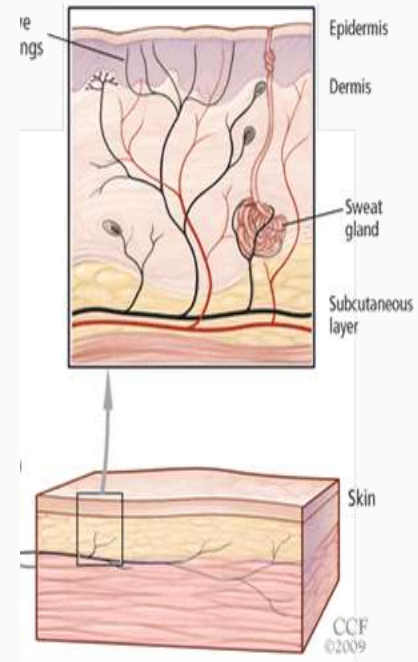
To reflect on the fact that diagnosing and treating neuropathy is not always “neat & simple”

We should have a script or “guideline” with text and directions, but it doesn’t mean pts and providers can’t or shouldn’t make corrections

Highlight 5 common mistakes that pts and providers can fall into tunnel vision



Peripheral nervous system:



Common Mistake #1

*“Not All that tingles, is
numb, painful, or weak
is Peripheral
Neuropathy”*

Common Mistake #2

“It’s ALL due to my

_____ (fill in the blank)

(diabetes)

(B12 deficiency)

(Hereditary/CMT) ...

Common Mistake #3

Your neuropathy is getting worse--

No one knows why,

but they're also not

looking into it either!

Common Mistake #4

*“It’s a straightforward
diagnosis”*

Common Mistake #5

*“Unfortunately,
you just have to
live with it”*

Restless Legs Syndrome (RLS)

It's not just the legs!

Characterized by an irresistible
URGE to move in order to help
some of the pain/discomfort/
abnormal sensations

Worse during periods of inactivity;
can really affect sleep!

Management Strategies may include:

- Warm soaks/nightly lotion massages/ Anti-Inflammatories/Stretching/Yoga
- Iron supplementation (ferritin goal of 70)
- Vitamin supplementation
- Anti-inflammatory meds
- Nerve pain targeting meds *should be first Rx line*
- Parkinsons meds (but beware possible Augmentation!)

THANK YOU!



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