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Neuropathic pain doctor

Medically reviewed by Heidi Moawad, M.D. — Written by Kimberly Holland on February 5, 2020CausesSymptomsTreatmentCondition managementOutlookNeuropathic pain is a pain condition that’s usually chronic. It’s usually caused by chronic, progressive nerve disease, and it can also occur as the result of injury or infection.If you have chronic neuropathic pain, it can flare up at any time without an obvious pain-inducing event or factor. Acute neuropathic pain, while uncommon, can occur as well. Typically, non-neuropathic pain (nociceptive pain) is due to an injury or illness. For example, if you drop a heavy book on your foot, your nervous system sends signals of pain immediately after the book hits. With neuropathic pain, the pain isn’t typically triggered by an event or injury. Instead, the body just sends pain signals to your brain unprompted.People with this pain condition may experience shooting, burning pain. The pain may be constant, or may occur intermittently. A feeling of numbness or a loss of sensation is common, too.Neuropathic pain tends to get worse over time.About 1 in 3 Americans experience chronic pain. Of those, 1 in 5 experience neuropathic pain.A 2014 study estimated that as many as 10 percent of Americans experience some form of neuropathic pain.Understanding the possible causes can help you find better treatments and ways to prevent the pain from getting worse over time.The most common causes for neuropathic pain can be divided into four main categories: disease, injury, infection, and loss of limb.DiseasesNeuropathic pain can be a symptom or complication of several diseases and conditions. These include multiple sclerosis, multiple myeloma, and other types of cancer.Not everyone with these conditions will experience neuropathic pain, but it can be an issue for some.Diabetes is responsible for 30 percent of neuropathic cases, according to the Cleveland Clinic. Chronic diabetes can impact how your nerves work. People with diabetes commonly experience loss of feeling and numbness, following by pain, burning, and stinging, in their limbs and digits.Long-term excessive alcohol intake can cause many complications, including chronic neuropathic pain. Damage to nerves from chronic alcohol use can have long-lasting and painful effects.Trigeminal neuralgia is a painful condition with severe neuropathic pain of one side of the face. It’s one of the more common types of neuropathic pain and it can occur without a known reason.Lastly, cancer treatment may cause neuropathic pain. Chemotherapy and radiation can both impact the nervous system and cause unusual pain signals.InjuriesInjuries to tissue, muscles, or joints are an uncommon cause of neuropathic pain. Likewise, back, leg, and hip problems or injuries can cause lasting damage to nerves. While the injury may heal, the damage to the nervous system may not. As a result, you may experience persistent pain for many years after the accident.Accidents or injuries that affect the spine can cause neuropathic pain, too. Herniated discs and spinal cord compression can damage the nerve fibers around your spine.InfectionInfections rarely cause neuropathic pain. Shingles, which is caused by reactivation of the chicken pox virus, can trigger several weeks of neuropathic pain along a nerve. Postherpetic neuralgia is a rare complication of shingles, involving persistent neuropathic pain. A syphilis infection can also lead to the burning, stinging, unexplained pain. People with HIV may experience this unexplained pain. Limb lossAn uncommon form of neuropathic pain called phantom limb syndrome can occur when an arm or leg has been amputated. Despite the loss of that limb, your brain still thinks it’s receiving pain signals from the removed body part.What’s actually happening, however, is that the nerves near the amputation are misfiring and sending faulty signals to your brain.In addition to arms or legs, phantom pain may be felt in the fingers, toes, penis, ears, and other body parts.Other causesOther causes of neuropathic pain include:Each person’s symptoms of neuropathic pain may vary slightly, but these symptoms are common:shooting, burning, or stabbing paintingling and numbness, or a “pins and needles” feelingspontaneous pain, or pain that occurs without a triggerevoked pain, or pain that’s caused by events that are typically not painful — such as rubbing against something, being in cold temperatures, or brushing your haira chronic sensation of feeling unpleasant or abnormaldifficulty sleeping or restingemotional problems as a result of chronic pain, loss of sleep, and difficulty expressing how you’re feelingA goal of neuropathic pain treatment is to identify the underlying disease or condition that’s responsible for the pain, and treat it, if possible.An important goal is that your doctor will aim to provide pain relief, help you maintain typical capabilities despite the pain, and improve your quality of life.The most common treatments for neuropathic pain include:Over-the-counter pain medicationNonsteroidal anti-inflammatory drugs (NSAIDs), such as Aleve and Motrin, are sometimes used to treat neuropathic pain. However, many people find these medicines aren’t effective for neuropathic pain because they don’t target the source of the pain.Prescription medicationOpioid pain medications don’t usually reduce neuropathic pain as well as they reduce other types of pain. Plus, doctors may hesitate to prescribe them for fear that a person may become dependent.Topical pain relievers can be used, too. These include lidocaine patches, capsaicin patches, and prescription-strength ointments and creams.Antidepressant drugsAntidepressant medications have shown great promise in treating symptoms of neuropathic pain. Two common types of antidepressant drugs are prescribed to people with this condition:tricyclic antidepressantsserotonin-norepinephrine reuptake inhibitorsThese may treat both the pain and symptoms of depression or anxiety caused by chronic pain.AnticonvulsantsAnti-seizure medications and anticonvulsants are often used to treat neuropathic pain. Gabapentinoids are most commonly prescribed for neuropathic pain. It’s not clear why anti-seizure drugs work for this condition, but researchers believe the medications interfere with pain signals and stop faulty transmissions.Nerve blocksYour doctor may inject steroids, local anesthetics, or other pain medications into the nerves that are thought to be responsible for the wayward pain signals. These blocks are temporary, so they must be repeated in order to keep working.Implantable deviceThis invasive procedure requires a surgeon to implant a device in your body. Some devices are used in the brain and some are used in the spine. Once a device is in place, it can send electrical impulses into the brain, spinal cord, or nerves. The impulses may stop the irregular nerve signals and control symptoms.These devices are typically used only in individuals who haven’t responded well to other treatment options.Lifestyle treatmentsPhysical, relaxation, and massage therapies are all used to relieve symptoms of neuropathic pain. These forms of treatment can help ease muscles.Your healthcare provider can also teach you ways to cope with your pain. For example, some people with neuropathic pain may experience increased symptoms after sitting for several hours. This might make desk jobs difficult to perform. A physical therapist or occupational therapist can teach you techniques for sitting, stretching, standing, and moving to prevent pain.If your doctor is able to identify an underlying cause for the neuropathic pain, treating it may reduce and even eliminate the pain. For example, diabetes is a common cause of neuropathic pain. Proper diabetes care — which includes a healthy diet and regular exercise — may eliminate or reduce neuropathic pain. Taking care of blood sugar levels can also prevent worsening pain and numbness.Multimodal therapyA multipronged approach can be an effective way to manage the condition.A combination of medications, physical therapy, psychological treatment, and even surgery or implants may be used to bring about the best results.Neuropathic pain can negatively impact your life if you don’t take steps to treat it and prevent worsening symptoms. Over time, this can lead to serious disability and complications, including depression, problems sleeping, anxiety, and more.Fortunately, researchers are learning more about why this condition develops and what can be done to effectively treat it. That’s leading to better treatment options. Finding the correct treatment options for you can take time, but you and your doctor can work together to find relief from the symptoms of this painful condition. Last medically reviewed on February 5, 2020 Damage or injury to the nerves in the central or peripheral nervous system can cause neuropathic pain. Some people may experience chronic pain in the body as a sharp, burning sensation, while others experience numbness and tingling. Injury or disease can damage the nerve fibers, disrupting the pain signals the nerves send to and receive from other parts of the body. Nerve damage can distort existing signals, create new signals, or prevent the usual signals from transferring. Also, it can sometimes make non-pain signals feel painful. These problems can cause painful symptoms, which can range from mild to severe.Damage to the nervous system affects the senses, so people may have changes in the way they experience touch, temperature, movement, and pressure. This article looks at the causes, types, and symptoms of neuropathic pain, as well as some treatment options.Share on PinterestA person with peripheral neuropathy may experience pain in the extremities of the body.Various health conditions can cause damage to the nerves, leading to neuropathic pain. These include:Injury can cause tissue and nerve damage or put excess pressure on the nerves. This may occur during surgery or as a result of a serious accident, such as one that leads to a spinal cord injury. Certain infections, such as shingles, can sometimes damage the nerves and cause neuropathic pain.Excessive alcohol consumption can also lead to neuropathy. This may be due to the alcohol causing nutritional deficiencies and toxic damage to nerves.Sometimes, certain medications can also cause neuropathic pain. In some cases, however, there may be no clear cause of neuropathic pain.There are many different types of neuropathy that affect different nerves and parts of the body. Damage to one nerve is called mononeuropathy, while damage to two or more nerves in different areas is called multiple mononeuropathy. In most cases, there is damage to many nerves, which is called polyneuropathy.The sections below will look at some different types of neuropathy and explain which body parts they tend to affect.Peripheral neuropathyPeripheral neuropathy is a type of nerve damage that affects the peripheral nervous system. The peripheral nervous system sends signals between the central nervous system and the rest of the body.Peripheral neuropathy can affect the extremities of the body, including theAutonomic neuropathyAutonomic neuropathy affects the nerves that control the internal organs and regulate essential functions such as breathing and digestion.Autonomic neuropathy can cause a range of problems that can affect the heart, blood pressure, and digestive system.Focal neuropathyFocal neuropathy is usually damage to a single nerve within one of the following bodily locations:Bell’s palsy is a type of focal neuropathy. This condition causes a sudden weakness or paralysis on one side of the face. Focal neuropathy can also cause double vision and sudden weakness or pain in the front of the thigh and other areas of the body.Proximal neuropathyA rare type of nerve damage is proximal neuropathy. This type of nerve damage is usually only on one side of the body and can affect the hip, buttock, or thigh.Proximal neuropathy can cause severe pain and difficulty with movement, as well as weight and muscle loss.Diabetic neuropathyDiabetes causes high blood sugar in the body. Over time, this can damage the blood vessels that supply vital oxygen and nutrients to the nerves. The decrease in oxygen and nutrients makes it difficult for the nerves to function as usual.Diabetic neuropathy can include any of the above types of neuropathy, but up to 50% of people with diabetes will have peripheral neuropathy.Compression mononeuropathyCompression mononeuropathy refers to damage to a single nerve from a compression injury or blood vessel disease. Narrowing of the blood vessels can restrict blood flow to the nerves, affecting how they function.Injury or repetitive strain can cause compression in nerves as they pass over a joint or through a tight passage in the body. Carpal tunnel syndrome, which refers to compression of the median nerve at the wrist, is the most common example.People may experience tingling, numbness, or swelling in the fingers, particularly when using the hands or sleeping at night.Phantom limb syndromePhantom limb syndrome is a type of neuropathic pain. People may experience sensations or pain in a missing limb. The pain may be burning, prickling, or shooting.Almost 80% of people who have undergone amputation will experience phantom limb syndrome. Mixed signals from the brain and spinal cord may be the cause of phantom limb syndrome.Symptoms will often decrease in the 6 months following surgery, but they can continue for years. Trigeminal neuralgiaCompression or damage to the trigeminal nerve in the head can cause trigeminal neuralgia. Stroke, MS, and facial surgery can all cause damage to the trigeminal nerve.This type of neuropathy can cause intense pain in the face. Everyday activities such as brushing the teeth and washing the face may trigger pain.Postherpetic neuralgiaPostherpetic neuralgia (PHN) is a complication of shingles. PHN can affect areas of the body where a shingles rash was present.Around 10–18% of people with shingles will develop PHN, and older adults with shingles are more likely to experience it.Thoracic or lumbar radiculopathyThoracic or lumbar radiculopathy is a type of mononeuropathy that affects one or both sides of the chest or abdominal wall. People with type 2 diabetes are more likely to experience this type of neuropathy. They often recover with time.Some symptoms of neuropathic pain can include:severe pain, which may feel like shooting, throbbing, or burningelectrical-like sensationsnumbnessa tingling sensation, or “pins and needles”reduced use of the senses, such as difficulty sensing temperaturesskin that appears mottled or reditchinesschanges in pain associated with the weatherNeuropathic pain can also cause people to be overly sensitive to touch. For example, people may find that the slightest pressure or friction from clothing or a gentle touch can aggravate the nerves and cause pain.Chronic pain can affect day-to-day life and affect a person’s quality of life. Some side effects of neuropathic pain may include:difficulty sleeping, due to paindepressionanxietySome symptoms of neuropathy will ease over time. Treating or managing the underlying cause may help relieve symptoms of neuropathic pain.People with chronic neuropathic pain may need treatment to relieve painful or debilitating symptoms. Taking nonsteroidal anti-inflammatory drugs is not usually effective for neuropathic pain.Other medications that may help relieve nerve pain include:antiepileptic drugsantidepressantsopioidscapsaicin creamlidocaine patchinjections or nerve blocks, which may be a combination of steroids, opioids, and anesthetics A doctor may also suggest treatment with a transcutaneous electrical nerve stimulation (TENS) machine. A TENS machine delivers a small electrical impulse to the area of pain through an electrode attached to the skin. The impulse may stimulate specific nerves and block pain signals. This can help the muscles relax and ease painful symptoms.If a TENS machine is not effective, a person may want to try percutaneous electrical nerve stimulation (PENS). PENS works in a similar way to TENS, but a health professional will instead use a needle to place the electrode under the skin rather than on top of it. Some people find that acupuncture relieves some neuropathic pain. This may help stimulate the nervous system and provoke a healing response to ease the pain.Surgery can also provide relief from severe cases of some types of nerve damage, such as compression mononeuropathy.Damage or injury to the nerves can cause neuropathic pain. Symptoms can range from mild to severe. People may experience burning or shooting pain, tingling, numbness, or a loss of some sensation.Treatment options include medication for pain relief, electric stimulation, or, in some cases, surgery.Some types of neuropathic pain may ease or resolve over time, while other types will require long-term pain management. neuropathic pain doctors near me. neuropathic pain doctor in ahmedabad. neuropathic pain doctor in kota. what doctor treats neuropathic pain. what kind of doctor treats neuropathic pain. what type of doctor treats neuropathic pain. who to see for neuropathic pain. what is best for neuropathic pain

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