

Published based on [Diabetic Neuropathy Treatment](#)

Diabetic Neuropathy Treatment

[Diabetic neuropathy treatment](#) is the system of management used to treat a class of nerve disorders caused by diabetes.

First and foremost, blood sugar levels should be brought back to normal. Those who have trouble controlling their blood sugar levels, as well as those who are overweight, obese, or have high levels of blood fat, are even more likely to have diabetic neuropathy.

Although diabetes is the primary cause of diabetic neuropathy, there are numerous types of this disorder. Research now focuses on the different mechanisms by which I located the levels of blood sugar damages nerves. This damage is linked to a number of causative factors including:

- Genetically inherited traits
- Tobacco smoking
- Alcohol consumption
- Mechanical nerve injury (ie, carpal tunnel syndrome)
- Autoimmune diseases or factors which may cause nerve inflammation
- “Metabolic factors” (high blood glucose levels, extended duration of diabetes, high blood-fat-levels and potentially, low insulin levels)
- Neurovascular causes, which may lead to damaged blood vessels and a lack of nutrients and oxygen being transported to nerves

Diabetic neuropathy treatment requires a multi-tiered approach and should be tailored to the patient's needs.

As mentioned above, the levels of blood glucose need to be brought within normal range to prevent further nerve damage from taking place. This requires carefully monitoring the levels of blood glucose, exercising and taking insulin or diabetes medication – or if the treatment is natural, correctly prescribed natural substances. Although the symptoms may worsen initially, maintaining the correct levels of blood glucose will cause symptoms to lessen over time. Also, controlling blood glucose levels may prevent or delay new problems from taking place.

Conventional treatments include:

1. Antidepressants such as amitriptyline, imipramine, desipramine (Norpramin, Pertofrane), uloxetine (Cymbalta), venlafaxine, bupropion (Wellbutrin), paroxetine (Paxil), and citalopram (Celexa)
2. Opioids and opiate-like drugs, such as time-released oxycodone and tramadol
3. Anticonvulsant medications, such as gabapentin (Gabarone, Neurontin), carbamazepine, and lamotrigine (Lamictal)

A patient does not have to be depressed to be prescribed an antidepressant; some antidepressants have painkilling properties. However many of the above medications have lots of side effects. The best thing the patient can do is to weigh their options with their doctor. Sometimes the modification of diet and lifestyle, the consumption of lower sugar foods, and healthier eating in general, along with conventional and alternative treatment options under the guidance of qualified professionals, may be preferable to the side effects of common medications.

Some patients use topical pain relief. Creams derived from hot peppers and patches which contain an anesthetic called lidocaine may be used. Patches containing nitrates have also demonstrated some ability in relieving neuropathic foot pain. Additionally, natural substances which include evening Primrose oil and also the public acid, which is a potent antioxidant, have demonstrated the ability to relieve symptoms and to improve the function of nerves.

This is not a comprehensive article. To read the rest, please visit [diabetic neuropathy treatment](#).

