



WESTERN NEUROPATHY ASSOCIATION

October 2021  
Issue 09  
Volume 19

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Celebrating our 23rd Year!

# Neuropathy Hope

*Hope through caring, support, research, education, and empowerment*

A newsletter for members of Western Neuropathy Association (WNA)

## ■ COMPARATIVE EFFICACY OF GABAPENTIN AND DULOXETINE FOR PAINFUL DIABETIC PERIPHERAL NEUROPATHY

By Gloria Privler, Clinical Pain Advisor, August 24, 2021

A recent study published in The International Journal of Clinical Practice determined that there is no significant difference between the use of gabapentin or duloxetine for the treatment of painful diabetic peripheral neuropathy (PDPN).

Gabapentin is an anticonvulsant that has demonstrated efficacy in PDPN treatment, and duloxetine is a norepinephrine-serotonin reuptake inhibitor also recommended for PDPN and commonly used for major depressive disorder. Only a few meta-analyses compare the two drug treatments for PDPN in randomized controlled trials (RCTs). This study comprises a systematic review and meta-analysis of RCTs that assess the efficacy and safety of these two drugs in patients with PDPN.

The literature search included articles from 2000 to 2021 using PubMed, Embase, and the Cochrane Library. Eligible studies were RCTs comparing gabapentin and duloxetine for PDPN and had outcomes that included pain intensity, clinical conditions, and adverse effects.

The researchers retrieved 776 articles; 492 of them were eligible for this study, and 3 RCTs met the inclusion criteria for the meta-analysis. The RCTs, which were conducted in India and Iran, were published in 2012, 2019, and 2020. The three studies included 290 patients with PDPN who received duloxetine or gabapentin. Patients in the duloxetine group received doses of 20 mg to 80 mg/day, whereas those in the gabapentin group received doses of 300 mg to 1200 mg/day.

All in all, no statistically significant difference in pain intensity or pain-related sleep interference was shown between the effect of duloxetine and gabapentin for PDPN. (Editor: link to details in reference)

In the study, 70 of 290 patients in the study experienced side effects. Those most commonly reported in the duloxetine group were nausea and vomiting (13.1%), somnolence (3.4%), and sleeplessness and dizziness (2.6%). Among patients who were treated with gabapentin, the most common side effects were nausea and vomiting (9.7%), sleeplessness (4.1%), and imbalance (2.1%).

The limitations of this study included a relatively insufficient sample size. Potential bias may have arisen from the protocols of the 3 studies not being standardized. Patients were followed for only 12 weeks at most so long-term differences in safety and efficacy between the 2 drug treatments were not studied.

This study concluded that there is no significant difference between duloxetine and gabapentin for treating PDPN and that the efficacies of the two drugs are equal. The study researchers recommended that clinicians organize management of patients with diabetes mellitus based on drug prices and the fewest side effects. Research is needed to determine the long-term effects of duloxetine and gabapentin for the treatment of PDPN.

Reference:

Ko YC, Lee CH, Wu CS, Huang YJ. Comparison of efficacy and safety of gabapentin and duloxetine in painful diabetic peripheral neuropathy: a systematic review and meta-analysis of randomized controlled trials. Int J Clin Pract. Published online June 25, 2021.

## 2021 WNA Board of Directors

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to find out about the  
topic/speaker for the  
upcoming meeting.**

**Katherine Stenzel**  
Editor

Newsletter Design by



## OCTOBER SUPPORT GROUP SCHEDULE

Everyone is welcome to join any virtual support group meeting via telephone, smartphone, tablet or computer. We urge you to take this opportunity to talk with other people that know about and experience neuropathy.

All meetings are held via Zoom which also have access for telephones. Note that Zoom meeting participation is not limited to the physical location in the name. Anyone from any city is welcome to attend, listen and/or share.

- **October 9** (Saturday) 11:00am – 1:00pm PDT/ 1:00pm – 3:00pm CDT  
Houston, TX Neuropathy Support Group  
Group Leader: Katherine Stenzel at [klstenzel@hotmail.com](mailto:klstenzel@hotmail.com)
- **October 20** (Wednesday) 10:30am – 11:30am PDT/12:30pm – 1:30pm CDT  
Sign-in opens at 10:00am PDT/12:00pm CDT  
Monterey, CA Neuropathy Support Group  
Group Leader: Bill Donovan, MD at [wbdpad@cal.berkeley.edu](mailto:wbdpad@cal.berkeley.edu)
- **October 23** (Saturday) 11:00am – 1:00pm PDT/ 1:00pm – 3:00pm CDT  
Houston, TX Monthly Open Discussion on Neuropathy  
Group Leader: Katherine Stenzel at [klstenzel@hotmail.com](mailto:klstenzel@hotmail.com)

Email the Group Leader to:

- request the meeting invitation/Zoom link for a specific date
- provide your name, mailing address, telephone number and email address

Instructions will be sent for connecting to the meeting via computer/tablet, smartphone or telephone.

**The November Issue will contain an updated list of Support Groups going forward.**

## BEGINNING ZOOM FOR SUPPORT GROUP MEMBERS

Are you unsure how to use Zoom to attend a Neuropathy Support Group meeting? What about if you only want to listen and not talk – can you do that? What happens if you do not have a camera on your computer or laptop – can you still attend? Is there anything special that you need to download to use the Zoom program?

Katherine Stenzel will guide you through all these situations and show you how to use this new way to attend meetings. Step-by-step instructions will be sent to you (via email or U.S. Mail) to direct you in the preliminary steps to enter a meeting. During the Zoom meeting she will discuss all the features for participating including video, audio, chat, and reactions. The attendees will have lots of time to practice using the different aspects of the program. Once comfortable, the group will have a pretend support group meeting from start to finish to ensure all attendees can use the features easily.

Two sessions are planned to accommodate different time schedules:

West Coast Training  
October 7, 2021  
1:00 pm Pacific Time

Central And East Coast Training  
October 14, 2021  
1:00 pm Central Time

Training sessions are planned for 2 hours.

Send an email to Katherine at [klstenzel@hotmail.com](mailto:klstenzel@hotmail.com) to register. Please include your name and also your phone number in case personal contact is needed for a problem.

Looking forward to help everyone learn to use Zoom!

...*Katherine*

## EDITOR'S NOTE

Katherine Stenzel, Editor, WNA Board Director

Did you check out the list of articles on the front page? Here's a summary of the issue:

- Julie Falligant returns this month with an expanded discussion on the three-part breath. If you remember, in the August issue she first discussed the use of slow, deep breaths as a way that may relieve pain. Try it as a natural treatment for your neuropathy.
- Barbara Montgomery continues her series on better communication with your doctor by suggesting five ways to detail your pain.
- Several attendees at the August meeting of the Houston Support Group are having success with reducing their neuropathic pain and numbness by using acupuncture. Read the article to find out how this traditional Chinese medicine is used to relieve pain and numbness, and the specifics of their treatments.
- With my mild degree of neuropathy, walking continues to be my favorite form of exercise. An article from CNN-Fitness details its many benefits with some that I had not considered, such as reducing crime with an increased presence of neighborhood walkers.
- The front-page article on comparing gabapentin and duloxetine had a surprising conclusion! How does this compare to your personal experience?

For those members that are hesitant about using ZOOM to attend a virtual support group meeting, please attend the training session detailed on the previous page - "Beginning Zoom for Support Group Members". I will help you every step of the way as you become confident in using this new way to attend meetings.

Information on upcoming webinars will be sent directly to members via email. And you can check out past webinars and conventions on our YouTube channel at <https://www.youtube.com/channel/UC5bNYVSu-SlppJ0ZVGs1o5A/videos>. Be sure and click the red SUBSCRIBE button to be informed when new videos are uploaded.

Please send your comments and suggestions to [klstenzel@hotmail.com](mailto:klstenzel@hotmail.com)

...Katherine

## LETTERS TO THE EDITOR

### September Issue 2021

Re: Sleeping 7 Hours A Night – Why And How

Katherine,

You mentioned sleep issues in the September newsletter and I wonder if you have tried Melatonin. It comes in 3 mg tablets, and I take half of one, 1.5 mg, about 15 minutes before I want to sleep. Minimal dosage and helps enormously.

Wojciech Makowski  
Santa Rosa, California

## VIRTUAL SUPPORT GROUP BEST PRACTICES

Sitting for two hours in a meeting can be difficult when you have neuropathy! During the September Open Discussion meeting of the Houston Support Group, attendees shared that their pain and numbness increased as the meeting progressed. Some moved their feet and legs but ensured that their upper bodies continued to look calm in their Zoom picture. The group decided for future meetings to take a 5-minute break halfway for standing, stretching and moving around to ease the pressure and tension on their nerves.

### Help With Health Care Challenges

If the number is not in your area, call the one listed and ask for the right number.

#### Medicare

[www.Medicare.gov](http://www.Medicare.gov)

...

#### The Affordable Health Care Act

For current information go to [www.HealthCare.gov](http://www.HealthCare.gov)

...

#### HICAP

#### Health Insurance Counseling

for seniors and people with disabilities.  
[www.cahealthadvocates.org/HICAP/](http://www.cahealthadvocates.org/HICAP/)  
Call (800) 434-0222 to ask a question or to make an appointment.

...

#### Health Rights Hotline

Serving Placer, El Dorado, Yolo, & Sacramento Counties, regardless where you receive your health coverage.  
Tollfree (888) 354-4474 or TDD (916) 551-2180.  
In Sacramento, (916) 551-2100.  
[www.hrh.org](http://www.hrh.org).

...

#### HMO Help Center

Assistance  
24 hours a day, seven days a week.  
(888) HMO-2219  
or (877) 688-9891 TDD

...

#### DRA's Health

**Access Project** Free publications about the health care, insurance rights and concerns of people with disabilities and serious health conditions. For more information, go to <http://dralegal.org/> and click on "Projects".

## DISCOUNTS FOR WNA MEMBERS

The following companies or individuals have agreed to give WNA a discount to WNA members. Give them a call or visit. If you choose to purchase the service or wares of any on this list, pull out your WNA Membership Card and claim the discount.

### Anodyne Therapy

Infrared Light Therapy equipment - **12% off all home units.**  
Contact: 800-521-6664 or [www.anodynetherapy.com](http://www.anodynetherapy.com)

### Auburn

#### The Footpath

825 Lincoln Way  
(530) 885-2091  
[www.footpathshoes.com](http://www.footpathshoes.com)  
**WNA Discount: 10% off the regular price shoes.**

### Elk Grove

#### Shoes That Fit

8649 Elk Grove Blvd.  
(916) 686-1050  
**WNA Discount: 20% off the regular price shoes.**

### Fortuna

#### Strehl's Family Shoes & Repair

Corner of 12th & Main  
1155 Main Street  
(707) 725-2610  
Marilyn Strehl, C.PED  
is a Certified Pedorthic  
**WNA Discount: 10% off the regular price shoes.**

### West Sacramento

**Beverly's Never Just Haircuts and Lilly's Nails**  
2007 W. Capitol Ave  
Hair - (916) 372-5606  
Nails - (916) 346-8342  
**WNA discount: 10% off the regular price.**

- Continued on page 5

## WALKING, BENEFITS AND NEUROPATHY

Compiled by Katherine Stenzel, Editor, WNA Board Director

Walking is my favorite form of exercise. It's easy to do, only requires shoes, and I can do it most days (I live in Houston!). But it also clears my mind by forcing me outside. It entertains me as I can listen to my audiobooks. And I can brainstorm a problem away because I'm in a different environment.

So, I was excited to read an article from CNN Fitness titled "What you should know about the most underrated form of exercise".<sup>1</sup> It describes the benefits of walking, such as:

- It improves memory and cognitive capability
- It boosts your mood and lowers stress
- It improves your health
- It is energizing, yet also helps you sleep
- It's a safe, easy exercise for newbies
- It can be a vigorous workout (think intervals or hills)
- It builds bonds when walking with family and friends
- It develops community bonds (crime drops with frequent neighborhood walking)
- Its free and can be done anywhere.

But what about walking when you have peripheral neuropathy? An article by the Anderson Podiatry Center details three ways that neuropathy can have an impact on walking.<sup>2</sup>

### 1 - PAIN

If you are in a lot of pain from the burning and tingling in your feet, you'll probably feel uncomfortable to go on a walk. If the pain is mild, you can still go for a walk, but maybe just not as far as you could before. If your symptoms are not that painful, that's even more of a reason to consider walking.

If your pain is manageable while you walk, it's a good idea to gradually increase the frequency and duration each time you walk. One principle to remember is that your body needs rest days. So rather than walking every day for 25 minutes five or six days per week, it may be better to walk four days for 35-45 minutes. Why? It's thought that those extra minutes (for example, 35 minutes) tend to rev up your metabolism more for a longer period after the aerobic activity. This leads to more calories burned and better cardiac health. If

walking is too painful, consider biking, swimming or pool exercises instead.

### 2 - NUMBNESS

If your nerves are significantly damaged, you may experience numbness in your feet. This also serves as another factor that suppresses your desire to walk as your ability to feel your feet on the ground has been reduced.

When your ability to feel your feet on the ground diminishes, you could feel unstable and possibly walk with a wider gait. In some cases, you may even shuffle due to the lack of feeling. This can be a challenge, and it might make you even more susceptible to falling. For this scenario it is best to walk on flat surfaces and avoid walking on irregular terrain.

### 3 - WEAKNESS

Another symptom caused by peripheral neuropathy is weakness. This ranges from mild to severe in the case of drop foot, which is when it's difficult to pull your foot or toes upwards. It could also be difficult to push your foot off the ground. Again, it is most important to avoid irregular terrain, so it is important to consider or experiment with other forms of exercise as needed.

If you have weakness or numbness that is not too severe, and you're able to walk for exercise, then make sure your shoe selection is good. Generally, a shoe with more support (which is called a motion control shoe) should be used. Additionally, keep an eye on your shoes and make sure you do not overwear them to the point that they start to break down.

### References

<sup>1</sup> What you should know about the most underrated form of exercise, Melanie Radzicki McManus, CNN Fitness, August 6, 2021, retrieved August 20, 2021 from <https://www.cnn.com/2021/08/06/health/walking-benefits-exercise-wellness/index.html>

<sup>2</sup> Three Ways Peripheral Neuropathy Can Affect Your Walking, Anderson Podiatry Center, February 17, 2021, retrieved August 18, 2021 from <https://andersonpodiatrycenter.com/2021/02/17/three-ways-peripheral-neuropathy-can-affect-your-walking/>

# ACUPUNCTURE FOR PERIPHERAL NEUROPATHY AND WNA MEMBER SUCCESSES!

## Background

According to Traditional Chinese Medicine, pain and dysfunction as a result of peripheral neuropathy are caused by a blockage of qi-energy and blood. If qi-energy and blood don't flow properly, it prevents cells and tissues from receiving nourishment and can lead to pain and functional problems. In addition, depending on the symptoms experienced, there may be specific meridians that are also affected by the condition. This can affect where the pain and numbness are occurring, and can also be responsible for accompanying symptoms. Acupuncture treatment typically involves both local points to treat the affected meridians and the symptoms experienced, combined with points for strengthening and building up the body to augment qi-energy and blood.<sup>2</sup>

## Clinical Trials

The Neurology Wellness Clinic at Oregon Health & Science University (OHSU) recently examined the evidence for acupuncture in the treatment of peripheral neuropathy. They systematically reviewed 46 clinical trials and included 13 qualifying randomized controlled trials of acupuncture against sham acupuncture or standard medical therapy and concluded that acupuncture is effective in the treatment of diabetic neuropathy, Bell's palsy, Carpal Tunnel Syndrome and it is most likely effective for the treatment of HIV-related neuropathy.<sup>1</sup>

## Typical Treatment

Patients with peripheral neuropathy are routinely treated at the Neurology Wellness Clinic at OHSU and some of their best results are with idiopathic neuropathy. A typical treatment course consists of weekly sessions with electroacupuncture for 6-8, sometimes 10 weeks, followed by gradual spacing out to every other week, every third week, once a month and eventually maintenance treatment once every 2-3 months.<sup>1</sup>

## Acupuncture Successes

In the August meeting of the Houston Support Group, three attendees shared their success with acupuncture in relieving their neuropathy symptoms.

After starting to lose feeling in his feet in early 2018, John FitzGerald started vitamin B12-

complex food supplement (METANX®) in February 2019. His feet immediately started feeling better. In September 2019 he added weekly acupuncture treatments and the neuropathy symptoms subsided even more. Upon the recent completion of his 53rd treatment (approximately every other week for 2.5 years), his feet feel 98% better. He still has balance issues when starting to walk from a stopped position, so he uses a walking cane per his neurologist's suggestion.

Marge Healy had initial success with her acupuncture, but she stopped treatment during the Covid pandemic. During the support group meeting she said that she is feeling a lot more pain. Marge restarted her treatment 10 days later with acupuncture on her feet and legs. Later that day, she wrote her group leader stating she felt so much better!

Don Tallman has been receiving acupuncture treatments through the Veterans Hospital for several years for numbness and pain in his feet and legs. Before the pandemic, the numbness had subsided from his knees to his feet with the pain decreasing to almost nothing. During the pandemic the treatments stopped and the pain and numbness returned. Since he started acupuncture in the last two months, the numbness and pain have again been reduced. As of September 7, he has been pain free for two weeks and adds "Hope springs eternal!"

As always, what works for these members may not work for everyone. As stated by Don during a support group meeting – each of us is an "Experiment of One".

If you try acupuncture, here are two additional details: Don uses electroacupuncture and Marge says in her experience the more needles the better!

## References

<sup>1</sup> Alexandra Dimitrova, MD, acupuncture and diet changes to treat neuropathic pain, OHSU Blog, September 24, 2015, retrieved August 18, 2021 – <https://blogs.ohsu.edu/brain/2015/09/24/acupuncture-and-diet-changes-to-treat-neuropathic-pain/>

<sup>2</sup> James Kaufman, Kaufman: Treating nerve damage with acupuncture, Kelowna Capital News – Lifestyle, September 3, 2013, retrieved August 25, 2021 – [https://www.nccaom.org/wp-content/uploads/pdf/Effect Peripheral neuropathy.pdf](https://www.nccaom.org/wp-content/uploads/pdf/Effect%20Peripheral%20neuropathy.pdf)

## DISCOUNTS FOR WNA MEMBERS

*Continued from page 4*

### Neuropathy Support Formula/Nerve Renew

(1-888-840-7142) is a supplement that a number of people are taking and reporting it has helped them. The company gives members of WNA a discount and free shipping. The 30-day supply is \$40 (normally \$49.97). It can be auto-shipped monthly for the same. A 3-month supply via auto-ship is \$95.00. They also have a Nerve Repair Optimizer that is available for \$20 with free shipping. Marsha, the manager, said that if anyone wants more information about the product, they can call and ask for her. If she is not readily available, leave your number and she will call you back. They now have Nerve Renew Fast Acting Cream at \$20 for WNA members. It reportedly takes the edge off numbness.

### Building Better Balance DVD, Developing Spine Health

– The DVDs are \$30 each. The price of a full set (4 DVDs) is \$100 (that's a 20% discount). You can order the DVDs by going to the website [www.building-better-balance.com](http://www.building-better-balance.com). Shipping is free. You can also order the DVDs over the phone using a credit card. Call (707) 318-4476 and leave a message. Vanessa Kettler, Balance and Fall Prevention [www.building-better-balance.com](http://www.building-better-balance.com) (707) 318-4476

### Additional Discounts

Do you know a business that might offer our members a discount? Tell them that they will be listed each month in our newsletter and on our website so our members will know of their generosity and patronize their business. Call 888-556-3356 or email [admin@WNAinfo.org](mailto:admin@WNAinfo.org).

We'll mail an agreement form to the business, and once we have it, we'll add them to this list.

## THREE-PART BREATH: AN EXERCISE IN DIAPHRAGMATIC BREATHING

Julie Falligant, Yoga Teacher

How we breathe affects how our body and mind operate and how we experience pain. Quick, shallow breathing repeatedly stimulates and heightens our stress response, restricts fresh oxygen intake, and potentially intensifies pain. Alternatively, slow, deep breathing – diaphragmatic breathing – encourages our body to relax, infuses our cells with fresh oxygen, and offers opportunity for pain relief. (For more information, see “Diaphragmatic Breath and Pain Relief” in *Neuropathy Hope’s* August 2021 edition.)

One variation of diaphragmatic breathing is Three-Part Breath. Three-Part Breath utilizes our full lung capacity, which mobilizes and exercises both our diaphragm, the major muscle of respiration, and our intercostal muscles located between our ribs. This exercise supports improved blood flow and helps to balance our autonomic nervous system. Also, in Three-Part Breath, we consciously breathe into separate areas of our lungs. As a result, we tend to take in more air than we habitually do, which stimulates our respiratory system and promotes complete cycles of air exchange. Other potential effects of Three-Part Breath include tension release in our chest and abdomen and a gentle abdominal massage, improving our digestion.

Let’s give Three-Part Breath a try. Begin by preparing your body and mind for the breath practice:

- Find a comfortable position with a long spine: lying down, sitting or standing.
- Notice sensations in your body and thoughts in your mind. Observe your normal breath pattern. Is it fast or slow? Choppy or smooth? Shallow or deep?
- If your mouth is open, close it (if possible) to breathe through your nose. Begin to relax your face, jaw, and abdomen.
- Rest your one or both hands on your belly, just below your navel.

Now to create and experience Three-Part Breath, adding on one part at a time:

**Part One:** On your inhale, gently draw the air down into your lower lungs to feel your belly rise beneath your hand(s). Focus on expanding the belly while minimizing rib and chest expansion. On your exhale, just let the air flow out while allowing your belly to sink towards your spine. Repeat this several times before returning to your normal breath pattern.

**Part Two:** Move one palm to your ribcage and leave the other on your low belly. As you take your next breath in, bring the air down to feel your diaphragm drop and your belly round into your hand. Then lift the same breath into the middle of your lungs to expand your ribcage side-to-side and front-to-back. Focus on expanding the belly first and ribs second while minimizing chest expansion. On your exhale, release the breath and sense your belly sink and ribs contract toward the spine. Repeat this several times before returning to your normal breath pattern.

**Part Three:** Move your hand from your ribcage to your chest with your fingertips resting on your collarbone. Keep the other hand on your low belly. As you inhale, allow your belly to soften and inflate like a balloon, then your ribs to expand like fish gills in all directions, and finally your collarbone to subtly lift as your chest broadens. As you exhale, just release the breath in any order, without concern for whether the breath leaves your belly, ribs, or chest first, second or third. Just let it go and notice the movement of your torso under your hands.

Spend time here in your Three-Part Breath cycles. At any point, rest your hands on your lap or by your sides. Focus on the filling and emptying your lungs as much as is comfortable, in a smooth wave of motion. As you breathe, bring awareness to sensation and expansion in the back of your body, as well as the front and sides. Experiment with visualizing your breath as a wave rising and falling or as water filling a measuring cup from 1/3 to 2/3 to 1 cup and then slowly pouring it out.

As you’re ready, release the breath exercise, and return to your normal breath. Remain still and feel the echoes of your Three-Part Breath on the sensations in your body, thoughts in your mind and the rhythm of your breath.

Resources:

Carson, J., K. Carson, and C. Krucoff. 2019. *Relax into Yoga for Chronic Pain: An Eight Week Mindful Yoga Workbook for Finding Relief and Resilience*. Oakland, CA. New Harbinger Publications, Inc.

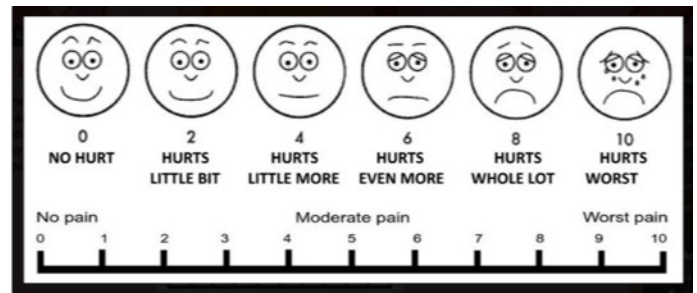
Kripalu School of Yoga Teacher Training Manual. 2017.

## DESCRIBING YOUR PAIN By Barbara Montgomery

Pain can interfere in our daily lives, and it is not easy to manage or sometimes easy to describe to your doctor so they can help manage your pain. If you can find the root cause of pain it is easier to manage. If you can describe your pain to your doctor, they are better able to help you. Pain can be subjective and varies from person to person, yet there is a guide to help you describe your pain to your provider. The pain scale is important as it is a standardized means of measuring pain intensity and severity. This helps your doctor access your pain and understand your needs.

The following are suggestions to use in describing your pain:

1. Keep a pain journal: Document your pain based on daily activities; what foods you are eating plus medications and supplements; also your emotions and stress level before and after pain flare-ups.
2. Describe the pain/sensation as accurately as you can:
  - a. Burning
  - b. Sharp
  - c. Dull
  - d. Aching
  - e. Stabbing
  - f. Radiating
  - g. Throbbing
  - h. Cramping
  - i. Raw
  - j. Shooting
  - k. Tender/sensitive to touch
  - l. Heavy
  - m. Itching



3. Describe your pain level: This is a way for you and your doctor to be on the same page when it comes to describing your pain.
  - a. 1-3 Mild to distracting
  - b. 4-6 Moderate to strong that disrupts your daily activities
  - c. 7-10 Debilitating and prevents you from living a normal life
4. Describe your limitations: Lifting, bending, stretching, using hands, stairs and walking.
5. Keep track of when it gets better or worse:
  - a. Is it worse in morning or evening?
  - b. Do certain foods/drink/medications increase the pain?

### References:

<https://www.vulcanpainmanagement.com/>

<https://connect.mayoclinic.org/blog/adult-pain-medicine/newsfeed-post/what-to-expect-at-my-pain-medicine-appointment/>

How can I describe my pain to my health care provider? | NICHD - Eunice Kennedy Shriver National Institute of Child Health and Human Development (nih.gov)

## DO YOU SHOP ONLINE? May we recommend AmazonSmile and iGive.com.



**AmazonSmile** is an easy and automatic way for you to support WNA every time you shop, at no cost to you. When you shop at **smile.amazon.com**, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that AmazonSmile will donate a portion of the purchase price to the Western Neuropathy Association!!! Make sure you type in Western Neuropathy Association.

You can also support WNA by shopping at one of the 1700+ stores at **iGive.com** and selecting the Western Neuropathy Association as your charity of choice - they will donate a rebate of your purchase at no extra cost to you!



**iGive.com**

You Shop. Your Charity Gets Money. For Free.



# WESTERN NEUROPATHY ASSOCIATION

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Call WNA using our toll free phone number:

(888) 556-3356 • Email: admin@WNAinfo.org

## BILLY FOOTWEAR®

When neuropathy symptoms include numbness in hands, the ability for fingers to perform fine motor function decreases. Tying laces on shoes become a challenge! When that numbness is also in the feet, putting the foot in a shoe can be a positioning challenge.

Billy Footwear® has designed a shoe that that helps both of these situations. The shoe is fastened with a zipper that is placed around the top of the shoe, making it easy to place your foot in the shoe.

Check out their shoes and their story at <https://billyfootwear.com/pages/about-us>



### Western Neuropathy Association (WNA)

A California public benefit, nonprofit, tax-exempt corporation.

Bev Anderson, Editor

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Our mission is to provide support, information and referral to people with neuropathy and to those who care about them, to inform and connect with the health care community, and to support research.

Dues - \$30 a year

All contributions and dues are tax-deductible.

We are supported by dues-paying members, contributions by members and friends, and occasionally, small grants and fundraisers.

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