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5 TYPES OF NEUROPATHY AND TREATMENT WAYS

Nerve injury is present in all kinds of neuropathy. However, neuropathy is categorized into five distinct categories based on which nerves have been injured. Regardless of the sort of neuropathy you have, you should get professional medical help to get it treated.

Neuropathy treatment can help you feel better by reducing your discomfort and slowing the growth of the damage. We know that **Gabapentin** can treat neuropathy. Let's take a look at the many types of neuropathy and how they're treated.

Peripheral Neuropathy

Damage to the nerves in the extremities (fingers, toes, hands, feet, arms, and legs) is the most prevalent type of peripheral neuropathy. It can be brought on by a variety of injuries and illnesses. Although peripheral neuropathy is a typical side effect of diabetes, putting your blood sugar levels under control usually helps to decrease or eliminate it. **Gabapentin 800 mg** may help you or some complementary therapies are highly useful if you have nerve damage from other sources.

Focal Neuropathy

Focal neuropathy is less prevalent than other types of neuropathy, although it can be caused by diabetes, much like peripheral and cranial neuropathy. Unlike other types of neuropathy, focal neuropathy, also known as mononeuropathy, is defined by the damage to a single nerve. This nerve is most commonly found in the foot, wrist, or thigh, but it can also impact other nerves. The fact that only one nerve is affected does not negate the fact that focal neuropathy is a dangerous condition. It is, and the pain and other symptoms can be equally as severe as those associated with other kinds of neuropathy.

Autonomic Neuropathy

The involuntary nervous system, which includes the nerves that control digestion, circulation, the heart, sweat glands, bowels/bladder, and sexual organs, is affected by autonomic neuropathy. This type of neuropathy, like peripheral neuropathy, is caused by diabetes and other health issues rather than nerve loss. Certain drugs might cause autonomic neuropathy as a side effect.

Proximal Neuropathy

Proximal neuropathy is another prevalent type of neuropathy. Damage to the nerves in the thighs, gluteal areas, and hips characterizes this condition. Normally, proximal neuropathy affects only one side, but if left untreated, it can extend to both sides.

Cranial Neuropathy

One or more of the twelve nerves that connect the brain and brainstem are damaged by cranial neuropathy. Bell's palsy, microvascular cranial nerve palsy, third, fourth, and sixth nerve palsy, and numerous cranial neuropathies are among these diseases. The eyes and face are the most commonly affected areas of cranial neuropathy. Diabetes is linked to some of these disorders, such as microvascular cranial nerve palsy.

Ways to treat neuropathy

Controlling blood sugar levels is important for medical diseases like diabetes. If your neuropathy is caused by alcohol misuse, you'll need to go to rehab to cut back on your drinking. To manage your autoimmune illness or another ailment, you may need to consult a professional. If you're suffering from medication-induced neuropathy, talk to your doctor about switching to a different medicine.

Different Medications

Do not wait too much if you are suffering from any neuropathy you must have to contact your doctor. **Gabapentin 800mg** can help you to improve the symptoms of any neuropathy.

Some over-the-counter pain medicines can assist with the discomfort produced by mild to moderate nerve damage, though they may not help much if you have severe neuropathy.

Gabapentin 800 is one the best way to treat any type of nerve damage or nerve pain. Remember that taking these medications in excess might lead to other health problems, so only take them as needed until you can work with a doctor to figure out what's causing your neuropathy.

Supplements are required

Both Vitamin B and Vitamin D can aid in the relief of neuropathy pain. Because getting the necessary amount of Vitamin D from your food isn't always straightforward, you may need to take a supplement. While food is a better source of most B vitamins, it depends depend on what you're eating.

Alpha-lipoic acid is another helpful vitamin for relieving nerve pain. This antioxidant is produced naturally by the body, although only in small amounts. It's been proved that taking a supplement can aid with nerve pain and blood sugar control.

Exercise

Exercise can help you deal with a variety of nerve pain. It helps to keep your blood glucose levels adequate. Second, it improves the flow of blood to the hands and feet, supplying more nutrients to the nerves in those areas of the body. It can also help you relax and feel better. According to studies, people who exercise, even if it's only walking, find that their nerve discomfort does not interfere with their life as much as it did before they were more active.

The bottom line

It is possible to treat neuropathy but you must have to aware. Some routines, habits, and supplements many options are available but you have to be aware of which one is suitable for you.