

5 Things To Do To Help Your Neuropathy Today

A GUIDE



**Innovative Nerve
& Joint Centers**

5 Things To Do To Help Your Neuropathy Today

- 1 Reduce Sugar**
- 2 Exercise**
- 3 Stress**
- 4 Footcare**
- 5 Medication Check**



**Innovative Nerve
& Joint Centers**

1 Reduce Sugar

Minimize, if not eliminate, sugar from your diet.

You know, sugar can really be a pain—literally—for folks dealing with peripheral neuropathy. It's like adding fuel to the fire when it comes to those nerve-related discomforts. Here's the lowdown: too much sugar messes with your blood sugar levels, leading to inflammation that can crank up the volume on those already annoying symptoms.

So, what's the game plan? First off, it's all about cutting back on the sweet stuff. Ditch the sugary snacks, sodas, and candies whenever possible. Instead, go for the good stuff—whole foods that aren't loaded with added sugars. Think fruits, veggies, whole grains, you know the drill.

Then, when you're scanning those food labels, keep an eye out for sneaky sugars hiding in packaged foods. They go by all sorts of names, from sucrose to high-fructose corn syrup. It's like they're playing hide and seek, but you've got to be the detective.

When you need a little sweetness in your life, reach for the natural stuff like stevia or monk fruit extract. They give you that sweet fix without the sugar rush.

And last but not least, remember it's all about balance. You can still enjoy the occasional treat—just keep it in check. Portion control is your friend here.

By giving sugar the side-eye and opting for healthier choices, you're not just satisfying your sweet tooth—you're giving those nerves a break.

2 Exercise

Alright, let's talk about why getting off the couch and moving those limbs can actually be a game-changer when it comes to dealing with peripheral neuropathy.

Picture this: exercise isn't just about pumping iron or running marathons—it's about giving your nerves a much-needed boost.

First off, when you get moving, you're boosting blood flow like nobody's business. And that's a big deal because those nerves need all the oxygen and nutrients they can get to stay happy and healthy. Plus, exercise is like hitting the reset button on inflammation, which can be a real pain in the, well, nerves.

2 Exercise (cont.)

Now, for a couple of simple exercises you can do right at home, no fancy gym equipment required:

Walking: Yep, good ol' walking. Lace up those sneakers and hit the pavement—or the backyard, or even just around the living room. Start with a leisurely stroll and gradually pick up the pace as you feel comfortable. Aim for at least 30 minutes a day, and watch those nerves thank you later.

Seated Leg Raises: Find a sturdy chair and sit down. Now, lift one leg straight out in front of you, hold for a few seconds, and then lower it back down. Switch to the other leg and repeat. Do about 10–15 reps on each leg, and voila—you're giving those leg nerves a little wake-up call.

So, there you have it. Exercise isn't just for the gym rats—it's for anyone looking to give their nerves a fighting chance. So, what are you waiting for? Get moving and give those nerves something to cheer about!

3 Stress Management

Alright, let's talk stress and how it's like kryptonite for your nerves when you're dealing with peripheral neuropathy.

Here's the deal: stress isn't just in your head—it's a full-body experience, and those nerves? Well, they're not exactly fans.

When you're stressed out, your body goes into overdrive, pumping out all sorts of hormones that can wreak havoc on your nerve health. We're talking inflammation, increased pain sensitivity, the works. It's like throwing gasoline on a fire, and nobody wants that.

So, what's the antidote? Stress management, my friend. By finding ways to chill out and relax, you're not just giving your mind a break—you're giving those nerves a breather too.

3 Stress Management (cont.)

Now, let's talk about four simple breathing exercises you can try to help dial down the stress levels:

4-7-8 Breathing: This one's a gem for calming the nervous system. Inhale through your nose for a count of four, hold your breath for a count of seven, and then exhale slowly through your mouth for a count of eight. Repeat this cycle a few times, focusing on the rhythm of your breath.

Box Breathing: Picture a box in your mind. Inhale deeply for a count of four as you trace the first side of the box, hold your breath for a count of four as you trace the second side, exhale for a count of four as you trace the third side, and hold your breath again for a count of four as you trace the fourth side. Repeat this pattern for a few rounds.

So there you have it—two simple breathing exercises to help ease the stress and give those nerves a chance to chill out. Give 'em a try and see how you feel. Your nerves will thank you for it!

4 Foot Care

Let's chat about the unsung heroes of mobility: your feet.

When you're dealing with peripheral neuropathy, those tootsies deserve some extra TLC because, let's be real, they're doing some heavy lifting. And while you may notice the numbness, tingling and pain, if you don't pay special attention to them small problems could become BIG.

So, why the fuss about foot care? Well, here's the scoop: with neuropathy, your feet might not always feel the love —or much of anything, for that matter. Numbness and tingling can make it hard to spot issues like blisters, cuts, or sores, which, left unchecked, can turn into big problems.

That's where proper foot care swoops in to save the day. It's all about keeping those feet happy, healthy, and ready for action.

4 Foot Care (cont.)

Here are a few simple tips to keep your feet in tip-top shape:

Daily Inspections: Take a few minutes each day to give your feet a once-over. Check for any cuts, blisters, redness, or swelling. If you spot something fishy, don't ignore it—give your healthcare provider a shout.

Stay Clean and Dry: Keep your feet clean and dry to prevent infections. Wash them gently with warm water and mild soap, then pat them dry thoroughly, especially between the toes.

Moisturize: Yep, even your feet need a little hydration. Use a gentle moisturizer to keep your skin soft and supple, but avoid putting it between your toes, as that can create a cozy breeding ground for bacteria.

Comfortable Shoes: Give those feet a break with shoes that fit well and provide plenty of support. Say sayonara to tight, pinchy shoes and hello to roomy, cushioned kicks.

Regular Checkups: Don't forget to schedule regular checkups with a podiatrist. They can help keep an eye on your foot health and catch any issues before they snowball into bigger problems.

So there you have it—foot care 101 for folks with neuropathy. Give those feet the love and attention they deserve, and they'll keep you moving and grooving for years to come.

5

Medication Check

While the common culprits one neuropathy are diabetes, chemotherapy and toxin exposure, many medications have been shown to cause neuropathy as well.

If you've been prescribed any of these medications, discuss them with the prescriber and see if there could be a link. Especially if your symptoms showed up after the medications were prescribed.

According to The Journal Of The American Medical Association (JAMA Neurol. 2019;76(7):827-833. doi:10.1001/jamaneurol.2019.0887), the following medications have been associated with neuropathy in some patients. (Note: Just because you are taking this medications does not mean you will develop neuropathy.)

5

Medication Check (cont.)

Hydantoins

- Phenytoin (Dilantin)
- Fosphenytoin (Cerebyx)
- Ethosuximide (Peganone)

Barbiturates

- Phenobarbital
- Secobarbital
- Amobarbital

Fluoroquinolones

- Ciprofloxacin (Cipro)
- Levofloxacin
(Levaquin)
- Moxifloxacin (Avelox)

Sulfonamide Antibiotics

- Sulfamethoxazole
- Sulfadiazine
- Sulfasalazine

So there you have it, 5 easy things you can start doing today to start taking control of your neuropathy. When you're ready to take the next step, we're here to help.

