



## **NEUROPATHIC PAIN - ('nerve pain')**

Nerves and nerve pathways are usually involved in the sensation of pain. However, if these nerves become damaged or start to behave abnormally they can produce a particularly nasty type of pain called neuropathic pain.

Sometimes nerves not usually involved in sending pain messages can become altered and send painful messages.

Neuropathic pain can be caused by nerve damage from trauma, surgery, infection, diabetes or as the result of prolonged pain messages in nerves.

The pain is often of an unusual nature. It can be burning, shocking, prickly, freezing, or crawling pain. And, just a light touch to the area of pain can often aggravate the sensations.

Pain can be a mixture of neuropathic and non-neuropathic pain.

Neuropathic pain is often poorly understood by patients and doctors and often under-diagnosed.

There are treatments that can be tried which are often helpful. These include anti-depressant and anti-epileptic type medications. They work by stabilizing or switching off abnormal pain nerves.

Your GP should be able to advise you on suitable medications and how to take them.