

Getting Support for **Neuropathy** in



Houston Neuropathy Support Group

a local non-profit organization
dedicated to the education
and support of those affected
by neuropathy



Houston Neuropathy Support Group
Anne Jarboe, President
722 – A Bering Dr.
Houston, TX 77057

Learn about Neuropathy

- Hear leading neuromuscular specialists discuss the latest in diagnosis, treatment, and care of neuropathy at bi-monthly meetings.
- Stay on top of the latest research.
- Learn about the best ways to manage the pain of neuropathy.

Get Support

- Connect with hundreds of others dealing with neuropathy.
- Find out about regional meetings and workshops.
- Local contact phone # **713-952-7201**
- Get connected online:
Local site: www.houstonneuropathy.org
Meeting Dates, Topics, Speaker info, Directions to the meetings.
National site: www.neuropathy.org
Info on Types, Symptoms, Resources, Support Groups across the country.

Medical Advisory Board

- **Dr. Yadollah Harati** – Director of the Neuromuscular Center and the Muscle and Nerve Pathology Lab at Baylor College of Medicine.

When

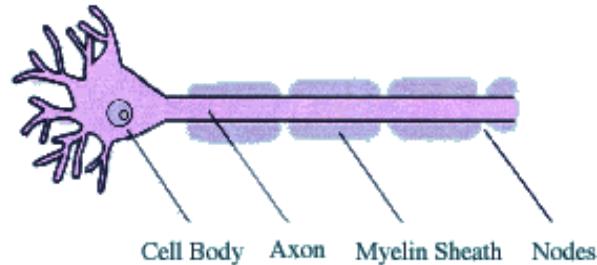
- **Meetings are held at 7 p.m. on the 2nd Monday of: January, March, May, July, September, and November.**

Where

- **Memorial Drive Lutheran Church Fellowship Hall
12211 Memorial Drive
Houston, Texas
(Southeast corner of Gessner and Memorial Drive)**

What's wrong with my nerves?

The Structure of a Peripheral Nerve



Any of the 3 main parts of the nerve can be damaged

Cell Body - A common site of damage as it is affected by diseases that interfere with the cell's energy process. When this happens the axon is deprived of nutrients. Since the longest nerves go to the feet, we often feel the impact there first.

Axon - Can be damaged by diseases that interfere with the ability to transmit messages to the muscles and back to the brain resulting in progressive weakness or patchy numbness.

Myelin Sheath - Damage to the insulating myelin affects electrical conduction and tends to occur from inherited forms of neuropathy, like CMT. Inflammatory disorders like Guillain Barre and CIDP can also damage myelin.

Neuropathy is not a specific disease but rather a manifestation of many conditions that cause damage to the nerves. There are hundreds of illnesses and conditions that cause neuropathy, and can damage different parts of the nerves. Treatment must be geared to address those varying causes.

Types of Nerve Fibers

Sensory fibers - carry messages of pain, touch and vibration and awareness of our position sense to the brain.

Motor fibers - carry messages from the central nervous system to organs such as your muscles and are responsible for our voluntary movements. The cell bodies of motor neurons are inside your spinal cord and connected to the muscles by the axon.

Autonomic fibers - (often unmyelinated) These nerves control our involuntary functions, such as breathing, regulation of blood pressure, sweating, digestion and bladder, bowel and sexual function.



The treatment of peripheral neuropathy is dependent on diagnosing the underlying cause, therefore early recognition and intervention is paramount. If diagnosed quickly, there is likely to be less damage to the nerves and an increased chance that the neuropathy can be slowed down, halted, or reversed.

Common Causes

- **Diabetes (Type 1 & 2)**
- **Toxins, Drugs & Alcohol**
- **Nutritional Imbalances**
- **Guillain Barre Syndrome**
- **CIDP (Chronic Inflammatory Demyelinating Polyneuropathy)**
- **Vascular / Kidney disease**
- **Tumors**
- **Infections (HIV, Shingles)**
- **Celiac Disease – Wheat allergy**
- **Amyloidosis**
- **Hereditary origins (CMT)**
- **Idiopathic - cause not known**

Common Symptoms

- **Numbness**
- **Burning sensation**
- **Muscle weakness**
- **Pins & Needles**
- **Stabbing Pain**
- **Hypersensitivity to touch**
- **Itching**
- **Squeezing pain**
- **Walking on cobblestones**
- **Ulceration of toes**
- **Feelings of isolation**
- **Depression**