

# Compounding and Peripheral Neuropathy

## Peripheral Neuropathy

- Refers to the damage of the peripheral nervous system that transmits information from the brain and spinal cord to the rest of the body.
- More than 100 types of peripheral neuropathy have been identified, each with its own pattern of development and prognosis. Impaired function and symptoms depend on the type of nerves that are damaged.

## DIAGNOSIS

- History of signs and symptoms
- Blood and urine tests to check for vitamin or metabolic deficiencies
- Physical examination
- Electromyography
- Nerve and muscle biopsies
- Spinal tap or lumbar puncture

\*Some procedures may not apply

## RISK FACTORS

- Smoking or Alcohol Use
- Over 40 year-old
- Difficulty controlling blood sugar levels
- Long duration of diabetes
- Mechanical injury to nerves

## SYMPTOMS

- Numbness
- A burning, tingling, or prickling sensation
- Pinpoint pains or cramps
- Very sensitive to light touch
- Loss of coordination and balance

\*Symptoms are often worse at night

## TREATMENT

- Over-the-counter medication for mild pain
- Keep blood sugar levels in normal range
- Get regular exercise
- Maintain a healthy weight
- Foot care: inspect your feet daily for injuries
- Special therapeutic shoes
- Take safety measures to compensate for loss of sensation
- For moderate to severe pain, talk to your doctor and your compounding pharmacist

## **COMPOUNDING PHARMACISTS**

- Unlike medication delivery methods that can cause undesirable side effects, compounding pharmacists can customize patient-specific topical medications to reduce the incidences of those side effects, giving the patient a more comfortable treatment.
- Consider the ease-of-use, compliance and cost in analgesic prescribed topicals for the patient.
- They help the patients recognize how the medication is affecting them so ingredients and dosages can be adjusted..
- They work with doctors to maximize patient health-care.
- With their knowledge of medicinal chemistry, they mix drugs with just the right amounts of each active and inactive ingredient to produce customized drug therapies and improve quality of life.

Talk to your PATIENT ADVOCATE TODAY!!!!

### **Custom Compounded Topicals**

For precisely prepared custom topical, depend on your compounding pharmacists for the quality and accuracy. Following are examples of the active ingredients that can be customized to the desired transdermal deliveries:

- Dexamethasone / Piroxicam 2%
- Dexamethasone / Ketoprofen 10%
- Ketamine / Ketoprofen 50MG/ML 10%
- Amitriptyline 5% / Lidocaine 5%
- Baclofen 2% / Cyclobenzaprine 2%
- Dexamethasone 2%
- Ketoprofen 10%-20%
- Amitriptyline 5%
- Baclofen 2%
- Gabapentin 2% / Clonidine 0.3%