

# WORLD SUMMIT ON DIABETES

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## The Management of Painful Diabetic Neuropathy

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Painful neuropathy is a debilitating condition that affects up to half of the people with diabetes. Over the course of time, glycogen deposits on peripheral nerves cause tingling, numbness, and pain. This pain particularly manifests in the feet. A number of medications have been shown to be effective in ameliorating this painful condition. Particularly since the opioid epidemic, there has been an upsurge in the use of gabapentin, pregabalin and SSRIs in the treatment of painful diabetic neuropathy. We will go ahead and review the pharmacology and indications for the usage of gabapentin, pregabalin, and duloxetine in the treatment of painful diabetic neuropathy. Cautions are explained when initiating therapy and guidelines are provided to titrate dosing. Interventions are discussed as an alternative to pharmacotherapy. Sciatic nerve block with local anesthetic and steroid is explained as a safe and effective technique for pain management. The anatomy of the tibial and common peroneal nerves are explained. The distribution of analgesia after injection is also explained. Finally, an algorithm is presented to improve the quality of life for patients stricken with painful diabetic neuropathy. It is explained that together we can make great strides in helping people suffering from painful diabetic neuropathy.

### Biography

Anil Pisharoty has completed his MD from Rutgers University and postdoctoral studies from University of Rochester School of Medicine. He is an attending physician at the Pain Treatment Center in Rochester, NY, USA, a premier pain management facility. He has published many papers in reputed journals.

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