

Strategies to Manage Neuropathy after Transplant

May 3, 2024

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Presentation is 40 minutes long followed by 8 minutes of Q&A.

Summary: Neuropathy (nerve damage) is common after a stem cell transplant. Learn about the different types of neuropathies that may develop, common symptoms, how neuropathies are diagnosed, and therapies used to treat neuropathy.

Highlights:

- Peripheral neuropathy damages nerves in the spinal that extend from the brain down through the limbs to the hands and feet. Symptoms include pain and a burning sensation, numbness and loss of sensation, or weakness and muscle wasting.
- Autonomic neuropathy affects nerves that control body functions such as digestion, blood pressure and heart rate, bowel and bladder function, sexual function, urination, vision and sweating.
- Several prescription and over-the-counter medications are available to treat neuropathy. Other non-prescription therapy such as physical therapy treat the symptoms of neuropathy.

Key Points:

(04:44) A mononeuropathy is damage to a single nerve, such as carpal tunnel syndrome or the ulnar nerve in the elbow. When several nerves are affected asymmetrically, it is called polyneuropathy.

(06:12) Some neuropathies that predominantly sensory, while others affect motor skill.

(07:49) Risk factors for developing peripheral neuropathy are alcohol consumption, certain diets, some medications, high arches and hammer toes in the feet, and illnesses such as diabetes.

(10:00) Symptoms of peripheral neuropathy include tingling or itching, or a sensation of pins and needles, mainly in the legs, feet, or hands.

(10:40) Other symptoms of peripheral neuropathy include numbness, reduced or absent sensation, or difficulty maintaining balance while standing.

(19:35) Autonomic neuropathy can cause a drop in blood pressure and affect body temperature, digestion, bladder function, and sexual function.

(22:41) Diabetes is one of the most common causes of peripheral neuropathy, in the United States and worldwide.

(31:45) Certain types of chemotherapy can cause neuropathy.

(38:36) There are a number of drugs available to prevent and treat peripheral neuropathy.

(39:05) Opioids are not recommended for the treatment of peripheral neuropathy pain.

(39:40) Other interventions such as acupuncture, cryotherapy, compression therapy, neuro-feedback, physical therapy, and sensorimotor and vibration training can help relieve symptoms of peripheral neuropathy.