

Have you found the answer?

Hopefully after reading the information in this leaflet you might have recognised the symptoms described match your unexplained pain. If this is the case, make an appointment to see your Doctor and take this leaflet to help you describe your pain.

Also try and keep a pain diary before your appointment, this will help the Doctor understand your pain and how it is affecting you throughout the day and night.

Help us get it right

If you have a complaint, concern, comment or compliment, please let us know. We learn from your feedback and use the information to improve our services.

If you have a concern, please speak to a member of staff or contact PALS.

Leeds Community Podiatry Service
St Mary's Hospital, Green Hill Road,
Armley,
LS12 3QE
Tel: 0113 305 5155
Monday to Friday 9.00am to 3.30pm

Email leedscommunitypodiatry@nhs.net

Further information & Support

Action on Pain

Helpline: 0845 603 1593
www.action-on-pain.co.uk

Pain Concern

Helpline: 0844 499 4676
www.painconcern.org.uk

The Neuropathy Trust

PO Box 26
Nantwich
Cheshire
CW5 5FP
United Kingdom
www.neurocentre.com

Diabetes UK

Helpline: 0845 120 2960
www.diabetes.org.uk

Pain Relief Foundation

www.painreliefoundation.org.uk

British Pain Society

Third Floor
Churchill House
35 Red Lion Square
London WC1R 4SG
www.britishpainsociety.org

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**DO YOU HAVE AN UNEXPLAINED PAIN
THAT WON'T GO AWAY?**

DO YOU HAVE BURNING FEET?



**DO YOU GET ELECTRIC SHOCK
SENSATIONS?**



**OR CONSTANT STABBING OR
PRICKING?**



So you are suffering from an unexplained pain.....

Hopefully you have picked up this leaflet to try and find an answer to your pain problem. It might be that you have tried traditional pain relief but it hasn't worked and you have been unable to find the source of the pain. If you are troubled by unexplained pain for which you cannot find relief it might be neuropathic pain.

What is Neuropathic Pain?

When something isn't working properly or if you have suffered an injury, pain is the body's natural response to let us know. This enables us to prevent any further damage if possible.

Neuropathic Pain comes from problems with signals from the nerves and is usually chronic (persistent). It is different to the common type of pain that is due to an injury, burn, pressure, etc. Neuropathic pain is often described as burning, stabbing, shooting, aching, or like an electric shock. Neuropathic pain needs to be diagnosed and treated appropriately.

What causes Neuropathic Pain?

There are a number of causes for example, Shingles, Diabetes, Chronic Back problems, Multiple Sclerosis, Cancer, lack of vitamin B12.

How common is Neuropathic Pain?

It is estimated that about 1 in 100 people in the UK has persistent (chronic) neuropathic pain. It is much more common in older people who are more prone to developing the conditions listed previously.

The nature of Neuropathic Pain

Related to the pain there may also be:

- **Allodynia.** This means that the pain comes on, or gets worse, with a touch or stimulus that would not normally cause pain.
- **Hyperalgesia.** This means that you get severe pain from a stimulus or touch that would normally cause only slight discomfort.
- **Paraesthesia.** This means that you get unpleasant or painful feelings even when there is nothing touching you, and no stimulus.

How can you manage your pain?

- Regularly discuss your pain with your Doctor
- Keep a diary of your pain, when it is at its worst, the type of pain and how it impacts on your daily activities and sleep
- Let your family and friends know about your pain so they can offer help and support

Help is available so you do not have to cope on your own

Make an appointment with your Doctor, take your pain diary and describe your symptoms clearly:

- What the pain feels like
- When the pain began, any triggers
- How severe the pain is
- When you get the pain
- If anything makes it better
- Is it affecting your work, sleep, social or private life

The Doctor might be able to confirm a diagnosis or they can refer you to the appropriate Health Professional. Your pain could be effectively managed with the appropriate treatment, however it is often an improvement in the symptoms, the pain might not fully resolve.

The treatment options

Being able to describe your symptoms clearly is the first step towards the right treatment. There are a number of options that you may be offered, including:

- Treating the underlying cause
- Medicines
- TENS (transcutaneous electrical nerve stimulation)
- Psychological methods (relaxation)
- Acupuncture

It is important to remember that neuropathic pain can vary between patients and not all the above methods will be offered.