

52 Drugs that Cause Neuropathy

Allipurinol	Disulfiram	Nitrofuantoin
Almitrine		
Bimismtlate	Docetaxel	Nitrous Oxide
Amiodarone	Enalapril	Paclitaxel
Amitryptylene	Ethambutol	Phenelzine
Ara-C	Ethionamide	Phenytoin
Bortezomib	Etoposide	proton pump inhibitors
Carbamide	Glutethimide	Pyridoxine
Chloramphenicol	Gold	Statins
Chloroquine	Hydrazaline	Stavudine
Cipro	Imipramine tricyclic antidepressants	Sulfasalazine
Clioquinol	Isoniazide	Suramin
Colchicine	Ixabepilone ?chemotherapy agents	Tacrolimus
Cyanate	Leflunomide	Thalidomide
Cyclosporine	Levaquin	Tumor necrosis factor-alpha blockers
Danosine	Lithium	Vancomycin
Dapsone	Mercury	Vincristine
Dichloacetate	Methaqualone	Vinorelbine
Disopyramide	Metronidazole	Zalcitabone
		Zimeldine

Did you know that cholesterol medications can cause nerve injuries? Commonly used Statin drugs can cause nerve injury and unless treated early they can lead to permanent nerve damage. Approximately 10-20 million people in the US suffer from a condition called Peripheral Neuropathy. What are the early signs of concern? Numbness, tingling, burning legs and feet, stabbing pains that turn into burning electric shocks, and loss of hot or cold feeling on your skin.



According to the “American Association of Electro diagnostic Medicine” there are some 50 drugs they found most likely to cause nerve damage (Neuropathy).

The list of potentially damaging agents include: chemotherapy treatments for cancer, dialysis, hepatitis, and of course diabetes which has the greatest risk of developing neuropathy.

So, this is a really big problem you do not hear much about, unless you are one of the millions of people who suffer from this insidious loss of our precious nervous system. Our nation is in the midst of a Diabetes epidemic estimated to affect one in three in the next ten years.

(According to the American Diabetes Association Data from the 2011 National Diabetes Fact Sheet released Jan. 26, 2011 Total: 25.8 million children and adults in the United States—8.3% of the population—have diabetes).

And the most perplexing thing about this epidemic is that we can control it, and even stop it, by making better choices with our food, regular exercise and lowering our blood sugar. We even have “healthy chocolate” which can lower blood sugar by utilizing herbs and antioxidants without sugar!

Other causes of Neuropathy include spinal injury, spinal stenosis, spine surgery and even a snake bite (because the venom is a Neuro toxin). Since neuropathy most frequently affects people over the age of 60 we need to talk about the aging process as a whole, but that is a subject for a future article.

Today, there are methods of restoring some of the nerve function and managing Peripheral Neuropathy by using conservative manual therapy and modalities which stimulate and metabolic nutrition to nourishes the injured tissues. This diagnosis and treatment requires a doctor who has special training in the clinical examination process. Nerves are more difficult to heal than other tissues in the body such as muscles and bones because they heal at a very slow rate (1 inch per month) compared to other tissues of our body.

For years we have been told by commercials and doctors alike that high cholesterol was bad and that you should take drugs (mostly Statins) to reduce your risk of cardiovascular disease. But that was only a part of the puzzle as it is now unfolding. It turns out, that it’s not how high or low your cholesterol is but whether the types of particles that make up “your” cholesterol are dangerous and put you at high risk. Certain particles are dangerous and others are not. So it is possible to have high cholesterol and be low risk while you can have low total cholesterol and be high risk! We now have lipid profiles to determine your true risk factor and not just HDL and LDL.

Additionally, utilization of a carotid ultrasound for soft plaque examination and CT scan for hard plaque in the heart are the preferred method for additional risk analysis. So the medication you thought was protecting you may not protect your type of cholesterol particles any better than Niacin, Red yeast extract, plant sterols or fish oil which have not been shown to ever damage nerves.

NEUROPATHY

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