



Diabetic Neuropathy

Diabetic neuropathy is nerve damage, a serious complication that may affect up to 50% of people with diabetes. Over time, high blood glucose levels and high levels of fats such as triglycerides in the blood can damage your nerves. Symptoms depend on which type of diabetic neuropathy you have.



Peripheral neuropathy is the most common type of nerve damage that typically affects the feet and legs and sometimes affects the hands and arms.

Autonomic neuropathy is damage to nerves that control internal organs, leading to problems with heart rate and blood pressure, digestive system, bladder, sex organs, sweat glands, and eyes. The damage can cause people to be unaware of their low blood sugar.

Focal neuropathies are conditions which typically are caused by damage to single nerves, most often in the hand, head, torso, or leg. The most common types of focal neuropathy are entrapment syndromes, such as carpal tunnel syndrome.

Proximal neuropathy is a rare and disabling type of nerve damage in the hip, buttock, or thigh. The damage typically affects only one side of the body and symptoms gradually improve over a period of months or years.

You may be able to prevent diabetic neuropathy or slow its progress with consistent blood sugar management and a healthy lifestyle. Supplements such as Vitamin B6 are known to help diabetic neuropathy, and Alpha Lipoic Acid (ALA) seems to reduce symptoms of peripheral neuropathy. Ask our professional staff for recommendations.

While symptoms may be mild for some people, diabetic neuropathy can be debilitating to others. If you experience pain, talk to our compounding pharmacist about the benefits of topical compounded medications, and use of other medications if your pain is refractory to conventional therapy.

References:

<https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/nerve-damage-diabetic-neuropathies>

<https://academic.oup.com/painmedicine/article/17/4/790/2584099>

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**COVID-19 Test Kits Available at Clearspring
Pharmacy!**

Clearspring Pharmacy has two options for COVID-19 test kits! No appointment necessary.

MicroGenDX test kits are \$199. MicroGenDX is a CLIA/CAP certified high complexity lab which has been validated and added to the FDA website as a resource laboratory for COVID-19 Testing. The test is performed in the privacy of your own home using sputum and includes a FedEx self-mailer. The results will be sent to Clearspring Pharmacy and one of our pharmacists will contact you with the results.

Also available is the Vibrant COVID-19 Antibody Assay by Vibrant America Clinical Labs for \$199. This test allows for the qualitative detection and differentiation of human IgG and IgM antibodies to SARS-CoV-2 in human serum and dried blood spot. Vibrant America antibody test has been authorized by FDA under EUA for use by authorized laboratories and it is done using fingerstick blood specimen collected by the pharmacist.

Ask us form more information!

Have you been laid-off or furloughed due to COVID-19?

If you are having trouble paying for your cash compounded prescriptions at this time, please speak to one of our professional staff members to find out how we can help you. We do not want you to discontinue or alter your medication regiment due to financial hardship. **We can help!**

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