



WESTERN NEUROPATHY ASSOCIATION

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NO ALCOHOL – LESS PAIN Katherine Stenzel, Houston, Texas

I had long suspected that alcohol was contributing to my peripheral neuropathy. While not a heavy drinker, I really enjoyed my two to three glasses of prosecco each evening! My husband quit drinking in September 2020 which reduced my consumption, but I didn't stop. Recently I noticed that when I drank more than the reduced average, those dreadful shocking pains visited me in my shins. After that happened a couple of times in a row, I stopped drinking.

After that day, no more shocking pains. And the burning in the soles of my feet at night has reduced. I cannot say definitely that the elimination of alcohol from my diet has stopped the shocking pains and burning as my neuropathy symptoms are mild. It could be the 'no alcohol' or it could be my mind.

During this 'no alcohol' time, I visited the doctor for a blood test. After years of my glucose levels in the middle to high 90s, for the first time in 14 years my glucose was just below 90! I was thrilled. I definitely attribute this result to the 'no alcohol'.

As I write this nearly six months after that day in September, I'm still happy with my decision. No more electric shocks but the nighttime burning may be increasing. Again, with mild symptoms sometimes it's hard to tell. But I feel better in the mornings without a fuzzy head when I start my day.

While I'm enjoying my healthier body, I miss the time just sitting with a glass in my hand, chatting with my husband or cooking dinner.