



Guide for Newly Diagnosed Neuropathy Patients

This is a stressful time, so feeling overwhelmed is a natural response.

Use this list as a start to help guide you through your neuropathy journey.

Clicking on each title will bring up another document with additional information.

1. Find A Great Neurologist – Preferably Neuromuscular

Ideally your Neurologist should be a Neuromuscular Specialist. This doctor has specialized fellowship training in diagnosing and treating disorders affecting the peripheral nervous system.

2. Start A Daily Log

A detailed record of your symptoms will provide information to your doctor of your changing condition. Add other items such as food, exercise and activities to correlate connections to your disease.

3. Educate Yourself On Neuropathy

Learning about your condition will help you communicate with and understand your doctor and healthcare team when together you discuss symptoms and treatments at an office visit.

4. Keep An Ongoing List Of Questions For Your Health Care Team

Questions will constantly come to mind each day about your neuropathy. Instead of trying to remember them, start a list to save these for the next time you see your doctor.

5. Talk Openly With Your Family

Have an honest conversation with your family about your neuropathy. Describe your symptoms and how these are affecting your quality of life. Discuss ways they could assist you in everyday activities.

6. Consider Your Overall Health

Make a plan for maintaining the healthiest possible diet and remaining active. Breathing exercises, yoga and daily walks (if possible) can be helpful with decreasing stress, anxiety and depression.

7. Connect With Virtual Neuropathy Support Group Communities

Sharing in a safe place provides validation of symptoms and contributes to emotional health. Peer support reduces isolation and fosters hope through sharing experiences and life challenges.

8. Adapt Your Home With Assistive Devices and Safe Practices

Assistive gadgets and mechanical aids can improve mobility and safety by compensating for the numbness, pain and muscle weakness symptoms that are experienced with neuropathy.

9. Don't Write The Story Before It Happens

Having neuropathy makes life feel out of control. The mind imagines the worst possibilities and thoughts feel bigger than reality. Use this list to adjust to your new life and find hope.
