



**Do you have BURNING, TINGLING PAIN in your HANDS or FEET?
You may have neuropathy.**

ABOUT THE CNA

Peripheral neuropathy and its related pain & impacts are hidden, nearly invisible in our society. It is difficult to find answers and support. That is where we come in.

Our mission is to ensure, through education, discussion and peer support, people living with neuropathy and neuropathic pain have a safe place where they can talk and be heard, ask questions, and receive credible information.

Peripheral Neuropathy is much more than burning and tingling.

NEUROPATHY SYMPTOMS

Motor Neuropathy: Weakness in arms and legs, difficulty getting up from a chair, tire easily, painful cramps, muscle twitching and pain, muscle loss (wasting), and an irregular, unstable gait.

Sensory Neuropathy: Pain from normally non-painful stimulus, ex. clothing, bedding, wind. Exaggerated pain response from a pinprick or a handshake. Abnormal Sensations felt such as crawling insects, burning from cold stimulus, feels like walking on broken glass, electrical shocks.

Autonomic Neuropathy: Abnormal blood pressure, dizziness, sweating, GI difficulties, incontinence, sexual dysfunction, body temp changes, poor healing.

HOW WE HELP

We share our community wisdom of self-care for neuropathy by encouraging each person to create their own set of tools to relieve symptoms and related impacts.

What is Self-Care? According to the Harvard Medical School - HEALTHbeat:

"Self-care is based on lifestyle medicine—an evidence-based approach to disease prevention and treatment that focuses on adopting healthy habits. It doesn't replace traditional medicine, but it is a powerful complement to it."

SELF-CARE

Each person can find relief by exploring practices in nutrition, exercise, sleep hygiene and other areas.

Pain Management: Did you know meditation, when practiced regularly has been proven to provide considerable pain relief; as much relief as pharmaceutical pain medications. There are many helpful pain management practices if you know where to find them.

Nutrition: There are foods that help our nerves and foods that hurt them. Adopting a neuropathy friendly diet is secondary only behind managing the root cause of your neuropathy symptoms for self-care.

Maintain Function: As neuropathy worsens, our muscles weaken. As our muscles weaken our ability to do the things we used to do, our function, fades. We can speak to you about resources and things you can do to stay on your feet!

CNA wishes to acknowledge the 2023 Neuropathy Awareness Initiative has been made possible with the generous support of:

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Mental Health Care: One of the biggest, hardest impacts of neuropathy is the state of our mental health. Brain fog, anxiety, depression, long lasting grief, malaise, and isolation are words that only begin to scratch the surface. While mental health issues are not “neuropathy”, neuropathy and mental health issues are so closely tied we feel we need to consider them hand in hand. And so, we often speak to it as a related topic.

Help with Sleep: When neuropathy is keeping you up at night it seems like nothing is going to help; let us offer some helpful tips. Like this one:

Rub Vick's or another menthol, lidocaine, or capsaicin topical on them, then point an oscillating fan at your feet.

Supplements: Several supplements, herbs and therapies are known (through research) to support nerve health. Supplements and herbs such as CoEnzymeQ10, Acetyl-L-Carnitine, Vitamin B-12, Alpha Lipoic Acid, and Turmeric are said to be neuro-protective. In other words, they protect against damage or deterioration.

With no cure for neuropathy, we offer instead hope for improved quality of life and relief by providing resources on self-care strategies.

OUR FAVORITE PRAISES

"I SO appreciate all the info and resources you included in your email and how much you shared of your personal experience. That really helps so much as I often feel isolated in dealing with this condition. When I tell friends I have neuropathy, they kind of blank out and often have no idea what I'm talking about. It's really a hidden malady. It sounds like you have taken a leadership role in your community to educate people about it. Good on you!! "

OUR PROGRAMS

Monthly Webinars (Sept – May): Via Zoom, with neurologists and other medical practitioners speaking on a variety of topics.

Monthly Support Meetings (Sept – May): Via Zoom, chat with others with neuropathy, or just sit and listen.

Info Line: Have a one-on-one (or two) discussion about your specific concerns.

CNA Website: Neuropathy-specific resources on Pain Management, Maintaining Functions, Sleep, Diet, Mental Health & Pain.

Awareness: Every person needs to know about neuropathy and how they can help.

FIND US & TALK TO US

Information & Support Line: (403) 668 9777

Email address: Info@CalgaryNeuropathy.com

Website: CalgaryNeuropathy.com

References: To view the list of information sources visit: calgaryneuropathy.com/InfoSheetRefs/

Also see: <http://calgaryneuropathy.com/terms-of-use>

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