

This comment sheet was received from Dana-Farber along with the Neuropathy Regimen in October 2006, along with permission to post.

Always consult with your physician before taking any supplements or medications!

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Dana-Farber Comments on Neuropathies Treatment sheet:

Neuropathies can take the form of tingling or numbness, cramping, outright pain, sensitivity to touch, coldness, electric-like shocks in legs, trouble buttoning buttons, picking up small objects, carpal tunnel-like syndrome, etc.

Actual cramping of the muscles is relieved very well with a glass of Seltzer Water every evening and any other time they get a cramp. It has Quinine in it and Quinine works great on muscle cramps.

It has been found in studies that increased Magnesium (either in the diet or through supplements) can really reduce muscle cramps. Even if their Mg levels are within normal limits, extra magnesium can help, but be very careful with renally compromised patients.

Same with Potassium and calcium although you would not want these levels to go too high.

Neurontin (gabapentin) works very well with painful leg neuropathy.

Start with 300mg tid working up to 900mg tid if needed.

Cymbalta and Lyrica are new anti-depressants recently approved by the FDA for diabetic neuropathies. They have shown some efficacy in some patients. Patients seem to like Lyrica a lot. I usually start with 75mg bid, then increase to as high as 150mg bid as needed. It can also be taken qd if preferred.

We start all patients on Velcade on the following:

Amino acids – Acetyl-L-Carnitine with Alpha Lipoic Acid

B-vitamins – as listed

Folic acid 1mg (1000mcg)

The fish oils and omega 3's may also help regenerate nerve cells

This combo seems to prevent the neuropathies from becoming severe.

We are in the midst of a study that starts patient on above. If their neuropathies or cramps worsen we add Neurontin and Elavil.

Massages twice a day with a Vitamin E cream such as Cocoa Butter are also important as it is thought the neuropathies may be caused by the drug interfering with vascular integrity.