

A GUIDE TO NEUROPATHY

**Non-Surgical &
Drug-Free Solution**

**Say bye to numbness, tingling,
burning sensation, pins and needles
with our neuropathy treatment.**



**RESULTS THAT
WILL CHANGE
YOUR LIFE**



Introduction

Peripheral or diabetic neuropathy is caused from damage to the nerves in your hands or feet. This can lead to numbness, tingling, burning and loss of sensation that can affect your everyday living.

At our clinic, we offer comprehensive and cutting-edge treatments for neuropathy. Through our comprehensive program, our treatment provides symptom relief without the use of medication that more often causes more symptoms.

Our experienced clinical staff will work closely with you to create a personalised treatment plan that is designed to bring you long-lasting results. Come to our clinic today to learn more about how our innovative therapies can give you results that will change your life forever.

Dr. Slapinski is originally from Wisconsin, USA and has over 15 years of clinical experience.

He has been a previous board member on the International Medical Advisory board on Peripheral Neuropathy and has always been passionate about improving the prospects of those suffering from nerve pain.

Dr. Slapinski decided to bring this cutting-edge services to persons in need of Peripheral/Diabetic neuropathy care in Ghana.

The goal is to provide high quality treatment for nerve damage using current break throughs in technology without the use of drugs.



Craig
Slapinski D.C

Understanding Neuropathy

What is Peripheral Neuropathy?

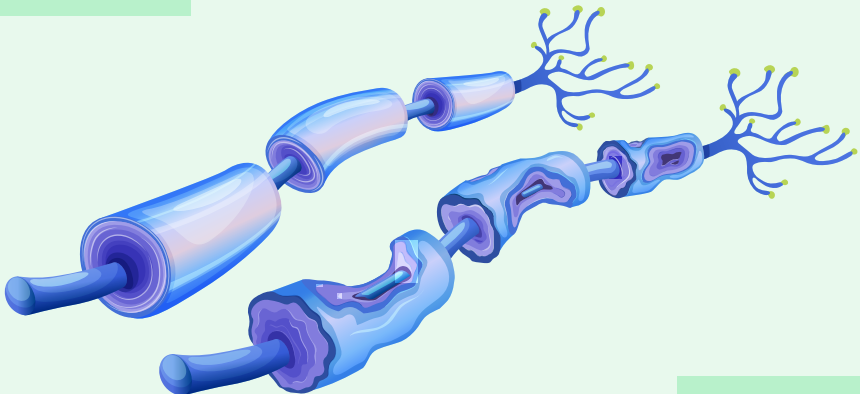
What is Diabetic Neuropathy?

Peripheral neuropathy, a result of damage to the nerves located outside of the brain and spinal cord (peripheral nerves), often causes weakness, numbness and pain, usually in the hands and feet.

Your peripheral nervous system sends information from your brain and spinal cord (central nervous system) to the rest of your body. The peripheral nerves also send sensory information to the central nervous system.

Peripheral neuropathy can result from traumatic injuries, infections, metabolic problems, inherited causes and exposure to toxins. One of the most common causes is diabetes.

People with diabetes have high sugar levels which damage the microscopic blood vessels that supply the nerves with oxygen and nutrients, leading to nerve damage



Stages of Peripheral Neuropathy

Peripheral neuropathy has the tendency to deteriorate with time, just like many other medical disorders.

It is not always simple to determine the extent of the harm, though.

Neuropathy progresses through several stages, none of which are always obvious.

Stage 1: Numbness and Pain

In the early stages of neuropathy, you will experience pain and numbness. These symptoms may not last long, but they will pass. These early signs of discomfort and numbness may be minor, but they are noticeable.

You may experience tingling or numbness in your hands and feet, but this will pass. Another early indicator of neuropathy is noticing that your balance and reflexes are off. The early symptoms frequently recur and become more persistent over time. People frequently disregard the early indicators of neuropathy because they are so subtle.

Stage 2:

Regular and Persistent Symptoms

The second stage of peripheral neuropathy occurs when your pain and numbness become more regular and consistent.

It is difficult to pinpoint exactly when a patient's neuropathy progresses into the second stage, but it will become obvious when the pain and numbness is felt more often than in the past.

In the second stage, it becomes more difficult to ignore the pains, numbness, and other symptoms that are present.

Stage 4:

Constant Numbness

In the fourth stage of neuropathy, your legs and feet will become very numb. You may notice an increase in numbness and a decrease in your pain, but this is not a good thing.

When this happens, it is a sign that the nerves are dying and a good majority of the nerve fibers have disintegrated. In this stage, it is likely that your balance is affected, and it may become difficult to walk and keep your balance.

In the fourth stage of neuropathy, your nerve damage is permanent, and much of the numbness will be irreversible.

Stage 3:

Debilitating Pain

In the third stage of neuropathy, your pain is occurring daily, or almost every day.

In this stage, the pain begins to affect your daily activities, and prevents you from going about your day as you would normally. At this point, it becomes difficult to treat.

Stage 5:

Complete Loss of Feeling

This is the final stage of neuropathy, and it is where you've lost any and all feeling in your lower legs and feet. You do not feel any pain, just intense numbness.

At this stage, walking has become very difficult, and your balance is severely affected. You may become so unsteady that you have to use a wheelchair.

What Causes Peripheral Neuropathy?


The most common causes of peripheral neuropathy are;

- » Diabetes
- » Peripheral neuropathy may result from blood flow and circulation issues.
- » Chemotherapy drugs used to treat cancer
- » Idiopathic Neuropathy
- » Infections
- » Inherited Disorders

Symptoms of Peripheral Neuropathy

Common symptoms of neuropathy include:

- » Numbness, tingling, or pain in the hands and feet.
- » Burning pain, usually described as a constant dull ache.
- » Sensitivity to touch, pain, pressure, heat or cold.
- » Poor balance
- » Difficulty holding or manoeuvring objects.



People experience neuropathy symptoms differently



How is Peripheral Neuropathy Treated Medically.



Drugs are the most common treatment for peripheral neuropathy pain. The typical medications used for the treatment of peripheral neuropathy include:

- » Pregabalin (Lyrica)
- » Gabapentin (Neurotin)
- » Cymbalta (Duloxetine).



These medications are nerve suppressors and so help ease the symptoms. These medications only mask the symptoms of peripheral neuropathy but do not restore the damaged nerves.

But those who continue to take drugs will find the pain getting worse and the drugs becoming less effective.

Since the medications do not restore the damaged nerves, you will be continually required to take higher doses of it which also have significant side effects.

**The
most common
side effects
include:**

- » Headache
- » Dizziness
- » Sleepiness
- » Confusion
- » Trouble with memory
- » Poor coordination
- » Dry mouth
- » Problems with vision and weight gain
- » Depression and increased suicide risk

HOW IS OUR CENTRE DIFFERENT ?

Our Comprehensive Treatment Programme

Our advanced program for treating Peripheral Neuropathy is a combination of technology and experience that aids in healing the damaged nerves.

Where many other treatments only address the symptoms, we address the root cause. Our treatment protocol restores, stabilises, and rebuilds the nerves in your extremities.

Electrical Stimulation (The ReBuilder)

The ReBuilder is a non-invasive medical device that sends electrical pulses to the nerves in the foot and leg, there by stimulating them.

This help improve their ability to send messages back and forth to the central nervous system.

The ReBuilder opens up the nerve paths and re-educates them so that normal signals can finally get through.

The increase in blood flow from the ReBuilder causes muscle contractions and actual healing can be accomplished, not just masking your pain.



Cold Laser Therapy

Cold Laser Therapy is a gentle, painless therapy that uses light to reduce pain, inflammation, repair tissues and it speeds the healing process.

Cold Laser Therapy helps by actually stimulating microcirculation around the nerve fibres, which increases blood flow to the nerves and helps to heal and reduce neuropathic pain.

Laser light energy penetrates the skin and stimulates increased oxygen on a cellular level.

This increase in microcirculation around the nerve has been shown to help regenerate fibres and help heal peripheral nerves.



Vibration Therapy

Vibration therapy is an effective and safe approach to treating peripheral neuropathy.

By stimulating nerve endings, increasing circulation, and aiding tissue repair, vibration therapy helps reduce peripheral neuropathy symptoms and including pain.

Furthermore, vibration therapy helps to reduce muscle spasms by releasing endorphins and other neurotransmitters that act as natural painkillers.



Special Reminder

It is very imperative that every person with peripheral neuropathy understand the anatomy of their problem and how that relates to how they feel and how they eventually heal.

These protocols have taken years to develop and are proven methods to getting you back on track.

Exercise: Regular exercise, such as walking, increases your heart rate which improves blood circulation.

This can reduce neuropathy pain, improve muscle strength and help control blood sugar levels.

Take care of your feet, especially if you have diabetes: Check daily for blisters, cuts or calluses. Wear soft, loose cotton socks and padded shoes.

You can use a semicircular hoop, which is available in medical supply stores, to keep bed covers off hot or sensitive feet.

Quit smoking: Cigarette smoking can affect circulation, increasing the risk of foot problems and other neuropathy complications.

Eat healthy meals: Good nutrition is especially important to ensure that you get essential vitamins and minerals. Include fruits, vegetables, whole grains and lean protein in your diet.

Avoid excessive alcohol: Alcohol can worsen peripheral neuropathy.

Reminders for after your Daily Treatment

During the initial phases of your treatment program, it is very important that you give your body every opportunity to heal.

This is accomplished by following the recommendation below.

They will help you better understand the variables that could irritate your condition.



Monitor your blood glucose levels: If you have diabetes, this will help keep your blood glucose under control and might help improve your neuropathy.

What To Drink: It is important that you DRINK AT LEAST HALF your body weight in ounces of water over the next 12 weeks (unless instructed otherwise by your Doctor).

My suggestion is to go to Costco and buy a couple cases of 16oz bottles of water and develop a plan to consistently drink water and then reduce water intake in the later afternoon so you don't have to get out of bed 3-4 times per night.

Scientific Research

Therapeutic effect of the Rebuilder device in patients with diabetic peripheral polyneuropathy: a non-randomized controlled trial (2011). *Clinical Interventions in Aging*.

Safety and efficacy of Rebuilder for CIPN therapy: a randomised controlled trial (2013). *Neurological Sciences*.

Low-Level Laser Therapy (LLLT) for Neuropathy of the Feet: A Systematic Review and Meta-Analysis of Randomised Controlled Trials"

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4793893/>

Vibration Therapy for the Treatment of Neuropathy: A Systematic Review (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6293890/>)

Testimonials

The reception at the Spine and Nerve is fantastic. The smiles at the front desk are amazing. The welcoming makes you forget that you are sick. The nurses are well trained and they are 100%. The hygiene is top notch and they sanitise the beds after every use.

The neuropathy issues I had with my legs and feet have improved tremendously and I can now wear my shoes and walk very well.

The Doctors are great too. I also enjoyed the exercises and it helped me because I couldn't do it myself. Apart from me I also saw two of my people from my home country of Liberia who also got their healing completely. I am really grateful for my time at the Spine and Nerve Center, Ghana.

★★★★★★★★★★★★★★★★★★★★

Benjamin Massaquoi

I cannot speak highly enough of the care I received at Spine and Nerve. From the moment I arrived, the staff was attentive, compassionate, and truly went above and beyond to make me feel comfortable.

I left feeling confident in the treatment I received and grateful for the exceptional service provided by the team at Spine and Nerve Centre..Highly recommend!

★★★★★★★★★★★★★★★★★★★★

Quame Osei

The aim of every staff and the Doctors at the Spine and Nerve Centre is taking very good care of the patients. The whole team works in unisim to achieve that common goal. They really go that extra mile to put smiles on the faces of their patient.

★★★★★★★★★★★★★★★★★★★★

Eric Adjei Sowah

Google

★★★★★

"Spine And Nerve Center Ghana" to check out our latest reviews from our patients. Be assured that our first-rate services and our commitment to excellence will provide the highest quality treatment available.





- Non-Surgical Spinal Decompression for Back & Neck
- Knee or Hip Decompression
- Peripheral or Diabetic Neuropathy

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• **Accra**
50 Mensah Wood Avenue
East Legon - Accra (near Ghana Link)
+233 (0) 24 999 9127

• **Takoradi**
Erasmus Sowah Avenue, Anaji Hills Takoradi
(Around Anaji Police Station)
+233 (0) 55 687 2068

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• spineandnervecenterghana@gmail.com
www.spineandnerveghana.com



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**RESULTS THAT
WILL CHANGE
YOUR LIFE**