

Exploring Comprehensive Management of Painful Diabetic Neuropathy

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Painful Diabetic Neuropathy (PDN) has been recognize as one of the most debilitating condition for those with Diabetes Mellitus which occurs in approximately 30% in those with diabetic neuropathy. This condition significantly interferes the quality of life. Treatment toward underlying disease (Diabetes) and some vascular risk factors are considered to be very important. Beside glucose control, lipids and body mass index also considered to be having important role in diabetic neuropathy and also PDN. Some treatment focused on the pathogenesis process of PDN such as alpha lipoic acid, benfotiamin etc, has been studied with various result. Symptomatic treatment for PDN mainly relies on pharmacological treatment. TCAs, SNRIs, and Gabapentinoids remain the first choices for this purpose. As one of the most difficult pain condition to treat, due to limited response to current treatment, complex underlying process, and psychosocial problems that potentially occur, more effective approach using treatment combinations and multidiscipline approach should be considered.