



# You Can Cope With Peripheral Neuropathy: 365 Tips for Living a Full Life

*Mims Cushing, Norman, Dr., MD, PhD Latov*

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Peripheral neuropathy is one of the most common diseases most people never heard of and yet, upwards of 20 million Americans have it! It is estimated that 60 to 70 percent of people with diabetes have mild to severe neuropathy. That fact alone is staggering. Other causes include vitamin deficiencies, autoimmune diseases, kidney, liver or thyroid disorders, cancer and a variety of other medical conditions.

According to the Neuropathy Association the extent and importance of peripheral neuropathy has not yet been adequately recognized. The disease is apt to be misdiagnosed, or thought to be merely a side effect of another disease. However, people from all walks of life live with this neurological illness that has been described by those who have it as a tingling or burning sensation in their limbs, pins and needles and numbness.

*You Can Cope with Peripheral Neuropathy: 365 Tips for Living a Full Life* was written by both a patient-expert and doctor and is a welcome addition to the information on this subject. It covers such diverse topics as:

- What to ask at doctor appointments
- Making the house easier to navigate with neuropathy
- Where to find a support group
- Using vitamins and herbs for treatment
- Tips for traveling
- And much, much more!

*You Can Cope With Peripheral Neuropathy* is a compendium of tips, techniques, and life-task shortcuts that will help everyone who lives with this painful condition. It will also serve as a useful resource for their families, caregivers, and health care providers.

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Spent a free time and energy to be fun activity to complete! A lot of people spent their spare time with their family, or all their friends. Usually they doing activity like watching television, planning to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your free time/ holiday? May be reading a book can be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try look for book, may be the reserve untitled You Can Cope With Peripheral Neuropathy: 365 Tips for Living a Full Life can be fine book to read. May be it may be best activity to you.

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