

Typical Results for each kind of PN Symptom

Abbreviations you need to know

PN = a disease called Peripheral Neuropathy or Neuropathy, which is nerve damage.

VST therapy = the unique, NASA developed therapy exclusively used to treat PN patients at Scientific Therapy

MC = Medicare or Medicare type insurances **DM** = Diabetes

The #1 reason to receive VST therapy from Scientific Therapy is pain from PN. The pain or discomfort can be described as burning, tingling, shooting, stabbing, or weird feelings from your toes upwards on both sides of your body. Other problems you may experience caused by the PN include numbness, loss of feeling, difficulty sleeping, balance issues, and having to take PN or pain medication. Remember, pain is the key. If you do not have pain or discomfort associated with your PN, MC and all the other insurance companies will not pay for your therapy.

The following info is designed to give you an understanding of how symptoms can change depending on the kind of patient you are. After treating well over 400 painful PN patients with VST therapy, these are the typical results.

PAIN

The amount of success you will have is directly related to what is causing your PN pain. There are 4 big categories.

1. DM patients: If your symptoms are caused SOLELY from your DM, here are the expectations.
Pain improvement—Average 85 % Range 60 – 100 %
2. Cancer patients: If your symptoms started during or just after cancer treatment, here are your expectations.
Pain improvement—Average 80 % Range 50 – 100 %
3. Unknown reason: If your doctors can't determine why you have PN pain, here are your expectations.
Pain improvement—Average 80 % Range 40 – 100 %
4. Back or Skeletal problems: If your symptoms are caused solely from these type of conditions, then
Pain improvement—Average 50 % Range 35 – 60 %

PLEASE make sure you understand this. As an example, you may be a Diabetic patient but your PN pain is actually caused mostly from your back problems and a little from your Diabetes. This means your results will be closer to category 4 than category 1. Really think about what can be causing your PN pain. This will allow you to gauge your expectations correctly.

PN or Pain Medication

Depending on which category above is really causing your PN pain, your results may be enough to really affect the amount & frequency you take PN or Pain medication. DO NOT decrease or stop taking your PN medication unless you are certain it's only for your PN. Sometimes these medications are used for other health conditions. If you are not sure, always consult your prescribing doctor before making any changes.

Most patients can significantly decrease or completely stop taking their PN or pain medication. Please do this safely.

Examples of PN medication are as follows: Lyrica®, Neurontin®, and many others. PN medication will hide your PN pain.

These specific types of medications will stay in your system for 2 weeks even after you stop taking them. So if your PN pain is virtually gone & you stop taking your PN medication, some of your symptoms may return that were being hidden by your medication. **Therefore we recommend having at least 3 more weeks of treatment after you stop taking such medications to prove your PN pain is really gone.**

Sleep

If your sleep problems are caused directly from your PN symptoms keeping you up at night, waking you up, or just not letting you get a good night's sleep then you will improve. As your PN pain decreases, your sleep quality will improve.

Balance

This is another symptom, like pain, in which your success depends on what is really causing your balance problems. Balance problems are caused by 4 big categories: Inner Ear, Brain, PN, and others. It's impossible for a doctor or one of our therapists to tell you which one is the total cause of your balance issues. It could be 80% inner ear, 15% brain and 5% PN. Or it could be 80% PN and 20% other. So you can see, we can't give you any expectations on how your balance will change with VST therapy. Our hope is some/most/all of your balance problems are caused by PN. Whatever % is caused by PN, this is the part that can & will be improved.

Numbness or Loss of Feeling

This is the symptom with the highest degree of uncertainty. For whatever reason, some patients respond well & others don't. Patient's who have suffered from severe numbness for greater than 10 years report being able to feel the ridges in their sock for the first time in decades after VST therapy. Other patient's who have small areas of numbness for 1-3 years report the VST therapy didn't fix this problem at all. One patient specifically had an interesting story. This patient, who was a judge, said surgery had been done over 20 years ago on her leg causing a large patch of numbness. The surgeon told her small nerves were damaged & couldn't be repaired. This patient had Diabetic PN pain. She was treated with our VST therapy providing 90% pain improvement. Along with stopping her PN medication, she informed us the large numb area was gone & felt normal, just like her other leg. We were surprised. As you can see by the examples, it's impossible to know how your body will respond to the VST therapy when it comes to treating numbness symptoms.

How long will the improvement from VST therapy last ?

Again, this answer relates directly to what caused your PN. Speaking in general terms, if your PN is caused by a single event such as chemotherapy, trauma, or anything that happened in the past but is no longer occurring, then your results should last forever. However, if your PN is caused by a disease/condition that you will have the rest of your life such as Diabetes, back problems, etc, these problems will slowly cause the same nerve damage you currently have to develop again over time. After treating PN patients for > 5 years, we estimate VST therapy will provide significant relief for 8-15 years. In the future if your PN symptoms return, another round of VST therapy may be needed.

Risks from PN

There are serious risks in not aggressively treating PN with VST therapy. PN leads to pain & loss of sleep. These daily stresses on your body change your life. It's been proven sleep deprivation & chronic pain lead to other diseases, decreased life span, and poor quality of life. Balance issues cause falls, fractures, and loss of independence moving a person from their home to a nursing home. Loss of feeling can cause ulcers, infections, amputations, and loss of life. PN medication can cause you to feel "out of touch", interfere with other medications, and will cost you money for the rest of your life.

OVERALL

Patients who truly have PN will gain real results from VST therapy. While PN pain is the biggest area of improvement, most patients have mild-significant improvement in sleep, balance, sensation, and decreasing/stop taking PN or Pain medication. For success, patients must have continuous VST therapy for 40 to 50 treatments to gain the best results that can truly change your life.