



Case Report

Peripheral Neuropathy

Patient's Details:

Male 64 years old. First visit: 20/06/2018

Treatment : Acupuncture

Chief Complaint:

Peripheral Neuropathy caused by type two diabetes.

Complaint history and Characteristics:

The client has suffered from Peripheral Neuropathy in the last year. He has type two diabetes and the blood sugar level is very high between 26mmol/L-36mmol/L after meal. The client reported tingling pain in both feet.

Medical History:

The client has high blood pressure and has been taking Lisinoprin.

Initial Pulse/Tongue:

Tongue: purple color, little tongue coating with teeth marks.

Pulse: moderate

Treatment:

Acupuncture treatment is recommended once a week.

Acupuncture:

Taichong (LV3), Gongsun (SP4), Zutonggu (BL66) Sanyinjiao (SP6)

Progress:

He had no tingling feeling in the feet since the third treatment. He still came for Acupuncture regularly to maintain the condition and stop the pain from coming back. In August, his after meal blood sugar level dropped to 6mmol/L-7mmol/L. In November, his blood sugar level was under 6mmol/L.

Reflection:

He was advised to choose healthier diet i.e whole grain, unsweetened yogurt, a wide selection of fruit and vegetables and less red meat, alcohol, caffeine. He was also recommended to do regular exercises and keep his weight under control.

St Neots Chinese Medical Centre