Advances in Neurology and Neuropsychiatry 2018: Anxiety in patients with diabetic peripheral neuropathy- Katerina Stambolieva and D Petrova Institute of Neurobiology-BAS, Bulgaria National Transport Hospital Tzar Boris III, Bulgaria

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Abstract

Background: Diabetic Peripheral Neuropathy (DPN) is one of the most common complications of diabetes mellitus which usually affects peripheral nerves and leads to the tingling, pain and loss of sensation in the legs and postural instability that worse the quality of life and often provokes anxiety and depression on some of patients with DPN. Aim: The aim of this study was to evaluate the prevalence rate of anxiety in the patients with DPN before and after combined therapy with Alpha-Lipoic Acid (ALA) and benfotiamin, pyridoxine and cyancobalamine together. Patients & Methods: Sixty-four (64) patients with main duration of DPN 8.54.7 years and aged between 50 and 65 years took part in this investigation. All patients were treated with combined therapy. The degree of anxiety in patients was evaluated by Hospital Anxiety and Depression Scale (HADS) and the postural stability-by using static posturography. The investigations were made on the first and 60th day after the therapy. Results: Before treatment all patients demonstrated high postural instability. Middle level of anxiety (HADS_A mean score 12.21.9) persisted in 47.8% of patients with DPN. The correlation between duration of diabetes and DPN and anxiety are not observed. After treatment with combined therapy the symptoms of DPN such as tingling, and pain of legs decrease. An improvement of the postural instability and decrease of the level of anxiety (HADS_A mean score 8.61.3) were observed. Conclusion: Treatment with combined therapy decrease the naturopathic symptomatic and level of anxiety caused to improvement the quality of life of patient with DPN.

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