



What is an Inflammatory Neuropathy?

Inflammatory Neuropathies are a group of conditions that affect the nerves in your body, causing symptoms like pain, weakness, and numbness. These conditions happen when the immune system (your body's defence against infection and disease) attacks your nerves by mistake, leading to inflammation and damage.

There are around forty types of Inflammatory Neuropathies, including Guillain-Barré syndrome (GBS), Chronic Inflammatory Demyelinating Polyneuropathy (CIDP), and Multifocal Motor Neuropathy (MMN). Each type has its own set of symptoms and characteristics.



Symptoms of Inflammatory Neuropathies can be very different depending on the condition and the nerves affected. However, common symptoms include tingling or numbness in the hands and feet, muscle weakness, difficulty walking, and pain.

The exact cause of Inflammatory Neuropathies is unknown. However, we think that they may be caused by catching a virus or disease, and when the immune system goes to attack it, they instead attack the body's own peripheral nervous system (the nerves outside of your brain and spinal cord), breaking down the covering around the nerves and causing them to misfire. There may be other things involved as well, such as genetic issues, and the environments we live in.

Diagnosis of Inflammatory Neuropathies can be difficult as there are lots of conditions with similar symptoms, and conditions can be very rare meaning that some doctors or medical professionals may not have seen it before. Early diagnosis and treatment are important, so it's always best to seek medical support if you think something is wrong. There are treatments for Inflammatory Neuropathies such as IVIG (intravenous immunoglobulin), plasma exchange, steroid treatment and other treatments that aim to reduce inflammation, manage symptoms, and prevent further nerve damage.

Everyone's journey with an Inflammatory Neuropathy is different, and the outcome and impact for people can vary depending on the specific condition. While some people may experience full recovery with treatment, others may have ongoing symptoms or disability.

GAIN is here to support people and families impacted by Inflammatory Neuropathies, offering information, advice, and guidance; providing practical support where it is needed; funding and undertaking research; and raising awareness. If you want to know more about these conditions then reach out to us, we are more than happy to support.