

# Other types of Nerve Pain

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## Postherpetic Neuralgia and Shingles

Sometimes, particularly in older people, symptoms of shingles persist long after the rash has healed. In these cases, facial paralysis, headache, and persistent pain can be the outcome. Possibly because the nerve cells conveying pain sensations are hardest hit, or are sensitized by the virus attack, pain is the principal persistent complication of shingles.

This pain, called postherpetic neuralgia or PHN is the kind of pain that leads to insomnia, weight loss, depression, and that total preoccupation with unrelenting anguish that characterizes the chronic pain sufferer.

- Although it can be extraordinarily painful, postherpetic neuralgia is not life-threatening
- It is important to realize that individuals with postherpetic neuralgia no longer have shingles because their infection is over. Instead, they are suffering from damage to the nervous system. Scientists believe that the virus attack has led to scarring or other lesions affecting the cells in sensory ganglia and associated nerves. Even in such severe cases, however, the paralysis, headaches, and pain generally subside, although it may take time.

## Fibromyalgia

Fibromyalgia syndrome affects the muscles and soft tissue. Fibromyalgia symptoms include chronic pain in the muscles, fatigue, sleep problems, and painful tender points or trigger points at certain parts of the body.

Fibromyalgia pain and other symptoms can be relieved through medications, lifestyle changes, stress management, and other fibromyalgia treatment.