

# Breakthrough Treatment For Diabetic Neuropathy Introduced



**P.S.Ajrawat, M.D.**

*Dr. Paramjit Singh Ajrawat introduces a breakthrough multi-modality treatment for diabetic neuropathy, providing new hope for millions of diabetics around the world.*



**Blood Sugar Testing • Diabetic Patient • Numbness and Tingling of Feet**

Diabetics around the world now have new hope for relief of their pain associated with diabetic neuropathy with the introduction of Dr. Ajrawat's Dynamic Model for Pain Management, a multi-modality treatment created by Dr. Paramjit Singh Ajrawat. Dr. Ajrawat's system utilizes a variety of treatment modalities to bring relief to those with diabetic neuropathy.

Dr. P.S. Ajrawat, M.D., a pioneering, qualified pain specialist who is fellowship trained and certified in pain management, has used creative and innovative research to reach his new landmark treatment. This revolutionary treatment modality uses a combination of treatment models to bring relief, including sympathetic nerve blocks, trigger point injections, antidepressants, narcotic and non-narcotic analgesics, Dr. Ajrawat's Air-Pulse Autonomic Meditation Therapy and physical rehabilitation, including strengthening and stretching exercises, psychotherapy, walking alternated with jogging and diet.

"Diabetic neuropathy is becoming more familiar due to frustration from both the medical community and diabetics regarding the wont of achieving optimal results using conventional or newer approaches, including the use of medications like gabapentin, exercise and other adjunctive treatment measures,"

neuropathy, restore the circulation to the damaged nerves, allowing sufferers to regain their lives and live free from pain and associated disability."

Diabetic neuropathy is a disorder of the nerves caused by high levels of sugars in the body in which people with diabetes can, over a length of time, develop nerve and tissue damage in various parts of the body, including the peripheral nerves, heart, digestive system, kidneys and reproductive system.

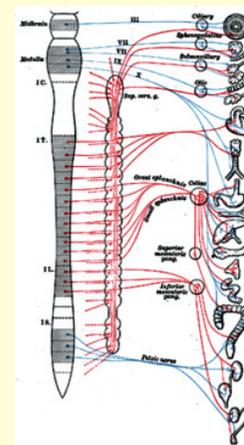
***"My new model for pain management is designed to significantly reduce or eliminate the pain of diabetic neuropathy, restore the circulation to the damaged nerves, allowing sufferers to regain their lives and live free from pain and associated disability."***

Different types of diabetic neuropathies exist, including peripheral neuropathy, autonomic neuropathy, proximal neuropathy and focal neuropathy.

Diabetic neuropathy can result from multiple factors, including high blood sugar levels, autoimmune deficiency, neurovascular factors (ischemia) or decreased blood supply to the nerves. Complimentary factors like smoking, alcohol intake and use of various medications such as cancer treatment drugs can contribute to or precipitate the condition.

Pathogenesis of diabetic neuropathy include

micro vascular changes like vasoconstriction which can lead to capillary basement membrane and endothelial hyperplasia and eventually to low oxygen tension and hypoxia, micro vascular dysfunction and ischemia. Neuronal dysfunction can develop simultaneously that is neuronal ischemia and ultimate manifestation of neurological as well as other symptoms and signs like pain, numbness, burning and tingling.



**Autonomic Nervous System**

Symptoms of diabetic neuropathy vary from numbness or tingling to a burning type of pain in the toes, feet, legs, arms, hands and fingertips.

In addition, diarrhea, constipation, indigestion, weakness, dizziness, problems with urination (urinary incontinence or loss of bladder control), erectile dysfunction, impotence, vision change, fasciculation, muscle weakness, and difficulty standing, walking or weight bearing are common. Other symptoms include depression, anxiety, insomnia, weight loss and loss of functionality (the inability to walk or stand).

Up to now, diabetic neuropathy treatment has been oriented toward pain relief and associated symptoms mainly through the use of pharmacotherapeutic approaches including anti-diabetics, antihypertensives like ACE Inhibitors, narcotic analgesics, gabapentin and similar



**Ajrawat**

**Washington Pain Management Center**

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**For more information about Dr. Ajrawat's Dynamic Model for Pain Management or its use for treating the pain associated with diabetic neuropathy, visit:**

**[PainManagement.com](http://PainManagement.com) or [PainSpecialist.com](http://PainSpecialist.com)**



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## Celebrating 25 Years of Dr. Ajrawat's Dynamic Model for Pain Management

preparations, and other adjunctive approaches like TENS and acupuncture. However, these treatments have been met with little success.

Dr. Ajrawat's Dynamic Model for Pain Management is a conservative model for pain management administered by a qualified pain specialist (fellowship trained and certified in pain management) that addresses all components of diabetic neuropathy, including both the physical and psychological. Treatment results have been optimal and outstanding.

Dr. Ajrawat's approach to treating diabetic

neuropathy is based on his method of increasing blood supply to the nerves through the use of various modalities such as sympathetic nerve blocks and daily use of his scientific meditation therapy, Dr. Ajrawat's Air-Pulse Autonomic Meditation Therapy®. The Air-Pulse therapy is based on Dr. Ajrawat's concept of bi-directional psychosomatic autonomic feedback to reverse damage done to the nerves caused by ischemia. With close follow up and treatments, repetitive use of sympathetic nerve blocks, Air-Pulse therapy, antidepressants,

analgesics, physical rehabilitation and psychotherapy, the results have been incredibly positive.

"Treating Physician's (pain specialist) training, knowledge, clinical skills, dedication, positive therapeutic alliance with the patient, active patient participation, close follow ups and treatments and conservative approach is absolutely essential for a favorable treatment outcome", says Dr. Ajrawat.

Air-Pulse therapy is an autonomic meditation

Please see "Diabetic Neuropathy," page 45



Sympathetic Nerve Block • Dr. Ajrawat's Air Pulse Autonomic Meditation Therapy in Session • Physical Rehabilitation • Dr. Sukhveen Kaur Ajrawat Providing Individual Psychotherapy

## TREATMENT OUTCOME

# Relief From Burning Pain of Diabetic Neuropathy

### *The Story of a Chronic Pain Sufferer*

My family and friends all know me as being a very energetic person. My life began to change in June 2008. I began to feel burning in my lower legs, so I decided to schedule an appointment to see my primary physician. During my office visit with my primary care physician, she advised for me to take Cymbalta and Lyrica. A week later, I was still experiencing the burning pain, which caused me to go back to my physician. This time, she decided to send me for blood work, to check for any abnormal levels. The doctor saw no signs of abnormalities, but asked if I was depressed or stressed. The doctor felt that depression or stress might have been the cause; she felt that these symptoms (pain) may have been in my head.

Although I was now medicated with Cymbalta and Lyrica and there were no signs of stress or depression, the pain started to intensify as well as spread to other areas in my body. I tried hard not to let on to my husband who supports and encourages me, nor to my mother, who prays for me, as to how much pain I was truly experiencing. I continued to pray for God's guidance and for His strength as I sought the advice of another physician. I felt that my symptoms were not taken seriously or that I was being misunderstood.

Months passed, and I still had no relief of my pain. I decided that if I was going to get the

help that I needed, I would have to take it upon myself. I requested several referrals to see specialists, a Rheumatologist (joint pain specialist), a Neurologist (nerves), and a Hematologist (blood). The Rheumatologist diagnosed me as having a Vitamin D deficiency and Fibromyalgia. The Hematologist gave me a thorough exam and the entire test came back negative. I was elated with the good news, but frustrated because I was still in pain and had no cause for this pain.

In October 2009, I went to a Diabetic Center. After 15 months of chronic leg, feet, back and arm burning I was diagnosed as having diabetic neuropathy. Although I had been a patient under the care of my primary care physician for 15 years, I was never diagnosed with diabetes. With my new diagnosis, I still had no relief for my pain. At this point, the pain was so intense that I cried myself to sleep many nights. I continued to pray and ask for God's help. My misery was growing and so was the list of medication that I was being prescribed. I was now taking Lyrica, Cymbalta, Tramadol, Amitriptyline, Hydrocodone, Levaquin, Oxycodone, Diazepam and Ambien. Despite the various medications that were prescribed for me, I really didn't find too much relief in taking them. I did however find that taking hot baths offered a little relief to my intense pain.

One day, during one of my many appointments, I came across an article about a physician, Dr. Ajrawat,

who was able to help this young lady who was a chronic pain sufferer like me. I took the article to my mother and shared it with her. My mother advised me to contact Dr. Ajrawat right away. I called Dr. Ajrawat's office and made an appointment to see him. After a thorough consultation Dr. Ajrawat discussed my problem with me in detail and explained to me what he could do for me. After the first visit my treatment with Dr. Ajrawat started, which was twice a week schedule. The treatment included nerve blocks, trigger point injections, physical rehabilitation, meditation therapy, strengthening and stretching exercises, medication, diet and others.

Since November 6, 2009, my first visit, I have finally seen and felt a change with the treatment of Dr. Ajrawat. I felt better after my first treatment. I am sleeping and walking a lot better and my friends and family have noticed a big change in me. I feel happy and relaxed. I truly thank God for bringing Dr. Ajrawat into my life during this awful time. I don't know where I would be, or how I would have dealt with this pain any longer. The intense pain was taking a toll on me physically, mentally and spiritually.

Thank you, Dr. Ajrawat.  
-B.M. Williams