



A high percentage of all nerve pain conditions are localized. Do you have shooting pain, burning pain, or stabbing pain that is limited to a certain part of your skin or body? Have you had some kind of infection or perhaps a surgery near that area? Both infections and surgeries can cause localized nerve damage that in turn causes long-term or chronic pain. This is called **localized neuropathic pain (LNP)** or localized nerve pain. Doctors might have a difficult time diagnosing LNP and its origins, so please be sure to tell your doctor if you had an infection or surgery and now have chronic pain in the affected area.

WHAT IS LOCALIZED NEUROPATHIC PAIN?

Various diseases or conditions can cause nerve damage. Although it can affect the entire body, or larger areas of the body, often nerve damage is restricted to a smaller, more localized area. The pain caused by nerve damage is called neuropathic or nerve pain (NP), and it is a long-term or chronic disease that affects as many as 26 million people globally. About 60% of neuropathic pain cases are localized to a circumscribed area, in which case it is called localized neuropathic pain (LNP).

WHAT CAUSES LOCALIZED NEUROPATHIC PAIN?

Causes of LNP are e.g. nerve damage after shingles or herpes zoster infection (postherpetic neuralgia or PHN), nerve damage after surgery (postoperative neuropathic pain or PONP), or nerve damage resulting from diabetes (diabetic polyneuropathy or DPN).

WHAT ARE THE TYPICAL LOCALIZED NEUROPATHIC PAIN SYMPTOMS?

Localized neuropathic pain (LNP) can be described by patients as 'shooting pain', 'burning pain', 'stabbing pain', or feeling 'pins and needles'. LNP patients often have very sensitive skin, and state that normally unpainful stimuli such as light touches or clothing are often painful. This is called allodynia. In addition, pain stimuli that normally cause mild to moderate pain may cause more severe pain in LNP patients. This is called hyperalgesia.

HOW IS LOCALIZED NEUROPATHIC PAIN DIAGNOSED?

To have a diagnosis of localized neuropathic pain (LNP), the signs and symptoms must be present in a clearly identified and defined area. The diagnosis of LNP relies on a careful examination. Pain questionnaires can be extremely useful for recording the symptom profile upfront. It is important that patients describe their symptoms in as much detail as possible to their doctor. The 'my pain questionnaire' on www.mypainfeelslike.com is a tool that can help patients to improve the communication with their doctors to increase chances to get a correct diagnosis and treatment.

WHAT CAN PATIENTS DO?

Do you have pain that is localized to a well-defined area of your skin? Is that area of your skin very sensitive to touch? Does it feel like 'pins and needles' or is the pain a 'burning pain', 'shooting pain', or 'stabbing pain'?

If you have chronic pain that is localized, and you think that it might be LNP, it is important to get active. Please fill out the 'my pain questionnaire' on www.mypainfeelslike.com and see your doctor. The 'my pain questionnaire' is a useful tool to improve the communication between patients and doctors, as it can support the doctor in making an accurate diagnosis of the cause of pain. You should try to accurately describe your chronic pain, where it occurs on your body and if it is triggered by anything in particular while you are completing the 'my pain questionnaire'. Once you completed it, print out the results and discuss them with your doctor to diagnose your chronic pain.