



**Tips to maintain
a better life with PHN**

PHN

Prevalence

Post Herpetic Neuralgia (PHN) is a frequent complication of herpes zoster (HZ). Shingles is a disease caused by the varicella zoster virus. The same virus that causes chickenpox. If a patient has shingles, the virus has probably been in his/her body since he/she was a child, but has remained dormant. It may seem strange that a virus could lay dormant in the body for decades. About 1 out of 5 people who had shingles will get this lingering effect.

Symptoms

The type of symptom and intensity of pain depends on patient to patient. The common symptoms are as follows

- ▶ Burning Pain
- ▶ Stabbing Pain
- ▶ Pain that feels like an electric shock
- ▶ Shooting pain where the shingles rash used to be
- ▶ Pain from the light touch of clothing or bed sheets



Do's

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Don'ts

- ▶ Applying warm compression on the affected part, for about 30 minutes to 1 hour, at least 5-6 times every day, can help to relieve the symptoms.

Cool wet compressions can also prove useful in easing the pain.

- ▶ Keep your skin clean and rash uncovered.

- ▶ Be gentle with the blisters and avoid scratching them.

- ▶ Compress the vesicles or crusts with a mixture of white vinegar and luke-warm water, for about 15 minutes daily, can soothe the affected area and help the blisters dry up faster.

- ▶ Items of personal use, which cannot be discarded should be used only after they are disinfected by washing in boiling water or through other means of disinfection.

- ▶ Don't share your used articles with others, and never re-use contaminated articles.

- ▶ Avoid staying in close physical contact with others for around 7-9 days until the blisters dry up

Exercises

Physical activity is important for overall health and wellness. Regular activity is a key factor in managing Peripheral Neuropathic Pain along with meal planning, taking medication as required, and stress management.

Tips on exercises for PHN

Balance Training

Peripheral neuropathy can leave your muscles and joints feeling stiff and sometimes weak. Balance training can build your strength and reduce feelings of tightness. Improved balance also prevents falls.

Beginning balance training exercises include leg and calf raises.

Start by exercising for 10 to 20 minutes a day and then increase to 30 minutes.

Types of Balance Training

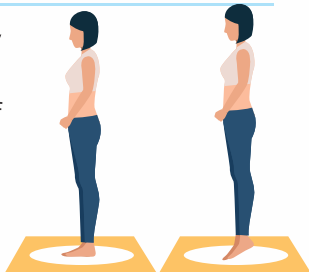
Stretching Exercises

1. Using a chair or counter, steady your balance with one hand.
2. Stand straight with feet slightly apart.
3. Slowly lift one leg to the side and hold for 5–10 seconds.
4. Lower your leg at the same pace.
5. Repeat with the other leg.
6. As you improve balance, try this exercise without holding onto the counter.



Calf Raise

1. Using a chair or counter, steady your balance.
2. Lift the heels of both feet off the ground so you're standing on your toes.
3. Slowly lower yourself down.
4. Repeat for 10–15 reps.





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