We Hear You...And We Know You Hurt.

A recent POZ.com blog, “New Empathy for Neuropathy,” by Laura Whitehorn, hit a nerve—pardon the pun—with our readers. (Peripheral neuropathy, or PN, is pain, tingling or numbness in the limbs caused by some HIV drugs, among other things.) The responses reminded us that life with HIV isn’t always “manageable.” Here’s what some of you said:

February 3, 2011

“People look at me like I’m crazy when I say I’m in pain from PN. They always say, ‘You look fine.’”

“I have built up pain tolerance over the last 20 years [from] the things HIV/AIDS and the meds have given me. Neuropathy is something I would not even wish on [George W.] Bush.”

“The pain was like putting my feet in a deep fryer 24/7.”

“I wonder how folks deal psychologically with being in pain day after day. It makes me pretty depressed at times.”

“Anticonvulsants worked for a period. But eventually the dosage needed to be increased to give sufficient relief, and then there were side effects.”

“[Effective] meds, a positive attitude and a drive to move forward every day have assisted [my] well-being.”

“We need specialists who know how pain management relates to HIV and the medications [we take to suppress it].”

Click here to search neuropathy on POZ and learn more about PN.
Click here to read Laura Whitehorn’s blog, “New Empathy for Neuropathy.”

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http://beta.docker.poz.com/article/Neuropathy-Pain-HIV-19847-1745