



Relationship between Neuropathic Pain and Obesity

SCIENCE

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Key Take-Away:

Obesity is a risk factor for musculoskeletal system disorders like neck pain, osteoarthritis and low back pain. This study efficiently depicted that obesity-induced systemic inflammation can fortify the paroxysmal and negative symptoms of neuropathic pain. It may worsen the neuropathic pain intensity and impair the nerve damage.

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ABSTRACT:

Background:

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Methods:

Using a cut-off body mass index value of 25, 44 patients with neuropathic pain were grouped into a “high-BMI” group and a “normal-BMI” group.

Results:

The numeric rating scale of the high-BMI group was significantly higher than that of the normal-weight group ($p < 0.05$). The total NPSI scores were significantly higher ($p < 0.01$), and the paroxysmal pain and the negative symptoms were more serious in the high-BMI group than in the normal-BMI group.

The high-BMI subjects also had significantly higher SF-MPQ scores ($p < 0.05$). However, both physical and mental health status on the SF-36 were comparable between the groups.

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Conclusion:

Neuropathic pain that did not arise from musculoskeletal damage was higher in the high-BMI patients. Paroxysmal pain was more severe, suggesting that neural damage might be aggravated by obesity-associated inflammation.

These findings should have needed to be confirmed in future studies.

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Pain Research and Management 2016
Exploratory, Neuropathic Pain, Nerves, NRS, NPSI Score, SF-MPQ Score, SF-36 Scale