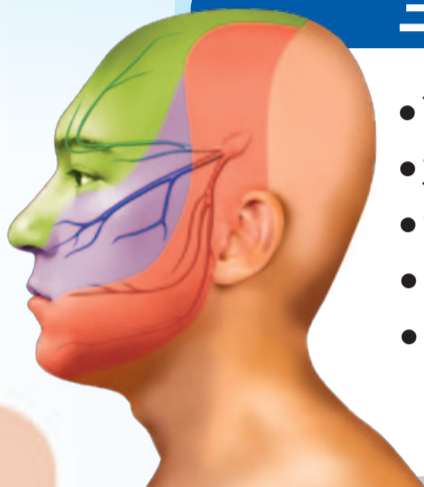


認識神經痛

神經系統是人體內一個龐大的感官網絡，從腦部開始延伸至脊髓，並分支到身體各部位¹。神經痛是指身體因神經受損而造成的痛楚。任何一處神經受損都會引起神經痛。

三叉神經痛^{2,3} (Trigeminal Neuralgia)



- 面部出現突如其來的陣發性劇痛
- 主要成因為血管擠壓三叉神經
- 通常只影響半邊顎或臉頰
- 痛楚呈針刺、火燒或電擊感
- 發作時患處肌肉出現抽搐

皰疹後神經痛⁴ (Postherpetic Neuralgia)



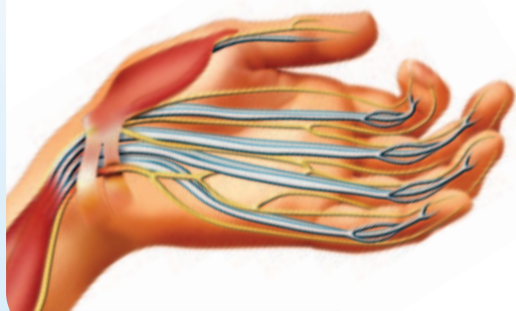
- 帶狀皰疹 (俗稱生蛇) 遺留下的神經痛
- 較常見於年長人士
- 痛楚呈刀刺、火燒感
- 即使衣服輕輕碰到皮膚亦會感到疼痛難當
- 劇痛以致難以入睡、影響食慾

坐骨神經痛⁵ (Sciatica)

- 坐骨神經是人體最長的神經線，從下腰延伸至腳掌
- 常見成因為椎間盤脫位，壓住神經線
- 通常只影響一邊的下肢
- 痛楚呈針刺、火燒和電擊感
- 嚴重者或會感到肌肉無力或麻痺，甚至大小便失禁



腕管綜合症^{6,7} (Carpal Tunnel Syndrome)



- 病情續漸惡化的痛症
- 手腕一條主要神經受壓所致
- 病發初期拇指、食指及中指出現疼痛和麻痺
- 手腕及手臂亦會出現疼痛、無力或麻痺
- 嚴重者可能會難以握拳和進行一些手部活動

糖尿病神經痛^{8,9} (Painful Diabetic Neuropathy)



- 因糖尿病或血糖控制不佳所致
- 最常影響足部
- 症狀為麻痺、疼痛或刺痛
- 嚴重者可能出現肌肉無力、腿部變形
- 最終可發展成糖尿病足潰瘍

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