Peripheral neuropathy Causes - Mayo Clinic

A number of factors can cause neuropathies, including:

- **Alcoholism.** Poor dietary choices made by alcoholics can lead to vitamin deficiencies.
- **Autoimmune diseases.** These include Sjogren's syndrome, lupus, rheumatoid arthritis, Guillain-Barre syndrome, chronic inflammatory demyelinating polyneuropathy and necrotizing vasculitis.
- **Diabetes.** More than half of people with diabetes develop some type of neuropathy.
- **Exposure to poisons.** Toxic substances include heavy metals or chemicals.
- **Medications.** Certain medications, especially those used to treat cancer (chemotherapy), may cause peripheral neuropathy.
- **Infections.** These include certain viral or bacterial infections, including Lyme disease, shingles (varicella-zoster), Epstein-Barr virus, hepatitis C, leprosy, diphtheria and HIV.
- **Inherited disorders.** Disorders such as Charcot-Marie-Tooth disease are hereditary types of neuropathy.
- **Trauma or pressure on the nerve.** Traumas, such as motor vehicle accidents, falls or sports injuries, can sever or damage peripheral nerves. Nerve pressure can result from having a cast or using crutches or repeating a motion many times, such
Symptoms

- **Tumors.** Growth, cancerous (malignant) and noncancerous (benign), can develop on the nerves themselves or they can put pressure on surrounding nerves.
- **Vitamin deficiencies.** B vitamins, including B-1, B-6 and B-12, vitamin E and niacin are crucial to nerve health.
- **Bone marrow disorders.** These include abnormal protein in the blood (monoclonal gammopathies), a form of bone cancer (osteosclerotic myeloma), lymphoma and amyloidosis.
- **Other diseases.** These include kidney disease, liver disease, connective tissue disorders and an underactive thyroid (hypothyroidism).

Risk factors

- Typing.
- Bone fractures.
- Physical trauma, injuries.

**References**

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1. Book: Mayo Clinic Guide to Pain Relief

**See also**

- Diabetic neuropathy
- Hypothyroidism: Can it cause peripheral neuropathy?

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