

## ADVICE FOR TRIGEMINAL NEURALGIA SUFFERERS

What follows is a combination of medical advice as well as general advice from our Board of Trustees.

- As TN is a neurological condition, and Coronavirus is a respiratory disorder, you are unlikely to be at greater risk if you succumb to the virus.
- If, however, you have other underlying medical conditions, then it is even more important that you self-isolate should you be affected by the virus.
- Provided that you remain stable on your current level of drug dosages, then it is likely that blood tests will be delayed. It is important for you to keep in contact with your GP/specialist or whoever it is that is monitoring your condition. It is hoped that routine TN reviews will be done via the telephone.
- There is no reason why drugs should be in short supply. However, just to be on the safe side, ask your GP to prescribe using the drug's name rather than a trade name, e.g. carbamazepine instead of Tegretol.
- Ensure you order your repeat prescriptions in good time.
- Where possible avoid going to A & E.
- Although chloroseptic may be in short supply, lidocaine will not be. Better to try the lidocaine spray before seeking further medical attention. It may be that pharmacists are willing to give the 10mg dose without a prescription as it is fairly safe when used topically. GPs can prescribe it online.
- Self-isolation for any length of time can be stressful for some people and so it is important to try and keep to any regime of exercise, meditation, mindfulness or whatever it is you do to help reduce your pain or keep your mind active.
- In a similar vein, whilst physical contact with family and friends is not advised, do keep in contact with them via email, text, phone or Skype as this will help both you and them maintain a sense of proportion.

For more in-depth information, the Scottish Government have issued guidance relating to people with a neurological condition. The content of the document is not just restricted to Scotland.

<https://www.scottishneurological.org.uk/files/patient-information-leaflet-for-people-with-a-neurological-condition-2-april-2020-update.pdf>

IT Support for Disabled and Older People at Home in **Scotland** from [www.ability.org.uk](http://www.ability.org.uk)

- We provide a range of free services for disabled people, their family and friends, their employers and other people who care for them.
- Call our **free Helpline** on 0800 269 545 to ask anything about how computers can be adapted to meet the needs of disabled people.
- Our network of [IT Can Help volunteers visit disabled people in their home](#) to help with everyday IT needs.

### TAKE NOTE

Unfortunately, there is a lot of nonsense on social media about Coronavirus regarding what to do and what not to do. If you consider that what you read is ridiculous, then it probably is. Regrettably there will always be fear-mongers and charlatans who seemingly revel in situations like this.