

Vitamin B(12) may be more effective than nortriptyline in improving painful diabetic neuropathy.

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Introduction Despite many therapeutic options, **painful diabetic neuropathy is still a common and challenging complication of diabetes mellitus** and is often resistant to treatment with current modalities. **Methods** In this randomized, single-blind clinical trial we compared the efficacy of parenteral vitamin B(12) and nortriptyline, for symptomatic improvement of **pain, paresthesia, burning, freezing, stabbing and electrical sensation**.. Changes in nerve conduction parameters of amplitude, duration and latency were also compared. **Results** One hundred patients (50 in each group) completed the study. After treatment, the pain score based on a visual analogue scale decreased 3.66 units in the vitamin B(12) group and 0.84 units in the nortriptyline group ($P < 0.001$). Similarly, the paresthesia score decreased 2.98 units versus 1.06 units ($P < 0.001$). The decrements of **tingling sensation** were 3.48 units versus 1.02 units ($P < 0.001$). Changes in vibration, position, pinprick and nerve conduction parameters were not significant in two groups. **Conclusion** In conclusion, **vitamin B(12) is more effective than nortriptyline for the treatment of symptomatic painful diabetic neuropathy.**

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