

## Fast Facts

### Diabetic Neuropathy

- Complication of diabetes and when nerves become damaged as a result of chronic high blood sugar (glucose) levels
- Damage interferes with the nerves ability to send their signals to and from different parts of the body
- Four different types: peripheral, autonomic, radiculoplexus and mononeuropathy
- Each one affects different nerves throughout the body and it is possible to have more than one type at a time
- For all of them, symptoms develop gradually and vary depending

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Peripheral neuropathy:</i> (most common and symptoms are worse at night)</p> <ul style="list-style-type: none"> <li>-Numbness</li> <li>-Reduced ability to feel pain/temperature changes</li> <li>-Tingling/burning sensations</li> <li>-Sharp pain/cramps</li> <li>-Increased sensitivity to touch</li> <li>-Muscle weakness</li> <li>-Loss of reflexes</li> <li>-Loss of balance/coordination</li> <li>-Foot problems (ex. ulcers and infections)</li> </ul> <p><i>Autonomic neuropathy:</i></p> <ul style="list-style-type: none"> <li>-Bladder problems (retention or incontinence)</li> <li>-Constipation or uncontrolled diarrhea</li> <li>-Slowing of digestive system</li> <li>-Difficulty swallowing</li> <li>-Problems controlling body temperature</li> <li>-Changes to vision</li> <li>-Heart rate and blood pressure issues</li> <li>-Erectile dysfunction</li> <li>-Vaginal dryness</li> </ul> <p><i>Radiculoplexus neuropathy</i> (symptoms usually start on one side of the body and can spread to the other):</p> <ul style="list-style-type: none"> <li>-Severe pain in your hip/thigh/buttock</li> <li>-Weakness/shrinking of thigh muscle</li> <li>-Difficulty getting up from a sitting position</li> <li>-Abdominal swelling</li> <li>-Weight loss</li> </ul> <p><i>Mononeuropathy:</i></p>	<p><u>Goal:</u></p> <ul style="list-style-type: none"> <li>-Slow progression</li> <li>-Relieve pain</li> <li>-Manage complications</li> <li>-Restore function</li> </ul> <p>-Control blood sugar</p> <p>-Control blood pressure</p> <p>-Medications to help with pain</p> <p>-See specialists to manage any complications (urologist, cardiologist, etc.)</p> <p>-Restore bodily function by seeing a physical/occupational therapist</p>	<p><u>Managing blood sugar and blood pressure effectively:</u></p> <ul style="list-style-type: none"> <li>-Eat healthy</li> <li>-Exercise regularly</li> <li>-Keep blood sugar in target range</li> <li>-Have glycosylated hemoglobin (A1C) test twice a year at a minimum (should be under 7 percent)</li> </ul> <p><u>Take care of your feet:</u></p> <ul style="list-style-type: none"> <li>-Inspect your feet daily for any sores or changes</li> <li>-Keep feet clean/dry</li> <li>-Wash feet daily (don't soak)</li> <li>-Moisturize feet to prevent cracking (don't get lotion between toes because this can lead to fungal infections)</li> <li>-Be careful while trimming toenails</li> <li>-Wear clean/dry socks</li> <li>-Wear well cushioned shoes that fit appropriately</li> </ul>

(strikes suddenly, but temporarily) -Severe pain in the area affected, such as shin/foot, lower back/pelvis, front of thigh and chest/abdomen -Can involve facial nerves causing difficulty focusing your eyes, double vision, pain behind one eye or Bell's palsy (paralysis on one side of your face)		
---	--	--

©2017 Demystifying Your Health. All rights reserved.

Demystifying Your Health does not provide medical advice, diagnosis or treatment

Copyrighted Material DemystifyingYourHealth.com