

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

(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)		
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