



**Managing Diabetic Neuropathy
Starts with Awareness**

All you need to
know about

DIABETIC NEUROPATHY



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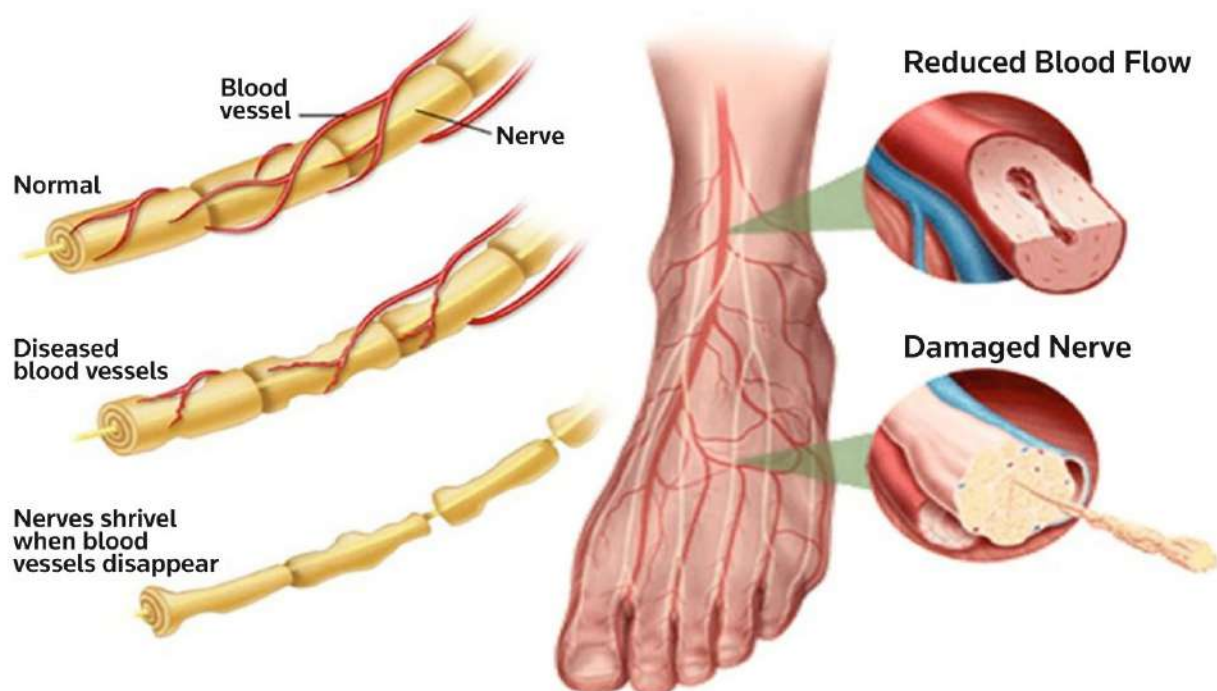
An Initiative by



What is Diabetic Neuropathy?

- Diabetic neuropathy is a type of nerve damage that can occur if you have diabetes.
- High blood sugar (glucose) can injure nerves throughout the body.
- Diabetic neuropathy most often damages nerves in the legs and feet.

DIABETES AFFECTS THE NERVES



Types and Symptoms of Diabetic Neuropathy

1

PERIPHERAL NEUROPATHY

usually occurs in the feet, legs, arms, abdomen, and back.



- Numbness
- Tingling
- Burning
- Pain

2

AUTONOMIC NEUROPATHY

It usually affects the digestive system (stomach), blood vessels, urinary system and sex organs.



- Vomiting
- Nausea
- Heartburn
- Diarrhoea
- Constipation
- Bloating

3

PROXIMAL NEUROPATHY

Proximal neuropathy usually occurs in the thighs, hips, or buttocks.



- Weakness in thighs/buttocks
- Pain in hips/buttocks/thighs

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MONONEUROPATHY

It affects specific nerves in the head, torso, or leg causing pain and weakness.



- Eye pain
- Double vision
- Chest or belly pain
- Severe back pains
- Paralysis on one side of the face (Bell's palsy)

Risk Factors for Diabetic Neuropathy



Though diabetes is the primary cause of diabetic neuropathy, various other risk factors can initiate or aggravate the condition.

Here are some of the common risk factors



**HAVING HIGH
BLOOD SUGARS**



**HIGH BLOOD
PRESSURE**



**KIDNEY
DISEASE**



**BEING
OVERWEIGHT**



**DIABETES
HISTORY**



SMOKING

DON'T LOOSE **YOUR NERVES TO DIABETES**

Complications of Diabetic Neuropathy



**LOSS OF
SENSATION**



**CARDIOVASCULAR
DISEASE**



**SEXUAL
DYSFUNCTION**



**INCREASED OR
DECREASED SWEATING**



**URINARY TRACT
INFECTIONS**



**TOE INFECTION &
AMPUTATION**

BEAT DIABETIC NEUROPATHY & RECLAIM YOUR LIFE

Foot Care for Diabetic Neuropathy



Ensure proper
Foot care



Don't Walk on bare feet,
especially in the hot sun.



Wear shoes that
fit well.



Take care of
your toenails.



Use lotion on your feet
for reducing dryness.



Check your feet
and legs daily.



Avoid standing up too
quickly or for too long.

PUT FEET FIRST **PREVENT** AMPUTATIONS

Prevention of Diabetic Neuropathy



Blood Glucose Management



Regular exercise



Monitor blood pressure



Consume healthy diet



Avoid smoking & alcohol consumption



Massage legs

DON'T LET DIABETIC NEUROPATHY SLOW YOU DOWN