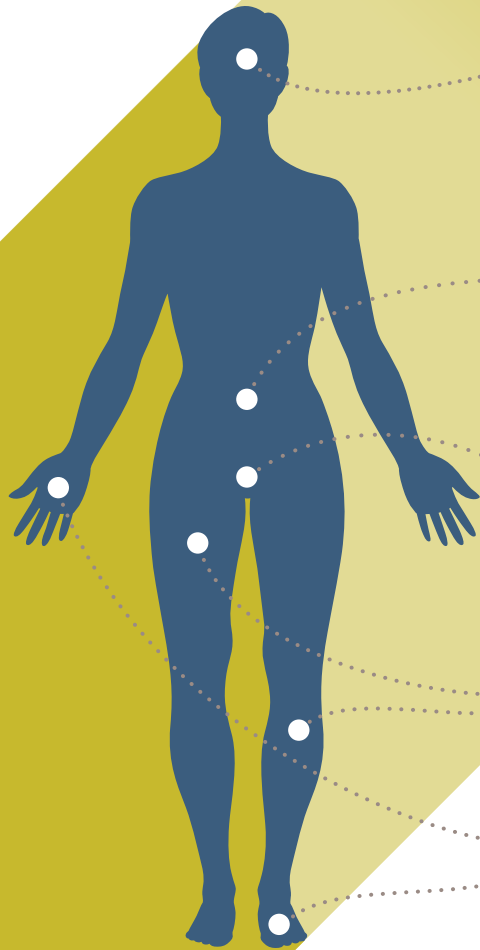


Diabetes and Nerve Damage

What Are Nerves? Your nerves are a very important part of your body. Your nerves help you taste, smell, walk and feel pain. If you have diabetes, you can help keep your nerves healthy by having good control of your blood sugar levels. Sometimes, diabetes can cause damage to your nerves. This can be very painful.

Signs of Nerve Damage Nerve damage can occur in different parts of your body. The most common type of nerve damage occurs in your hands and feet. Doctors call this Diabetic Peripheral Neuropathy (DPN). If you answer yes to any of these questions, you may have nerve damage due to diabetes.



HEAD AND EYES

- Do you feel faint or dizzy when you stand up?
- Do you see double or feel pain behind your eyes?

STOMACH AND INTESTINES

- Do you have a hard time finishing your meals?
- Is it difficult to go to the bathroom?

SEXUAL ORGANS

- Are you having problems with your sexual health, like low or no interest in sex?

LOWER BODY

- Do you get sharp pains in your thighs, hips, buttocks or legs?

HANDS AND FEET

- Do your hands or feet ache, burn or tingle?

Get Help Talk to your doctor if you think you may have nerve damage. Treatments are available to protect your nerves from more damage and get your pain under control.

These are some treatments

- **Control your diabetes** Protect your nerves from more damage by having good control of your blood sugar levels.
- **Take your medications** Medications are available to help relieve pain from nerve damage.

■ **Stay healthy** Eating right, exercising and taking your medications as directed by your doctor will help protect your nerves from more damage.

Do Not Ignore Your Pain! DPN and other types of nerve damage can affect your quality of life. Without treatment, nerve damage can make it hard to do everyday things like exercise, sleep and walk. Talk to your doctor about how to help relieve your pain and protect your nerves from more damage.