What can you do to prevent painful tingling, numbness, and weakness in your extremities?

**Get regular screenings**
- Symptoms develop gradually, so many people don’t know they have it until extensive damage has occurred.
- Ask your doctor for a neurological exam and a foot exam at least once a year.

**Take care of your feet**
- Check them every day, and protect them by keeping them clean and dry.
- Make sure to wear shoes that are comfortable and protective.

**Manage your blood glucose levels and keep them within range**
- Know your time in range and A1C.
- Avoid sugar; reduce carbohydrates to lower blood glucose.
- Take diabetes medications regularly (even religiously!)

**Exercise regularly**
- 150 minutes/week or 10,000 steps/day is a great target for exercise.

**Limit alcohol and do not smoke**
- If you smoke, talk with your doctor about a plan to quit.
- Limit alcohol to no more than one drink/day for women and two drinks/day for men.

**WHAT IS NEUROPATHY?**
Neuropathy occurs when nerves become damaged from high glucose levels in the blood. It can cause pain or numbness in the limbs. The most common form of neuropathy is diabetes-related peripheral neuropathy (DPN), which primarily affects the feet. It can also cause sexual dysfunction. Early symptoms include numbness, pain, tingling, or weakness. This can eventually lead to amputation.

**RISK FACTORS:**
- HIGH BLOOD PRESSURE
- KIDNEY DISEASE
- BEING OVERWEIGHT
- SMOKING
- FAMILY HISTORY OF NERVE DAMAGE