

**DO YOU OFTEN
HAVE HIGH BLOOD
GLUCOSE LEVELS?
ASK YOUR DOCTOR
ABOUT NEUROPATHY
SYMPTOMS TODAY.**

NEUROPATHY
AFFECTS ABOUT

1/2

OF ALL PEOPLE
WITH DIABETES

*It often affects people who
have had high blood glucose
levels over long periods of
time.*



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

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

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.