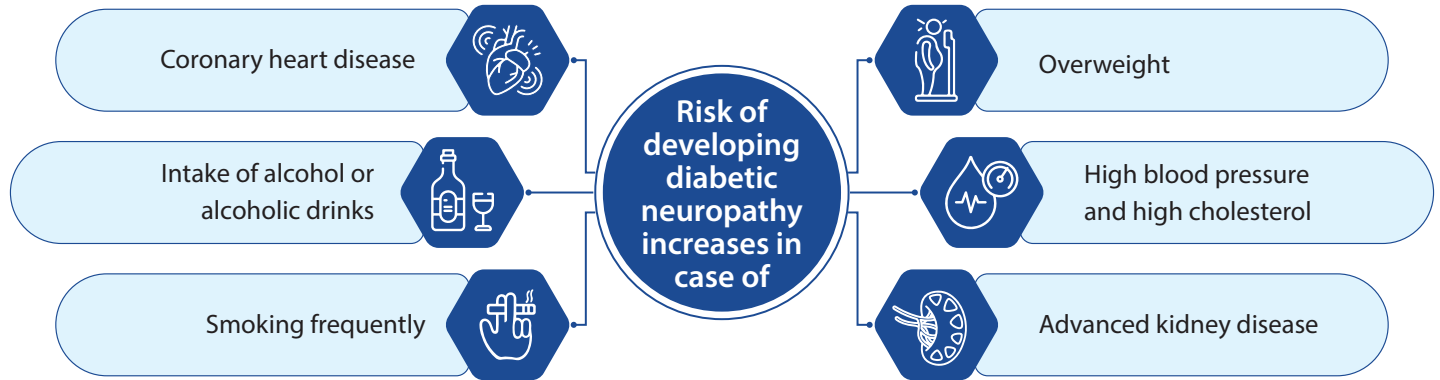




UNDERSTANDING DIABETIC NEUROPATHY



Diabetic neuropathy is a nerve damage that can occur in people with diabetes. Over time, high blood sugar, and high levels of fats in the blood can cause diabetic neuropathy.¹



Symptoms Associated with Diabetic Neuropathy

Symptoms are generally associated with touch, pain, temperature, and other sensations in diabetic neuropathy

	Numbness especially in the feet and toes		A tingling or burning feeling		Sharp, shooting pain that may be worse at night
	Pain in the buttock, hip, or thigh		Weak and shrinking thigh muscles		Difficulty in getting up from sitting position
	Foot issues such as ulcers, infections, changes in foot shape, and bone and joint damage		Loss of ability to feel changes in temperature		Loss of balance, increase risk of falling, and altered walking

Keeping your blood sugar levels within your target range along with your blood fat levels (cholesterol) and blood pressure can also help to improve the symptoms of neuropathy and reduce the progression of the nerve damage.

Why is diabetic neuropathy so painful?

The nerves carry chemical messages to and from the brain about what we can feel. In diabetic neuropathy, nerve messages are disrupted which leads to numbness, tingling, burning, and discomfort. Some may perceive this as pain which can be distressing and is known to impact general well being.

A Pain Physician can help by providing specialized solutions for treatment of pain related with diabetic neuropathy.

A **Pain Physician** will provide a specialized solution by developing specific treatment plans including a combination of medicines and Minimally Invasive Pain and Spine Interventions (MIPSI).

	Pain medications/analgesics/ anti-neuropathic medications • Reduces pain		Minimal Invasive Pain and Spine Intervention (MIPSI) • Epidural steroid injections • Peripheral nerve modulation • Spinal cord stimulation
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