

## DIABETES

# Diabetes & Nerve Damage



Over time, high blood sugar can damage the coating of your nerves. This happens very slowly. You can have nerve damage and not know it because you can't feel it.

## PROBLEMS CAUSED BY HIGH BLOOD SUGAR

- You can lose feeling or get a burning in your feet, arms or hands.
- Nerve damage in the feet is a main reason why people lose their toes, feet or legs.
- It can cause sores, due to the numbness. You could have open sores which lead to bad infections that prevent the sore from healing.
- It can cause problems swallowing, going to the bathroom, or having sex.
- It can make you sweat more. This makes it hard to tell when your sugar is low.

## WAYS TO PREVENT DAMAGE FROM HIGH BLOOD SUGAR

- Have your doctor check your feet each time you visit. Always remove your shoes and socks to remind the doctor to check them.
- Keep your blood sugar as close to normal as you can (70 to 120). This will prevent nerve damage and decrease nerve pain.
- Exercise will help keep your nerves in good shape. Ask your doctor which exercises are best for you.



**FOR MORE INFORMATION** about diabetes, call 1.800.414.6314 (TTY: 1.800.473.0989).