



## **Accurate Clinic**

2401 Veterans Memorial Blvd. Suite 16  
Kenner, LA 70062 - 4799  
Phone: 504.472.6130 Fax: 504.472.6128

**[www.AccurateClinic.com](http://www.AccurateClinic.com)**

Diabetic neuropathy is a problem that develops in people who have had diabetes for a long time. Neuropathy is a word that means the nerves of the body are not working properly. Although there are many causes of neuropathy, diabetes is one of the most common.

Diabetic neuropathy usually affects the extremities (hands and feet) causing numbness, tingling or a burning sensation. The abnormal or painful sensations often happen in a "stocking-glove" pattern. That means that the area of your body that is affected is the same area that would normally be covered if you wore a stocking on your leg or a glove on your hand. Neuropathy can also lead to problems with the stomach causing heartburn, and even with the intestines, sometimes causing diarrhea.

With diabetic neuropathy, simple injuries or exposure to hot and cold temperatures may cause serious problems. In order to prevent a serious problem from happening, it is very important that you check your feet every day for any signs of sores, redness or infection. When you put your shoes on, make sure that there are no small pebbles or other small items in your shoe. Check to make sure that your socks are not bunched up in one place so they don't cause an area of irritating pressure against your foot. If you notice any cuts, bruises, or other injuries to your feet or you develop any symptoms, be sure to contact your doctor right away.

Because you do not have normal feeling in your feet, you should have a podiatrist or your family doctor cut your toenails to prevent any injuries to your toes. Since the feeling in your feet is abnormal, you should be VERY CAREFUL about the temperature of your bath water, so as to not cause burns to your feet. You should test the temperature of the water with your hands before stepping into the hot water.

Treatment of diabetic neuropathy may consist of prescription medications commonly used to treat other conditions. Certain medications usually used for seizures and depression have been shown to be effective in treating neuropathy. If your physician has prescribed any of these medications, be sure to follow up for regular visits as directed.

To help prevent worsening of your condition, you should monitor your blood sugar.