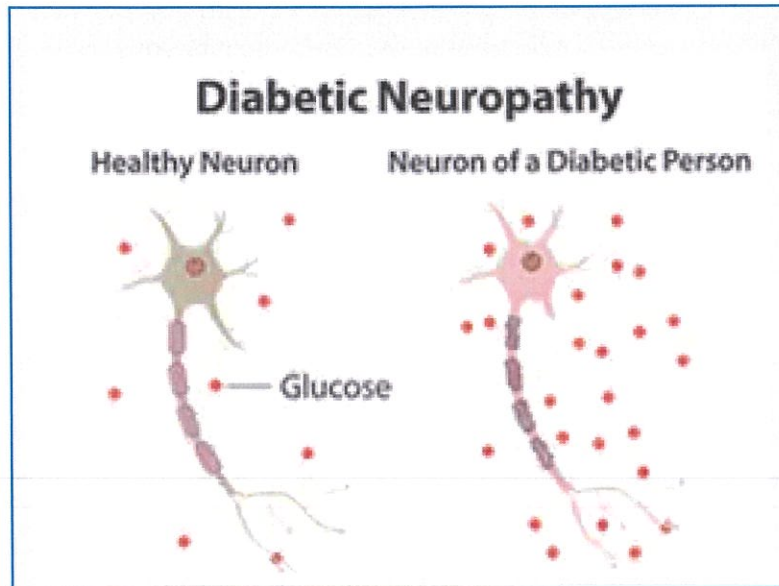




DIABETES COMPLICATIONS part 6: Diabetic Neuropathy and nerve damage



Diabetes affects the nerves in the following way:

1. All your nerves are supplied of nutrients and oxygen by small arteries which is called Vasa Nervorm.
2. These blood vessels are responsible for a healthy Myelin sheath (insulation of the nerve) and nerve itself.
3. The myelin sheath of the nerve act like the plastic around an electric wire- if it gets damaged by not receiving oxygen and nutrients the nerve inside “shorts” to adjacent nerves and eventually dies.
4. This causes a burning sensation and numbness especially in the lower legs and feet in patients with longstanding , poorly controlled Diabetes.
5. Diabetic Mononeuropathy can affect one nerve like the hearing nerve or even the vision nerve.

How can diabetic Neuropathy be reduced?

1. Control of your blood sugar level to as near normal as possible.
2. Do not walk barefoot and always wear socks with your shoes.
3. Regular exercise can improve the blood supply to the nerves.

Company Medical Doctor

Date

01/12/2023