

# Could You Have Diabetic Neuropathy and Not Know It?

Nerves send messages to and from your brain about pain, temperature, and touch. They tell your muscles when and how to move. About half of all people with diabetes have some form of nerve damage.

The most common type of nerve damage from diabetes called **peripheral** (puh-RIF-uh-rul) **neuropathy** can cause tingling, pain, numbness, or weakness in your feet and hands.

## Symptoms

Reporting symptoms to your health care provider is important. Place a check mark (✓) next to any symptom you have. Take this list to your next office visit.

- My feet tingle.
- I feel “pins and needles” in my feet.
- I have burning, stabbing, or shooting pains in my feet.
- My feet are very sensitive to touch. For example, sometimes it hurts to have the bed covers touch my feet.
- My feet hurt at night.
- My feet and hands get very cold or very hot.
- My feet are numb and feel dead.

- I don't feel pain in my feet, even when I have blisters or injuries.
- I can't feel my feet when I'm walking.
- The muscles in my feet and legs are weak.
- I'm unsteady when I stand or walk.
- I have trouble feeling heat or cold in my feet or hands.
- I have open sores (also called ulcers) on my feet and legs. These sores heal very slowly.
- It seems like the muscles and bones in my feet have changed shape.
- Other symptoms I have: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Treatment

Talk with your health care provider about treatments available to relieve pain and reduce burning, tingling, and numbness.

For more information on diabetes contact  
the American Diabetes Association at  
**1-800-DIABETES** or visit **www.diabetes.org**

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