



Neuropathy

Neuropathy is a complication of diabetes that affects the nerves. The most common type of diabetic neuropathy is called Peripheral Neuropathy and affects the peripheral nerves.

Peripheral nerves are the nerves that go out from the brain and spinal cord to the muscles, skin, internal organs, and glands. Peripheral Neuropathy impairs proper functioning of these sensory and motor nerves. The most common symptoms of neuropathy include numbness and loss of feeling, usually in the feet and hands.



Podiatry & Foot Healthcare

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What causes Neuropathy?

Many causes of Neuropathy are unknown. However, the most common cause of Peripheral Neuropathy is Diabetes and happens when high blood sugar levels damage the nerves. This can cause insensitivity or a loss of ability to feel pain, heat, and cold and is a common symptom of diabetes.

Therefore, people living with Diabetes who have developed Neuropathy can develop minor cuts, scrapes, blisters, or pressure sores that they may not be aware of due to the insensitivity of their feet.

Neuropathy can also cause deformities such as Bunions, Hammer Toes, and Charcot Foot.

Due to the consequences of neuropathy, anyone with this condition should inspect their feet and lower limbs on a daily basis, to ensure minor cuts, scrapes, blisters or pressure sores are dealt with urgently.

Footwear should be inspected for grit or any sharp bodies that could have penetrated the soles regularly.

Treatment and Prevention

The most successful way to prevent neuropathy from occurring is to control the diabetes. It is important to maintain blood sugars at normal levels and maintain normal blood pressure. In addition to this, it is important to:

- Stop smoking as a matter of urgency
- Limit the amount of alcohol you drink
- Have regular physical examinations of your feet
- Have regular blood and urine tests
- Exercise regularly, according to your doctor's recommendation.
- It is important for people with diabetes to treat their feet properly to avoid any future problems.
- Footwear and foot orthotics play an important role in diabetic footcare.



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The general information provided here does not constitute medical advice. You should consult with a suitably qualified foot health care clinician. Please contact your nearest *We Fix Feet* clinic to book your consultation.