

# American Diabetes Association **Diabetes & You**

## **For Millions With Diabetes, Serious Complication Goes Undiagnosed, Untreated**

(NAPSA)—According to a new national survey by the American Diabetes Association (ADA), while the majority of people with diabetes experience symptoms associated with diabetic neuropathy (nerve damage), only a small minority have been diagnosed with this condition.

Diabetic neuropathy is a serious complication of diabetes that leads to sensations of pain and/or numbness, tingling or “pins and needles” in the feet and hands. And, according to study findings, a staggering 56 percent of patients have never even heard of the condition.

This lack of awareness is unfortunate for the 18.2 million people in the United States living with diabetes. With symptoms that can be incapacitating, the pain of diabetic neuropathy typically worsens at night and many people experience difficulty sleeping. The nerve damage can make a person extremely sensitive to even the lightest touch, and simply wearing socks or having a foot touch a bed sheet can cause pain. Often interfering with daily functions and activities, people with this condition may have difficulty walking, working or socializing. And diabetic neuropathy is a major risk factor for foot injury, infection and amputation.

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Fortunately, there is good



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news. With proper attention, management and treatment, diabetic neuropathy can be prevented or delayed. Awareness is the first, critical step in taking care of yourself and preventing serious consequences.

That's why the American Diabetes Association has embarked on an awareness campaign to educate people with diabetes about the possible onset of diabetic neuropathy, the seriousness of this complication, symptoms associated with this condition, and the important fact that there are things people can do to prevent, reduce or manage these symptoms.

As part of the campaign, ADA has developed a patient “pocket checklist” that allows people with diabetes to review a list of symptoms and then take this list to their healthcare providers for discussion. For more information or to receive your free checklist, call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or visit [www.diabetes.org/neuropathy](http://www.diabetes.org/neuropathy). *This free checklist has been made possible through an unrestricted educational grant from Pfizer Inc.*