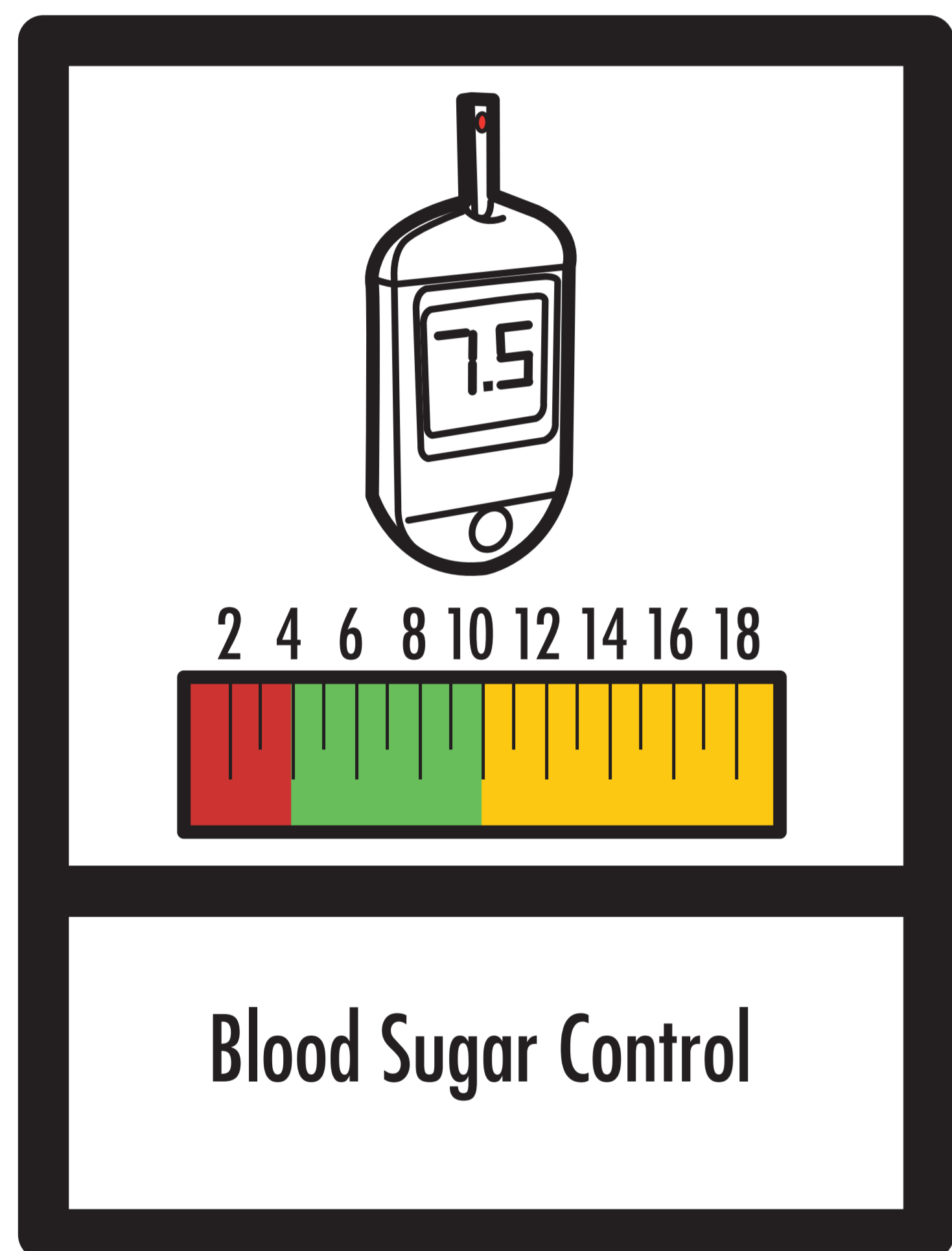


40-50% of people with diabetes will have some evidence of nerve damage associated with their diabetes. \*  
Limbs, fingers/toes, heart, stomach, and intestines are especially affected. This can be brought under control!



Blood Sugar Control

- ↓ Pain
- All nerves are affected



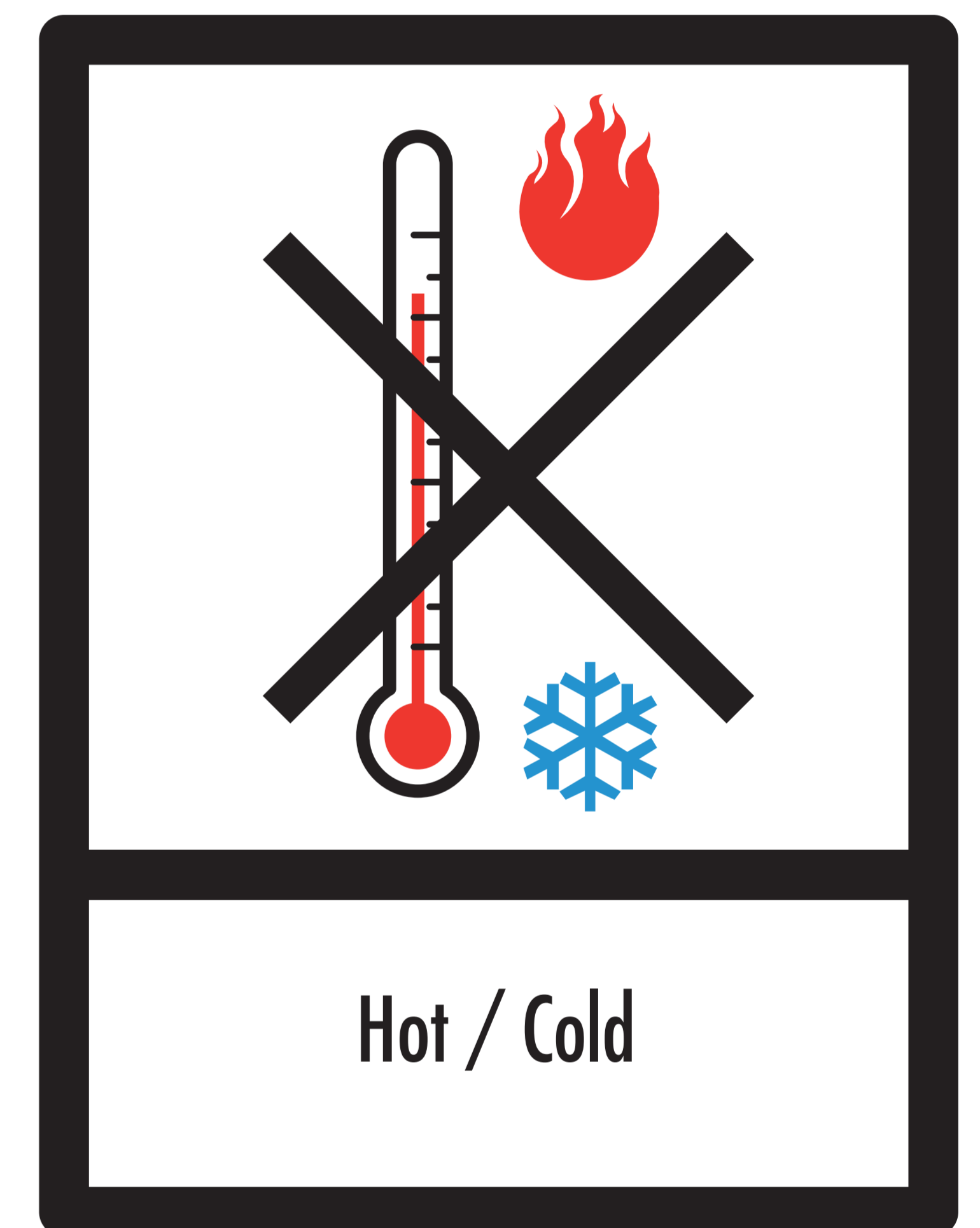
Foot Care

- ↓ Risk of amputation



Pain Medication

- Works slowly



Hot / Cold

- Sensation in hands & feet may be decreased
- Avoid hot water
- Protect extremities from extreme temperatures



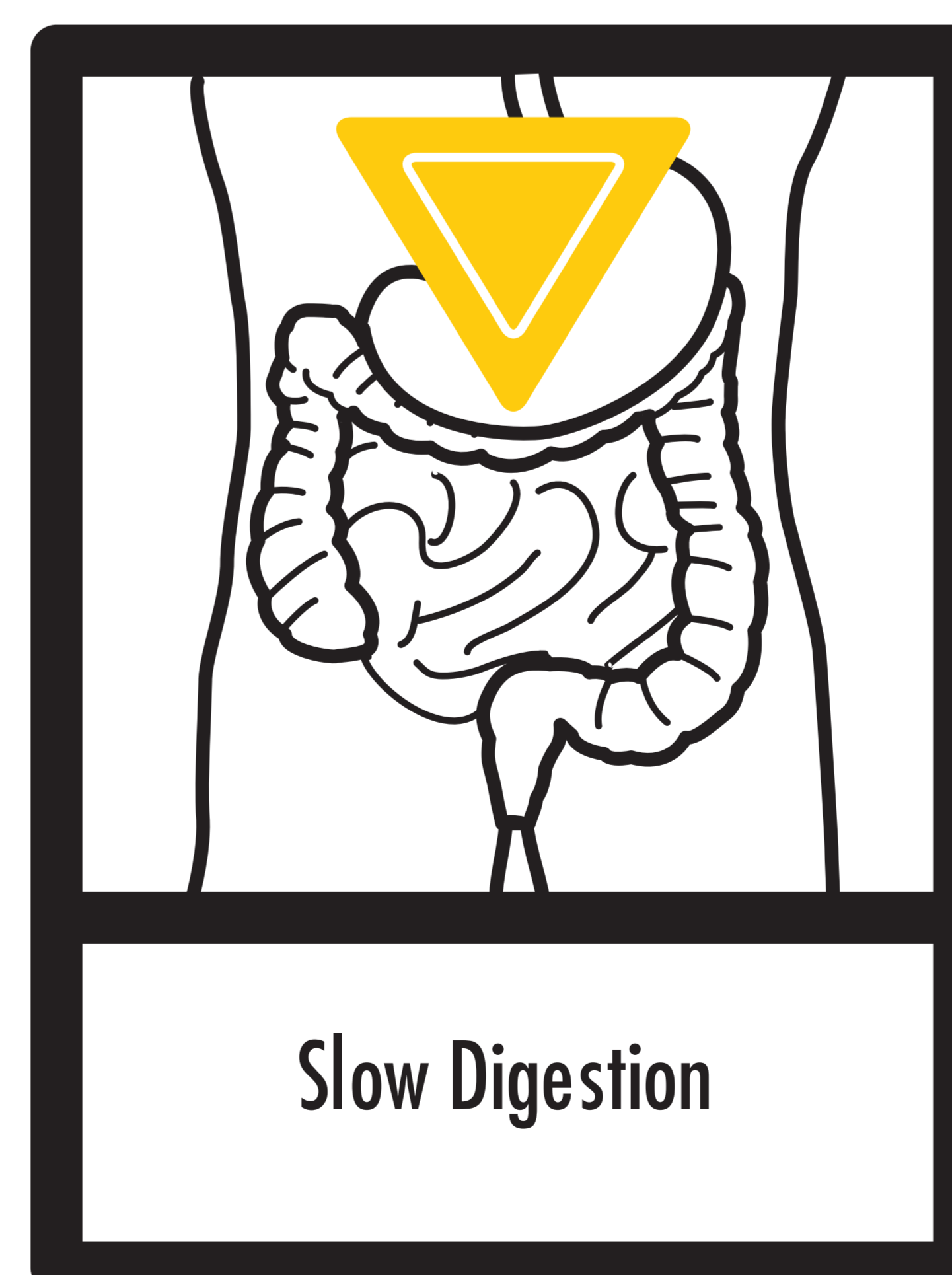
Constipation

- ↑ Fibre in your diet



Diarrhea

- ↑ Fibre in your diet



Slow Digestion

- Eat frequent small meals
- Avoid fatty meals or spicy food

\* Information updated according to the Canadian Diabetes Guidelines 2013