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THE VELMA B. COX FOUNDATION

FOR TYPE II DIABETES & HIGH BLOOD PRESSURE



~The Tales of Auntie Jody & The Infamous Coffee Table~

Diabetic Nephropathy (Nerve Pain): Why it is great a idea to check your feet daily...

~BY DR. AUBREY J. MOREAU, PHARMD, RPH, CNC~

Diabetic Nerve Pain is a condition that around one-half of type 2 diabetics and a one-fifth of type 1 diabetics experience (1). The pain is usually associated with the nerves in feet, hands, legs, and arms. The cause is still unknown but mostly linked to high blood sugar.

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There are two nerve issues to focus on here. The nerves near the surface of the skin (painful), and the nerves that tell your brain, "Hey, this is painful, your lost soul just hit their foot on the coffee table!".

A common belief, throughout the medical community, is that the high blood sugar upsets the chemistry of the nerve cells. Here is a common day scenario:

Meet Auntie Jody. She is 60 years old with Type 2 Diabetes and has uncontrolled blood sugar. Auntie Jody was babysitting her neighbor's toddler. She bumped her toe into the coffee table while they were playing a game of duck, duck, goose.

This incident would usually have a non-diabetic in tears, but Auntie Jody did not notice. Her nerves were so packed with blood sugar that she just could not feel the pain. The path for her pain receptors were blocked.

The DANGER: If you have a healthy system, the pain will help you "baby" this toe. But Auntie Jody did not do this. She walked around like everything was fine. Fortunately, Auntie Jody reads the monthly newsletters from VBC. She knew that she should check her feet daily.

Disclaimer:

The information presented is for general information purposes only. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. It is highly recommended that before you start any new regimen, please consult with your healthcare provider.

A few days later, her toe swelled and changed colors but did not hurt. She decided to visit the doctor and fortunately the doctor was able to help her.

Typically, if Auntie Jody continued daily activities without "babying" her toe, the toe could progress into dangerous scenarios. Worst case scenario gangrene or a severe infection.

Please let your family and friends with diabetes know to **check their feet daily, have a doctor check their feet yearly** and to **read the monthly newsletters.**

Stay posted for future newsletters and postings as we plan on discussing natural and medical treatments of diabetic nerve pain.

Major Points: Control Blood Sugar, Check feet daily, wear house shoes, and help your neighbor's with their kids...we are all family!

Please stay positive and remember we at the Velma B. Cox Foundation are here for you, **"because there's nothing more important than YOU, absolutely nothing!"**

~By your favorite pharmacist: Dr. Aubrey J. Moreau, PharmD, RPh, CNC~

Reference:

1. Pop-Busui R, et al: Diabetic Neuropathy: A Position Statement by the American Diabetes Association. Diabetes Care. 2017;40:136-154.

