



Medical Management in Diabetic Neuropathy and Complications in Glucose Levels

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DESCRIPTION

Diabetic neuropathy is a type of nerve injury that can result from high blood sugar. By keeping the blood sugar as normal to the range as we can so, that we can lead a healthy lifestyle, we can either avoid it or limit its progression. The diabetes care strategy must include managing the blood sugar. It assists that not only with daily wellness but also with averting more major health issues in the future. Diabetic neuropathy symptoms can range from numbness to discomfort in the hands, feet, and legs, depending on which nerves are impacted. Additionally, it may result in issues with the heart, blood vessels, digestive system, and urinary tract. Mild symptoms are present in some people. However, for some people, diabetic neuropathy can be quite painful and incapacitating.

Up to 50% of patients with diabetes may develop diabetic neuropathy, a significant consequence of the disease. But with constant blood sugar control and a healthy lifestyle, We can frequently control diabetic neuropathy or reduce its impact.

Symptoms of diabetic neuropathy

Depending on the locations impacted, symptoms change. The following are typical indicators and symptoms of the various forms of diabetic neuropathy:

- Loss of touch sensitivity
- Coordination issues when walking numbness
- Pain in your hands or feet burning sensation in your feet
- Muscle wasting or weakening

High blood sugar alters the chemical makeup of nerves, making them less capable of transmitting messages. Additionally, it may harm the blood arteries that supply the nerves with nutrition and oxygen. High triglyceride and cholesterol levels are also linked to an increased risk of neuropathy, in addition to glucose levels. sugar levels, which can harm the body's nerves.

When blood sugar is not properly controlled over time, this condition is more likely to occur. Approximately 50% of diabetics experience nerve injury. Several often, symptoms don't appear until many years following a diabetes diagnosis. When they are first diagnosed with slow-developing diabetes, some patients already have nerve damage.

Types of diabetic neuropathy

- Symmetric peripheral neuropathy in this condition it affects the hands and feet. The most typical type of diabetic neuropathy is this one.
- Autonomic neuropathy in this condition it affects the nerves that regulate the body's automatic processes like digestion, urine, and heart rate.
- Thoracic and lumbar root, or proximal, neuropathy: This affects the nerves in a particular area of the body, like the legs or chest wall.
- Mono neuropathies in these conditions it can impact any one nerve. The nerve could be in the arm, leg, torso, or face.

Treatment and diagnosis

The majority of diabetic neuropathy types deteriorate with time. Managing high blood pressure and cholesterol levels while lowering blood sugar levels into a goal range established with a doctor is the first step for people with any kind of diabetes. Lowering blood sugar levels will reduce the chance of developing diabetic neuropathy. Pain management and the management of some of the symptoms are important components of the treatment. Certain medicines along with other therapies, Trusted Source and different forms of physical therapy can aid in reducing diabetic neuropathy discomfort. The nerves, though, are irreparable. Additionally, people should abstain from or quit smoking, and they should only have a maximum of one drink per day for women and two for males.

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CONCLUSION

Additionally, it's important to regularly check the feet for causes like ingrown toenails, blisters, and sores, particularly if we have any peripheral neuropathy. It's possible that they won't feel these health issues worsen because of the numbness that comes with neuropathy. The feet should be protected from wounds or further

harms like infections to keep the feet clean and covered. Due to our lack of a fundamental understanding of this condition, prominent pharmaceutical corporations have regrettably restricted research and clinical trials in diabetic neuropathy. This transformation has taken place despite the disease's increasing toll on society.