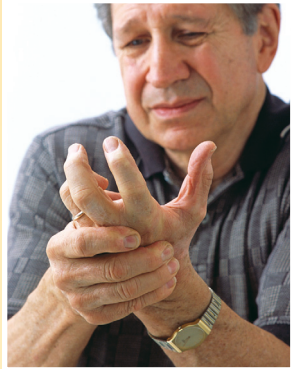


Nerve damage and skin problems

With diabetes, you can have nerve damage

Having high blood sugar for a long time can damage your nerves and lead to a number of problems.



Nerve damage in your feet and hands may cause:

- Tingling
- Pain
- Numbness
- Weakness

Nerve damage in other parts of the body may cause:

- Bladder problems
- Problems with sexual function
- Feeling dizzy or faint
- Too much or too little sweating
- Throwing up, diarrhea, or constipation
- Feeling full or sick to your stomach

Skin problems are more common for people with diabetes

Some of the skin problems include:

- Itchy skin
- Styes on eyelids
- Boils or infections at hair roots
- Infections deep under the skin or at nails
- Jock itch, athlete's foot, ringworm, and vaginal infections



Things you can do to help avoid nerve damage and skin problems

- Control your blood sugar
- Limit how much alcohol you drink
- Keep skin clean and dry
- Don't take very hot baths and showers
- Keep your home more humid in cold, dry weather
- Do not smoke
- Take care of your feet
- Treat cuts right away
- Don't let your skin get dry

It is good to catch problems early.

Tell your doctor if you have any signs of nerve damage and skin problems.

This material has been developed by GlaxoSmithKline.