Health Guide

DEC 2025 Ver 3.0

The Silent Wire Cutter: How Diabetes Damages Peripheral Nerves

Peripheral nerves transmit signals between the brain, spinal cord, and limbs. Persistently high blood sugar can damage these nerves, leading to Diabetic Peripheral Neuropathy (DPN) one of the most common and serious complications of diabetes.

What Is Diabetic Peripheral Neuropathy (DPN)?

- Caused by long-term uncontrolled blood sugar
- Affects up to 50% of people with diabetes
- Develops gradually and worsens if untreated

How High Blood Sugar Harms Nerves

- **Direct nerve damage:** Excess glucose triggers toxic buildup, oxidative stress, and inflammation.
- **Reduced blood flow:** Damage to small blood vessels deprives nerves of oxygen and nutrients.

Common Types of Diabetic Neuropathy

- **Distal Symmetric Polyneuropathy:** Numbness, tingling, burning pain (feet and hands).
- **Autonomic Neuropathy:** Dizziness, digestive problems, bladder and sexual dysfunction.
- **Proximal Neuropathy:** Pain and weakness in hips or thighs.
- **Focal Neuropathy:** Sudden pain or weakness in a single nerve.

Warning Signs to Watch For

- Reduced sensation or numbness in feet
- Burning or tingling pain
- Muscle weakness or balance issues
- Recurrent foot injuries or infections

Prevention & Care

- Maintain tight blood sugar control
- Daily foot care and regular screenings
- Healthy lifestyle and smoking cessation
- Timely and appropriate pain management

Early detection and good diabetes control can slow nerve damage, prevent complications, and protect quality of life.

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