



“Diabetic neuropathy – How to prevent and delay from the first day of Diagnosis of Diabetes. ”

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Abstract :-

Neuropathy is a heterogenous group of disorders. About 1/3rd of Diabetic patients – show evidence of peripheral neuropathy.

Symptoms, signs, nerve conduction test, quantitative sensory testing or quantitative autonomic testing are important to know the neuropathy.

Healthy nerves consist of myelinated and unmyelinated nerve fibers or axons.

Microvascular disease affecting small vessels (the vasa vasorum) that supply oxygen and nutrients to peripheral nerves result in ischaemic and metabolic neuronal injury.

Chronic sensorimotor neuropathy is the most common form of Diabetic neuropathy. This results from the distal dying back of axons that begins in the longest nerves, thus the feet are affected first in stocking distribution and later there may be progressive involvement of the upper limbs.

In the world, India is called as capital of Diabetes.

There are many complications of Diabetes depends on how we care for Diabetes, what type of response once get during treatment and which complications occurs early and delay in the patients of Diabetes. There are various ways that diabetic patients can prevent or delay nerve neuropathy, there are some precautions for preventing and to delay further damage of nerves and minimize the related symptoms.

Keywords :-

Diabetic Neuropathy, diabetic Foot, Amputation, Autonomous, Neurosensory, alpha lipoic Acid, Micro vascular vessels.

Introduction :-

One of the serious issue in the complications of Diabetes is Diabetic foot, in addition to regular walking or any exercise, proper diet maintenance and medicines patients are taking, proper level of blood sugar to maintain & keeping its records simply in the diary by doing blood sugar fasting and blood sugar post meal once in a month, consulting diabetologist with reports and follow Diabetologist guidelines help much to the Diabetic patients to prevent complication delay in the complications. Your blood sugar level chart maintenance and if suddenly there is increase in the level of sugar, consult your Diabetologist. Early Diagnosis early treatment, delay in the complications.

During three years of practice duration, patients are divided into two groups already diagnosed cases which are under the treatment of some or other Diabetologist (100 patients) and other group is divided into a group of newly diagnosed cases and they are going to start Antidiabetic treatment and counseling is done for proper exercise and maintaining given meal schedule along with medicine. This new group is taking treatment from single Diabatologist.

Method :-

Though in my routine practice of Diabetes I used to guide about exercise, diet and meditation in the similar way, but newly diagnosed diabetic patients are strictly maintaining the guidelines when the they come to know what is Diabetic foot and last step of leg amputation.

All patients are given information regarding importance of exercise, diet and medications, but after some day it is observed that the group of patients, newly diagnosed patients of Diabetes are sincerely keeping up follow up of blood sugar level along with following the instructions regarding medicines, diet and exercise.

Instruction given to the patients are:

- 1) Check feet daily for any type of injury, dry skin, sores, cuts, corns, calluses signs of inflammation on foot.
- 2) Use comfortable shoes & socks, washing the feet with warm water.
- 3) If you choose walking as a exercise, first consult your Diabetologist.
- 4) Hb A1C should be in control.
- 5) Alpha – Lipoic acid as an supplementary antioxidant intake is suggested.
- 6) Keep blood pressure under control.

- 7) Keep active
- 8) take healthy diet
- 9) No smoking
- 10) Take Vitamin E, B, B6, and Vit. B12, in proper dose.

Conclusion :-

There are four types of neuropathy

- 1) Peripheral Neuropathy
- 2) Autonomous neuropathy
- 3) Radiculoplexus neuropathy
- 4) Mononeuropathy

Main symptoms of neuropathy

- 1) Tingling (Often widespread in the legs) feeling in legs and or arms.
- 2) Burning
- 3) Pain
- 4) Cramps
- 5) Foot sores, infection and joint pain
- 6) Weakness in muscles
- 7) Dizziness or coordination problems.

There is early sign & symptoms of neuropathy in diabetic group which were already diagnosed and on antidiabetic Therapy from almost ten to twelve years.

The other group, which is new diagnosed and following the instructions given, during three years though there is no signs, symptoms of Neuropathy or Diabetic Foot but strict follow up is necessary, as the changes in sensory, autonomous nerves and microvascular vessels change may take more time than three years of span, but self care of foot, keeping watch on signs and symptoms of various neuropathies is must to minimize or delay the complications caused due to Diabetes, with early diagnosis and treatment. Some cases of Diabetic Neuropathy get reversed but, the care of feet is very important to take personality by patients. Once the Diabetic foot develops it is quite difficult to manage the condition and in the advance stage gangrene of foot and leg may occur and decision of amputation of that affected part of foot is the only way of treatment.

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