



# NEUROLOGICAL ALTERATIONS

## IN PATIENTS WITH DIABETES

Diabetes may cause nervous system diseases because it is an endocrine system disorder and inhibits the body's stable internal environment mechanisms and well-functioning.

### STROKE

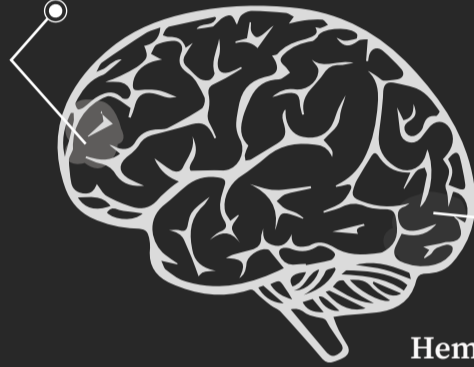
Diabetes increases the risk of cerebral infarction. When blood sugar levels are high at the time of a stroke, the probability of neurological functions complete recovery is reduced, and the risk of death increases.

#### Diabetic polyneuropathy symptoms:

- Drowsiness and tingling sensation in hands and feet.
- Sensitivity decreased.
- Ulcers, usually in the lower limbs.
- Foot joints alterations.

#### Ischemia (cerebral infarction)

Caused by occlusion of a brain artery.



#### Hemorrhage

Caused by rupture of a brain artery.

### DIABETIC NEUROPATHY

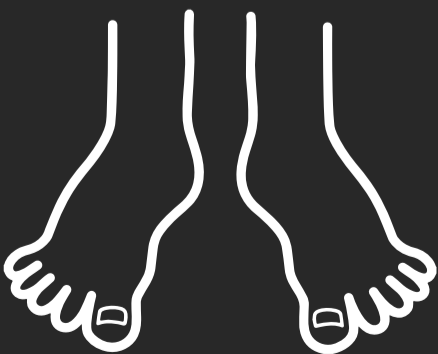
Over time, diabetic patients may develop nerve damage and nerve disorders. Such risks increase with age and with prolonged diabetes. Diabetic neuropathies are common in overweight patients with high blood glucose levels and high blood pressure.

Nervous system alterations may occur in a high percentage of diabetic patients (40%). This increases the risk of sudden death, myocardium infarction and renal failure. Symptoms include: blood pressure alterations, erectile dysfunction, urinary and digestive disorders and sweating.

#### How to prevent neuropathy diseases?

- Keep your glucose levels as close to normal (<110 mg/dL).
- Keep adequate eating habits and physical activity.
- In some cases, medications and physiotherapy are required.

#### How to prevent diabetic neuropathy complications?



Check your feet every day for redness, swelling, infection or injury.

Check the inside of your shoes, for pebbles or protruding areas on the sole.

Use shoes that aren't too tight and fit adequately to your feet's shape. Avoid pointed-toe shoes.

Wash your feet daily with warm water, dry them well, especially between fingers, and if you sweat too much, use non-medicated talcum powder.

Avoid walking barefoot.