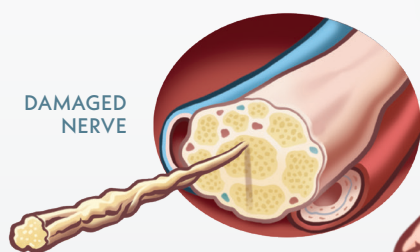


# DIABETIC NERVE PAIN OF THE FEET AND YOU UNDERSTANDING YOUR CONDITION

## Where are you feeling pain?

If you have diabetes, the pain you may be feeling in your feet could be diabetic nerve pain, which comes from the decrease of blood flow to your feet, causing nerves to become damaged and to malfunction. It can affect people in different ways, being localized to a specific part of the foot, like the big toe, or even the entire foot.



TOP OF FOOT:  
DORSUM

BOTTOM OF FOOT:  
PLANTAR

TOES:  
PHALANGES

## POTENTIAL RISK FACTORS OF DIABETIC NERVE PAIN

- Duration of diabetes
- Age (the older you are, the more you are at risk)
- High glucose levels
- Poorly controlled diabetes
- Smoking/alcohol use
- Being overweight
- High cholesterol
- Kidney disease

## SYMPTOMS OF DIABETIC NERVE PAIN

- Shooting, burning, or stabbing sensations
- Tingling, pins and needles
- Numbness or reduced ability to feel pain or temperature changes
- Difficulty walking/loss of balance due to not being able to feel your feet
- Increased sensitivity to touch

Scan this code to learn more about an add-on treatment.



Scan this code to learn more about diabetic nerve pain of the feet.



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