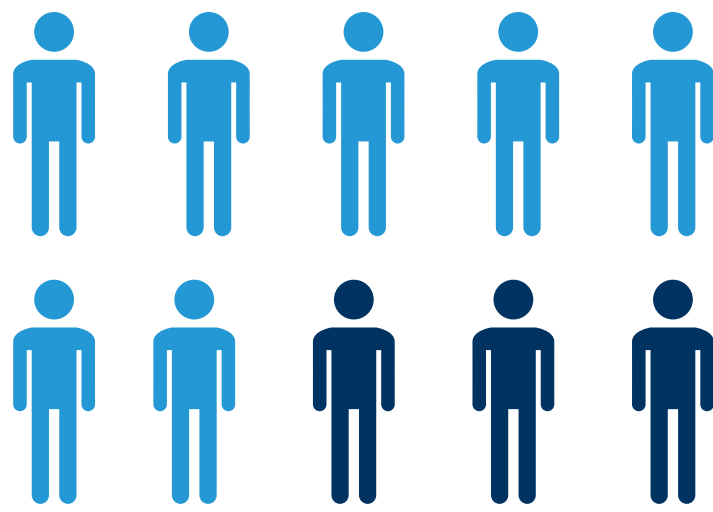


DON'T LOSE YOUR NERVE TO DIABETES

As many as 70 percent of people with diabetes suffer from **peripheral neuropathy**, or damage to the nerves in their feet.



SYMPTOMS



Burning



Tingling

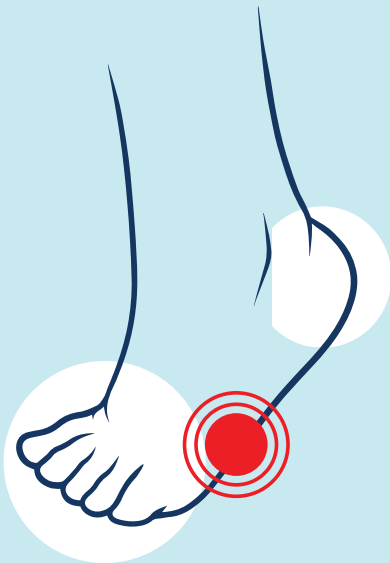


Numbness



Heaviness or tiredness

RISKS



Numbness prevents you from noticing injuries or sores



Nerve damage disrupts balance and leads to falls

WHAT YOU CAN DO



Exercise to keep weight down and improve circulation.



Control blood sugar to minimize risk of nerve damage.



See a podiatrist immediately if you experience numbness or other symptoms!

