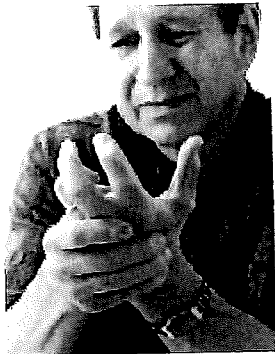


# Nerve damage and skin problems

## With diabetes, you can have nerve damage

Having high blood sugar for a long time can damage your nerves and lead to a number of problems.



Nerve damage in your feet and hands may cause:

- Tingling
- Pain
- Numbness
- Weakness

Nerve damage in other parts of the body may cause:

- Bladder problems
- Problems with sexual function
- Feeling dizzy or faint
- Too much or too little sweating
- Throwing up, diarrhea, or constipation
- Feeling full or sick to your stomach

## Skin problems are more common for people with diabetes

Some of the skin problems include:

- Itchy skin
- Styes on eyelids
- Boils or infections at hair roots
- Infections deep under the skin or at nails
- Jock itch, athlete's foot, ringworm, and vaginal infections



## Things you can do to help avoid nerve damage and skin problems

- Control your blood sugar
- Limit how much alcohol you drink
- Keep skin clean and dry
- Don't take very hot baths and showers
- Keep your home more humid in cold, dry weather
- Do not smoke
- Take care of your feet
- Treat cuts right away
- Don't let your skin get dry

**It is good to catch problems early.**

**Tell your doctor if you have any signs of nerve damage and skin problems.**