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the FOUNDATION for
PERIPHERAL NEUROPATHY®
DEDICATED to REVERSING the IRREVERSIBLE

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The Neuropathy Action Foundation and the Foundation for Peripheral Neuropathy today announced the release of an educational brochure on Diabetic Peripheral Neuropathy (DPN) in Spanish. DPN is nerve damage caused by chronically high blood sugar and diabetes. The brochure is being released nationally and is intended to help Spanish-speaking patients and medical professionals identify, treat and manage the progressive and often painful condition.

Over 29 million American have Diabetes – a staggering 18.5 million are suffering from peripheral neuropathy today.

Diabetes mellitus (DM) continues to be a heavy burden on health and health resources throughout the world. In the USA the burden is borne disproportionately by ethnic minorities such as Hispanics. Therefore, getting information to the Hispanic community about the seriousness of diabetes and DPN, its risk factors and those who may be at risk, and way to help manage the disease is essential.

Type 2 Diabetes (non-insulin-dependent diabetes mellitus, NIDDM) is highly prevalent among Hispanics and it is the fifth cause of death among Hispanics. Several risk factors have been implicated in type 2 DM including age, obesity, ethnicity, family history, and dyslipidemia. In the state of California, there are approximately 2 million diabetics and this is expected to increase to 4 million by 2020. The state of California is one of the regions with the highest number of Hispanics/Latinos with a statewide diabetes prevalence of 6.22%.

DPN is often painful and a debilitating condition that is caused by damage to the peripheral nervous system—the complex web of nerves that connect the central nervous system (the brain and spinal cord) to the rest of the body.

About 60% to 70% of all people with diabetes will eventually develop peripheral neuropathy, although not all suffer pain. Studies have shown that people with diabetes can reduce their risk of developing nerve damage by keeping their blood sugar levels as close to normal as possible. The first sign of DPN is usually numbness, tingling or pain in the feet, legs or hands. Over a period of several years, the neuropathy may lead to muscle weakness in the feet and a loss of reflexes, especially around the ankle. As the nerve damage increases, the loss of sensation in the feet can reduce a person's ability to detect temperature or to notice pain. Because the person can no longer notice when his/her feet become injured, people with diabetic neuropathy are more likely to develop foot problems such as skin lesions and ulcers that may ultimately (if not treated promptly) to gangrene and amputation.

To learn about Peripheral Neuropathy, it's complications, symptoms, treatment and much more you can find it in the Diabetic Peripheral Neuropathy Brochure, Spanish and English version can be found on the website below.

The Neuropathy Action Foundation (NAF) is dedicated to ensuring neuropathy patients obtain the necessary resources and information to access individualized treatment to improve their quality of life. The NAF increases awareness among physicians, the general public and public policy officials that neuropathy can potentially be a serious, widespread and disabling condition, which may be treatable when appropriate medical care is provided. For more information visit www.neuropathyaction.org.

The Foundation for Peripheral Neuropathy (FPN) is the nation's leading neuropathy organization, dedicated to improving the lives of people living with peripheral neuropathy. The Foundation is the catalyst for advancing innovative therapeutic developments and accelerating cure for neuropathies by funding collaborative efforts of leading scientists and physicians and striving to raise awareness to patients, caregivers, and healthcare professionals. For more information visit www.foundationforpn.org

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