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Sensitive Feet and Diabetes: Why My Feet Hurt?

By Elisabeth Almekinder, RN, BA, CDE

What is nerve damage from diabetes?

Diabetic neuropathies are nerve damage caused by diabetes.

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Please Support the NAF This Holiday Season

Imagine finding out you have a serious chronic condition and because of that condition you are singled out or discriminated against for much higher out-of-pocket medication costs than others.

OR

Imagine being newly diagnosed with neuropathy and not knowing where to go for information and not being able to find basic solutions to help function on a daily basis.

OR

Imagine a health plan that forces you to take a medication even if your provider knows it's not best for you or believes that the medication will not work for you.

OR

Imagine having such severe, chronic neuropathic pain that you feel as though you have no options left other than to end your life.

In addition to helping patients address these and many other life altering situations the NAF holds the largest

Neuropathy is one of the most common long term complications of diabetes. It can occur anywhere in the body, and in any organ.

Symptoms such as numbness, tingling, and loss of protective sensation can be found in the hands, arms, fingers, feet, legs, toes, and lips. You may also have symptoms of nerve damage in the digestive system (gastroparesis), in the heart, or in sexual organs (erectile dysfunction, or vaginal dryness).

In this article, we will be mainly looking at peripheral neuropathy in the feet, also commonly known as sensitive feet.

What are sensitive feet?

Patients complain about numbness and tingling in their feet and toes, or elsewhere, with a frequency that is more often than in similar reports of other diabetes complications they experience. It's no wonder these patients with diabetes have complaints of neuropathy symptoms.

Other than the tingling sensation or the numbness usually associated with neuropathy, those who have it complain about how much it hurts to put their socks and shoes on. The skin is sensitive to touch, to a point where one can't even brush up against anything.

[Click here to continue reading.](#)

Small Nerves, Big Problems: A Comprehensive Patient Guide to Small Fiber Neuropathy

The first and only book for understanding small fiber neuropathy, what the common symptoms are, and how to treat and manage pain. Written in collaboration by eight renowned neurologists

neuropathy education event in the U.S. annually. For the past eleven years thousands have attended in person and thousands more have watched on the NAF website.

The NAF also provides public service announcements, patient advocacy, a comprehensive website, and online resources and brochures on topics such as A Guide to Neuropathy, Complementary and Alternative Medicine Treatments for Peripheral Neuropathy, Financial Assistance Programs for IVIG and Other Medications, Multifocal Motor Neuropathy (MMN) and Diabetic Peripheral Neuropathy (DPN) in Spanish and English. **These resources and many others are free of charge.**

Through our resources and programs, the NAF has become a premiere patient advocacy organization ensuring neuropathy patients obtain the necessary resources to access individualized treatment to improve their quality of life. However, the mission of the NAF can only be sustained through the generosity of people who share our commitment to improve the lives of those living with neuropathy.

Please support the NAF this holiday season by making a tax deductible contribution on-line at http://www.neuropathyaction.org/support_naf/donate.html.

Warmest Holiday Wishes from all at the NAF!

Are Your Prescriptions Cheaper Without Insurance?

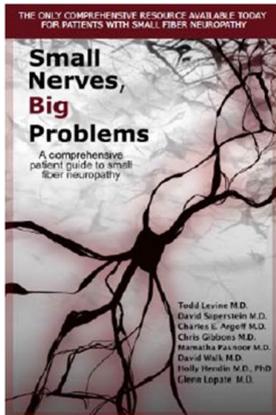
Last month NBC Nightly News with Lester Holt aired a story called "Prescriptions May Be Cheaper Without Insurance," which can be watched at:

<https://www.nbcnews.com/nightly-news/video/nbc-news-investigation-prescriptions-may-be-cheaper-without-insurance-1074629699698>. The story highlights a practice occurring throughout the U.S. where a patient goes to their pharmacy to fill a prescription and is charged a copayment through their insurance that may be more than if the patient were to pay cash. When this happens pharmacists are prohibited from disclosing the price discrepancy. The pharmacist is reimbursed at the normal rate, but is contractually obligated to send the over-charged money to the Pharmacy Benefit Manager (PBM).

Here's an example. Sarah goes to the pharmacy to pick up her Diabetic Neuropathy medication. The medication would only cost \$5 if she pays cash. However, Sarah paid a \$20 insurance copay. The pharmacist is prohibited from telling Sarah that she would have saved \$15 if she paid cash. And who gets that \$15 margin? You guessed it- the PBM.

The NAF wants to hear from you on this topic. Are you or

representing the leading experts on this disease from across the United States - Todd Levine, MD; David Saperstein, MD; Charles Argoff, MD; Christopher Gibbons, MD, MMSc, FAAN; Holly Hendin, MD, PhD; Mamatha Pasnoor, MD; David Walk, MD; and Glenn Lopate, MD - Small Nerves, Big Problems arms patients and caregivers with the latest information about diagnosing and treating small fiber neuropathy.



Small fiber neuropathy is a type of peripheral neuropathy that occurs from damage to the small nerve fibers in the peripheral nervous system, the system of nerves outside of the brain and spinal cord. It is one of the most common diseases seen by a neurologist, affecting an estimated 2.4% of the general population today.

Small fiber neuropathy can be one of the most complicated diseases to diagnose and one of the most challenging diseases for a neurologist to treat because every patient's experience with this disease can be very unique. Small Nerves, Big Problems provides vital information for all individuals affected by small fiber neuropathy including insights into what causes it, what the common signs and symptoms are, how it's diagnosed and ways to manage the disease and minimize pain.

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your family members experiencing this? What are you told when you ask your pharmacist what the cost of your medication would be if you were to pay cash? Let us know at info@neuropathyaction.org.

PolyNeuroExchange - Your source for expert information on symptoms, diagnosis, and treatment options for Peripheral Neuropathies

PolyNeuro Exchange (www.polyneuroexchange.com) provides up-to-date and current information on symptoms, diagnosis, and treatment options for peripheral neuropathies. Video and audio presentations provide insights from experts in the field of inflammatory neuropathies and related sciences focusing on MMN, CIDP and GBS. Newer content to the site includes:

* Electrophysiologic Findings in Multifocal Motor Neuropathy (Jonathan S. Katz, MD)
Explore electrophysiologic findings of MMN in addition to the classical electrophysiological conduction block.

* Global Multifocal Motor Neuropathy Quality of Life Patient Survey Identifies Needs in Education and Treatment (Jonathan S. Katz, MD)
Examine a quality of life patient study that identifies needs in education and treatment for patients with MMN.

* CIDP Assessment Tools: INCAT (Dr. Jeffery A. Allen)
Learn about the INCAT scores and variations of them used to evaluate outcome measures for immune-mediated neuropathies.

* CIDP Assessment Tools: Grip Strength (Dr. Jeffery A. Allen)
Listen to a discussion about tools that are commonly used to measure grip strength in CIDP.

* CIDP Assessment Tools: Rasch Overall Disability Score (Dr. Jeffery A. Allen)
Hear a brief description of the Rasch version of the Overall Disability Score used in CIDP diagnosis and treatment.

* CIDP Assessment Tools: Medical Research Council Sum Score (Dr. Jeffery A. Allen)
Understand how the Medical Research Council (MRC) Sum Score can be used for evaluating muscle strength in CIDP.

* Fatigue in CIDP (Karissa Gable, MD)
Engage in a presentation on the comparison between active and remission disease states in CIDP.

[Stay Connected with the Neuropathy](#)

Forward To A Friend

Action Foundation



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