



Diabetes Newsletter

Control your
diabetes.
For Life.

PIKE COUNTY HEALTH DEPARTMENT

CELEBRATING 40 YEARS OF SERVICE

AUGUST, 2006

Treat the Tingling *How to Handle Nerve Pain*

High Blood glucose levels can injure nerves. This condition is called diabetic nerve disease or diabetic neuropathy.

The most common kind is "sensorimotor neuropathy". This involves damage to the nerves that send sensory information (such as pressure, warmth, and pain) to the brain or to the nerves that relay instructions from the brain to the muscles. Usually, sensorimotor neuropathy produces strange sensations in the hands, feet, or legs, such as tingling and numbness. But for some people, neuropathy feels like being burned or stabbed. Even a light touch (such as sheets lying across the feet) may be painful. Neuropathy pain can interrupt work, sleep, and many other aspects of life. It's particularly frustrating because it's hard to treat: Each therapy helps only some people. So if the first treatment you try doesn't work, don't give up. The second - or third or fourth - may do the trick. Most people need to use several treatments.



Self-Help

Lower blood glucose levels. The best treatment for diabetic neuropathy is good blood glucose control. Lower blood glucose values can reduce pain and slow or stop nerve damage. (Be aware that, at first, tighter control may temporarily increase symptoms.)

Don't smoke. Smoking can make symptoms worse.

Don't drink alcohol. It can increase nerve damage.

Systemic Drugs

Traditional painkillers - aspirin, nonsteroidal anti-inflammatory drugs (such as ibuprofen [Advil, Motrin]), and acetaminophen

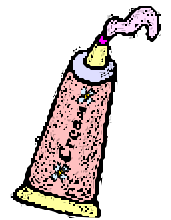


(Tylenol and other brands) - would seem a logical treatment. But doctors have found that neuropathy pain generally doesn't respond well to them.

All systemic drug treatments have side effects. You should weigh these against the severity of your pain before starting one.

Topical (External) Drugs

Capsaicin. Capsaicin cream (sold over the counter under many brand names) contains the ingredient that gives chile peppers their heat. It depletes levels of a substance that transmits pain messages.



Lidocaine patches. You need a prescription for lidocaine patches (Lidoderm), which contain a form of the drug the dentist uses to numb your mouth for a filling. The patch is placed on the foot, and the drug numbs the area underneath.

Isosorbide dinitrate. One experimental treatment is isosorbide dinitrate spray (British brand names Cedocard Retard and Isoket Retard). It may reduce pain by increasing blood flow.

Devices and Procedures

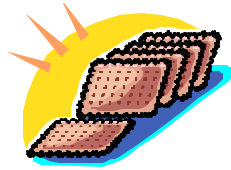
Acupuncture. Acupuncture, in which needles are stuck in the body, may improve sleep and reduce pain in people with neuropathy.



Electrical stimulation. TENS (transcutaneous electrical nerve stimulation) and other methods of stimulating nerves with electricity may be able to reduce neuropathy pain.

Talk with your doctor about which treatments make the most sense for you.

Tex-Mex Melts



Makes 3 dozen or 18 servings,
2 topped crackers each

Prep: 5 minutes

Total: 1 hour, 5 minutes, 15 seconds
(including refrigerating)

- 1 large tomato, chopped (about 1 cup)
- 1 small onion, chopped (about 1/2 cup)
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon finely chopped seeded jalapeno peppers
- 1 tablespoon lime juice
- 1/4 cup KRAFT 2% Milk Shredded Reduced Fat Four Cheese Mexican Style Cheese
- 36 TRI SCUIT Crackers

1. Combine tomatoes, onions, cilantro, peppers and lime juice; cover. Refrigerate at least 1 hour.
2. Top each cracker with 2 teaspoons of the tomato mixture; sprinkle with 1 teaspoon cheese. Place six of the topped crackers on microwaveable plate.
3. Microwave on HIGH 15 seconds or until cheese begins to melt. Repeat with the remaining topped crackers.

Dietary Exchanges: 1/2 Starch

Nutrients per Serving:

Cal: 50	Tot Fat: 1.5 g	Sat fat: 0 g
Chol: 0 mg	Sod: 60 mg	Carb: 8 g
Dietary Fiber: 1 g	Sugars: <1 g	Protein: 1 g
Vit A: 2% DV	Vit C: 4% DV	
Calcium: 2% DV	Iron: 2% DV	

**Pike County
Diabetes Support Group
113 E. Jefferson
Pittsfield, IL 62363**

Upcoming Diabetes Events:

For more information call:
Pike County Health Department 285-4407

September 14, 2006
Diabetes Support Group
Pike County Health Department
4:00 - 5:00 pm