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If you have a complaint, concern, comment or compliment, please let us know by speaking to a member of staff. We learn from your feedback and use the information you provide to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 8.30am to 4.30pm or email **lch.pet@nhs.net**

## Contact us

### Name of service

Address

Address

Leeds LSxx xxx

Monday to Friday, 9am to 5pm

Tel: 0113 xxx xxxx

**We can make this information available in Braille, large print, audio or other languages on request.**

[www.leedscommunityhealthcare.nhs.uk](http://www.leedscommunityhealthcare.nhs.uk)



**Leeds Community  
Healthcare**  
NHS Trust

# Neuropathy

## Nerve damage to feet



**For people with diabetes**

## What is Neuropathy?

Neuropathy is the name given to nerve damage – usually from complications associated with diabetes. Diabetes harms the tiny blood vessels which carry oxygen and nutrients to your nerves. The nerves are damaged by this starvation and then struggle to get messages to the brain. In people with diabetes, nerves in the feet are usually first to be affected. There are many symptoms, but they can include numbness, tingling, burning and pins and needles. It is also possible to have no symptoms. Some people may develop severe pain due to the nerve damage.

## Look after yourself

There's a lot you can do to help look after your feet by

- Keeping your glucose levels under control through diet or medication. Neuropathy is more common in people with poorly controlled diabetes.
- Eating a healthy diet, doing regular exercise and stopping smoking will all help.
- Getting advice from your doctor, practice nurse, podiatrist or diabetes nurse specialist when you need support.
- Following your treatment plan carefully. This can include prescription medication and other therapies if needed

- Checking your feet every day for colour change, breaks in the skin or discharge or swelling. You can use a mirror to help you with this.
- Checking your feet very regularly after you have bought new shoes. The neuropathy might mean you don't feel any pinching or rubbing which could cause you further problems.

## Things you shouldn't do

There are some things you shouldn't do if you have neuropathy:

Don't use corn pads or cures which contain acid – this will damage healthy skin.

Don't remove hard skin with razors or anything sharp

Don't go barefoot; even on carpeted floors

Don't warm your feet directly on a hot water bottle, fire or heater and test the water before you get into the bath to make sure it's not too hot.