



**Tips to maintain  
a better life with DPN**

# DPN

## Prevalence

Diabetic peripheral neuropathy (DPN) is caused by nerves damaged by diabetes. People living with diabetes generally have elevated blood sugar levels, and over time, these elevated levels can cause permanent damage to the nerves in their feet and hands. Diabetic Peripheral Neuropathy (DPN), which has a lifetime prevalence of approximately 50%, is the most common diabetic complication.

## Symptoms

The type of symptom and intensity of pain depends on patient to patient. The common symptoms are as follows:

- ▶ Shooting
- ▶ Stabbing
- ▶ Throbbing
- ▶ Burning
- ▶ Tingling
- ▶ Pins and needles
- ▶ Numbness
- ▶ Sensitive to touch



## Do's

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## Don'ts

- ▶ The most important thing is to keep your blood sugar under control.
- ▶ Take your medicines and/or insulin exactly as your doctor prescribes.
- ▶ Eat a healthy diet. If you are overweight, ask your doctor to help you lose weight.
- ▶ Get plenty of exercise.
- ▶ Dry your feet well, especially between the toes. Use a soft towel and pat gently; don't rub.
- ▶ Wear comfortable socks that aren't too tight. Change them every day.
- ▶ Don't treat calluses, corns, or bunions without talking to your doctor first.
- ▶ Don't let your feet get too hot or too
- ▶ Don't go barefoot.
- ▶ Don't wear shoes without socks.
- ▶ Don't wear sandals or other open-toed shoes.
- ▶ Avoid high-heeled shoes and shoes with pointed toes.
- ▶ Don't wear uncomfortable or tight shoes that rub or cut into your feet. If you've had problems before because of shoes that didn't fit, you may want to be fitted for a custom-molded shoe.

## Exercises

Physical activity is important for overall health and wellness. Regular activity is a key factor in managing diabetes along with meal planning, taking medication as required, and stress management.

### Tips on exercises for DPN

#### Aerobic Exercises

Aerobic exercises move large muscles and cause you to breathe deeply. This increases blood flow and releases endorphin.

Best practices for aerobic exercising include routine activity for about 30 minutes a day, at least three days a week. If you're just starting out, try exercising for 10 minutes a day to start that act as the body's natural painkillers.

### Types of Aerobic exercises



Brisk Walking



Cycling

## Stretching Exercises

Stretching increases your flexibility and warms up your body for other physical activity. Stretching improves circulation by increasing blood flow to your muscles and thus, improves functional life of Diabetic Peripheral Neuropathic patients.

### Types of Stretching exercises



Seated Hamstring Stretch



Calf Stretch

- Sit on the edge of a chair.
  - Extend one leg in front of you with your toe pointed upward.
  - Bend the opposite knee with your foot flat on the floor.
  - Position your chest over your straight leg, and straighten your back until you feel a muscle stretch.
  - Hold this position for 15 - 20 seconds.
- Using a chair or counter, steady your balance.
  - Lift the heels of both feet off the ground so you're standing on your toes.
  - Slowly lower yourself down.



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