

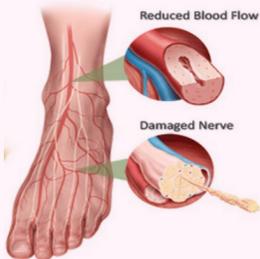
Modern Day Nutrition

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Impact of diet and lifestyle modification on diabetic neuropathy

Diabetic neuropathy is a medical term for any type of nerve damage that can occur as a consequence of long term or uncontrolled diabetes.¹

This month's edition of Modern Day Nutrition will help you navigate the dangerous waters of diabetic neuropathy!

Diabetic neuropathy is a serious complication of diabetes. It impacts almost 50% of people with diabetes. Organs impacted are mostly nerves of feet and hands, heart, urinary tract and digestive organs.¹

SYMPTOMS¹

- Pain – mild to very severe
- Numbness, tingling
- Non-healing wounds
- Altered walking style
- Urinary tract infections or incontinence
- Hypoglycemia (low blood sugar unawareness)
- Blood pressure drops
- Digestive problems
- Sexual dysfunction

When the nerves of the feet and hands are affected, it is called 'peripheral neuropathy.' The most well-known consequences of severe diabetic peripheral neuropathy are gangrene and amputations caused as a result of non-healing wounds on the feet or legs.^{1,2}

WHAT CAUSES DIABETIC NEUROPATHY?¹

High or uncontrolled blood sugar



Damage to nerves of the body



Diabetic neuropathy



The good news is that a healthy diet, small lifestyle interventions and a moderate exercise routine can contribute greatly towards prevention or delaying diabetic neuropathy.¹

7 RULES TO PREVENT OR REDUCE THE IMPACT OF DIABETIC NEUROPATHY^{2,3}



Care for your feet – do not walk barefoot, wear good shoes, ensure foot hygiene, clip toe nails, manage fungal infections, keep your feet dry



Adhere to medications prescribed by your doctor



Manage your blood sugar levels. Routine checks are important



If you smoke – stop. Carefully limit alcohol consumption



Move your body – choose an activity that you enjoy, like walking, swimming, tennis, etc.



Reduce stress levels – try pranayama, yoga and meditation



Eat a healthy, well-balanced diet

Munch on healthy snacks – roasted channa, kurmura, nuts, seeds, cucumber sticks, apple slices, sprouts, curd, skimmed milk, vegetable soups, soya nuts, makhana

Eat healthy carbs – whole grains (whole wheat, brown or red rice), jowar, bajara, ragi, rajgira, oats, etc. to keep your blood sugar stable

Include a variety of veggies – which are a great source of natural antioxidants that help neutralise damage causing free radicals



Eat good fats – olive oil, almond oil, flax seed oil, almonds, walnuts, chia seeds, fatty fish

Get your share of dietary fibre to help manage your blood sugar levels include oats, guavas, sprouts, whole grains, sweet potatoes and vegetables in your daily diet

Include good protein sources in all your meals to help repair body tissues, heal wounds and improve immunity

- Plant based proteins – dals, pulses [like chickpeas (kabuli channa), kidney beans (rajmah), soybeans, green peas], sprouts, makhana, soy nuts, soy milk, tofu, almonds, etc.
- Other protein sources – milk, curd, paneer, egg white, chicken, sea food.

References:

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