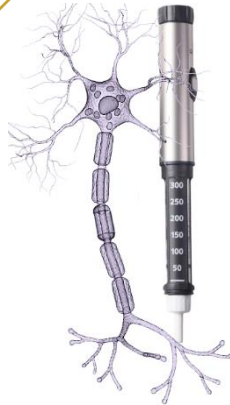




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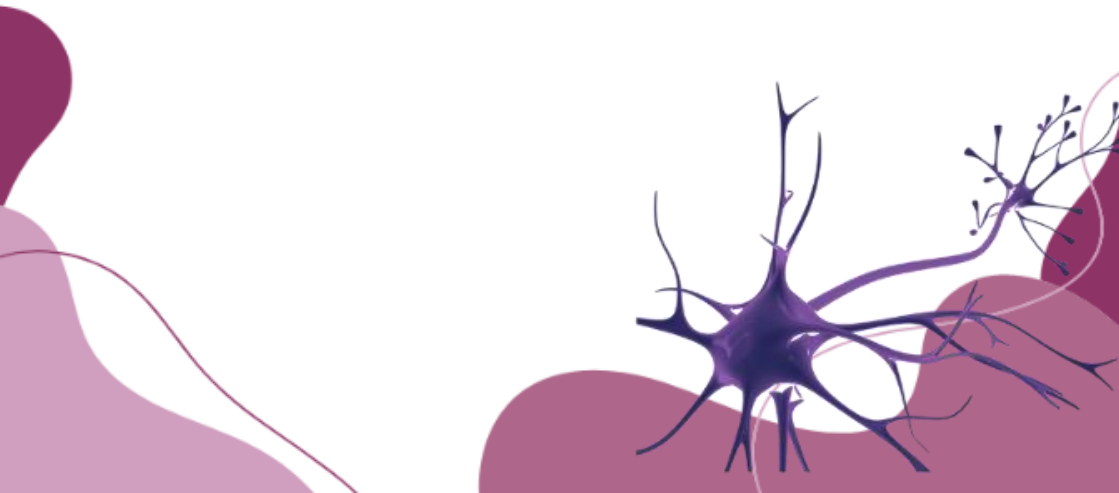
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Diabetes in Neurology



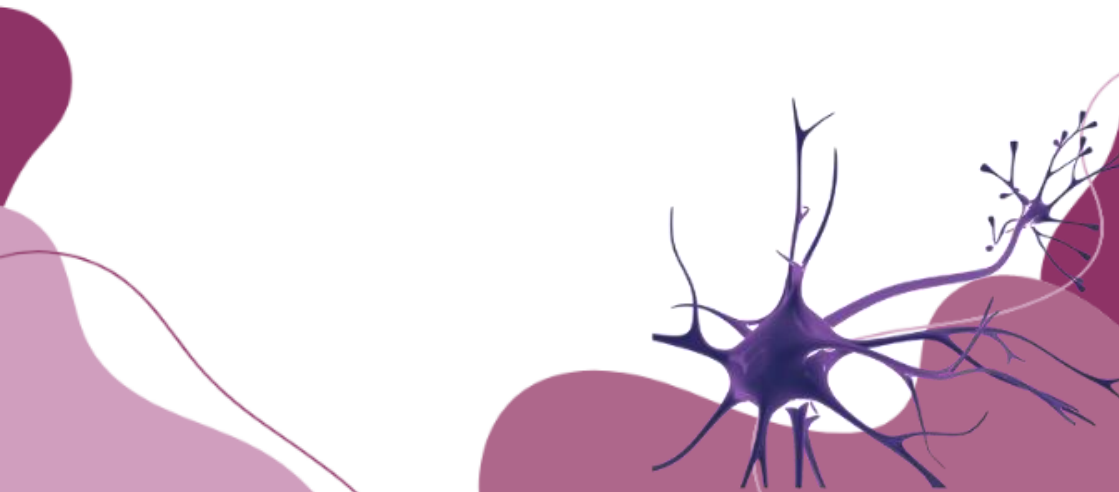
How are nerves affected by diabetes?

The sensory and motor nerves affected by diabetes cause infections in most of the body's organs, which results in the appearance of unpleasant symptoms for the patient that may lead to illness.



What is the types of nerve infections related to diabetes?

- ❖ Symmetric sensory peripheral neuritis.
- ❖ Central neuritis.
- ❖ Entrapment neuritis.
- ❖ Asymmetric proximal neuritis.
- ❖ Stem neuritis (in the abdomen, chest and pelvis).
- ❖ Cephalic neuritis.
- ❖ Peripheral immune neuritis.



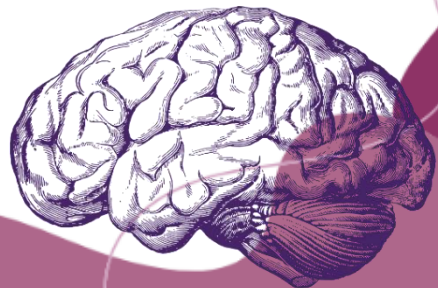
What are the symptoms of nerves affected by diabetes?

- 1- Loss of feeling or feeling numb, which leads to a lot of wounds, infections or pain partial.
- 2- Loss of the sense of touch and feeling pain, especially for the extremities erectile dysfunction in men.
- 3- Weak bladder and intestines, may cause vomiting, nausea and diarrhea
- 4- Problems in the feet, due to the effect of diabetes on the small blood vessels and nerves, which leads to their damage and consequently the lack of blood flow to the feet and the lack of pain and heat or infections.



What is the relationship of diabetes to the risk of stroke?

Diabetes contributes to hardening of the arteries (atherosclerosis), it increases the risk of developing a blood clot or a ruptured blood vessel. People with diabetes are also more likely to have a number of additional risk factors of stroke, including **poor nutrition, obesity**, lack of physical activity and high cholesterol levels.



How to reduce the risk of stroke in diabetes patients?

There are some specific stroke risk factors that diabetics should address, including:

1. Controlling cumulative sugar levels so that neurologists recommend less than 7%.
2. Reducing high blood pressure: It is a major risk factor for stroke.
3. Controlling Cholesterol.
4. Quit smoking.
5. Maintain a healthy weight and follow a healthy diet with regular exercise.



Sources and References:

All photo are from Canva.com

Review and audit:

The content of this booklet has been reviewed by neurology
consultants at King Fahd University Hospital.

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Health Awareness Unit
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