

Fact & Fiction

About Diabetic Nerve Pain



If you have Diabetic Nerve Pain, also called DPN, or if you think you may have it, in addition to consulting your physician, one of the best things you can do is learn more about it. But some of the things you read or hear about DPN may not be true. This false information can affect your attitude toward DPN. They may also keep you from finding a treatment that works for you.

It's important that you know the facts about Diabetic Nerve Pain. Below are some common fictions and the facts.

Fiction: Diabetic Nerve Pain is very rare, and it's not likely that I would have it.

Fact: Over 29.1 million Americans and 3.4 million Canadians have diabetes and over half of them will have some form of nerve damage due to their diabetes. There are millions of individuals throughout North America who have diabetes and are unaware that they even have it! Some of these people will have symptoms such as burning, sharp, or shooting pain. Even if the symptoms seem mild now, the nerve damage may get worse over time and lead to serious problems. Make sure you talk to your health care professional at the first sign of any symptoms.

Fiction: All pain is the same.

Fact: There are different types of pain. The nerve pain that occurs with Diabetic Nerve Pain is different from other types of pain you may feel. It is not like pain from a muscle ache or a sprained ankle. This is why products that may relieve your headache, muscle ache, and joint ache may not work on the burning, stabbing, shooting pain that can be caused by nerve damage.

Fiction: There is no good treatment for the type of pain I'm feeling.

Fact: There is an effective over the counter treatment for nerve pain. Speak to your health care professional.

Fiction: Nerve pain is uncomfortable and troublesome, but it won't get in the way of my life.

Fact: Many people with Diabetic Nerve Pain symptoms have trouble walking, working, or being in social situations. DPN is a major risk for foot injury. Many people with DPN have numbness in their feet. These people may not be aware of foot injuries because they can't feel them.

Fiction: It's my own fault if I develop DPN because it means I haven't been managing my diabetes the right way.

Fact: DPN does occur more often in people who have had uncontrolled diabetes for several years. But it also occurs in people who work hard to manage their diabetes. DPN is not some sort of punishment, and it certainly isn't your fault. Don't spend your time blaming yourself. Instead, focus on handling your condition and talking to your health care professional about lifestyle changes and treatment options that have been proven effective in relieving nerve pain associated with diabetes.