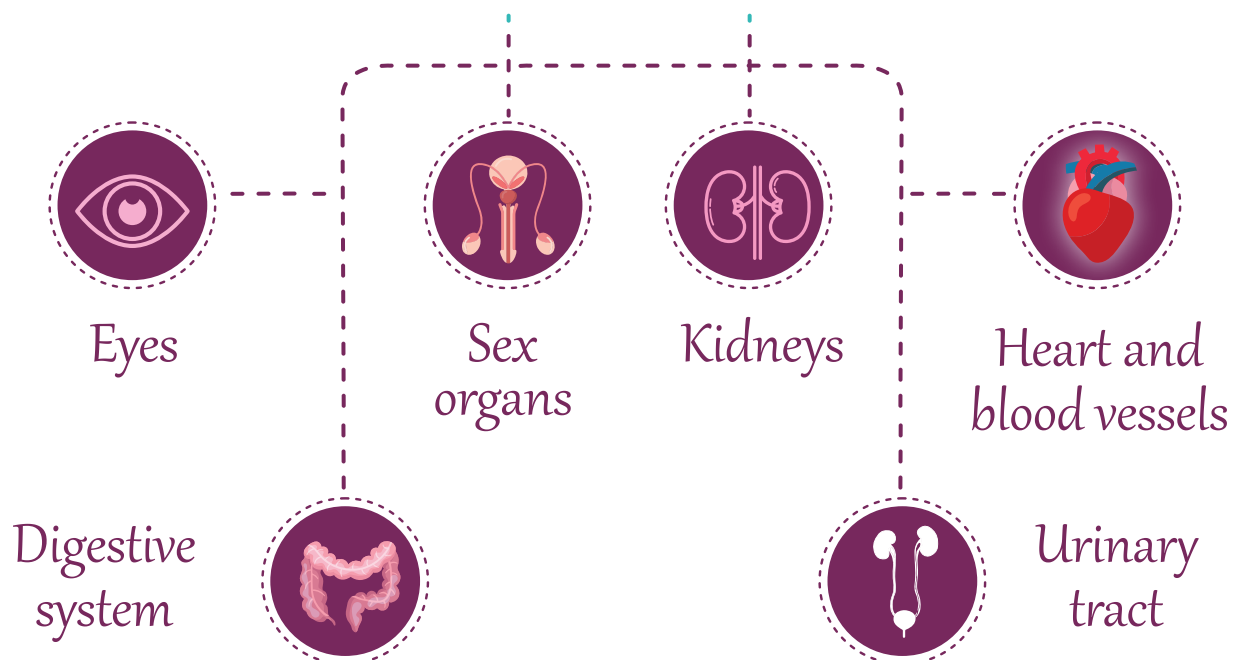




Autonomic Neuropathy

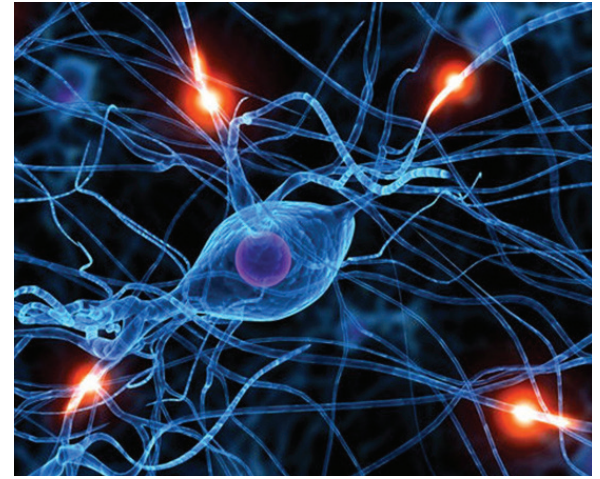
Nerves control your body systems. Any nerve damage that affects the nerves in your body is known as autonomic neuropathy.

Autonomic neuropathy can affect the following systems or organs of your body:



Diagnosis

Autonomic neuropathy is diagnosed using a physical examination along with some special tests. For example, an ultrasound test for your bladder uses sound waves for detecting any problems. X-rays and other test can diagnose stomach problems. It is very important to report your symptoms which has a major role in diagnosis.



Symptoms

If you are experiencing any of the following symptoms, put a tick mark in front of it. On your next office visit, carry this list with you.

About my digestive system

- ☐ I experience indigestion or heartburn.
- ☐ I feel sick and vomit food which I cannot digest.
- ☐ I feel that instead of being digested, food sits in my stomach.
- ☐ I have a feeling of bloating after taking food.
- ☐ I get a feeling that my stomach is full, even on eating in small amounts.
- ☐ I get diarrhea
- ☐ I do not have control over my bowels.
- ☐ I get constipated.
- ☐ It is difficult to predict my blood glucose levels. After eating food, I cannot make out if my blood glucose is high or low.

About my urinary tract

- ☐ I do not have control over my bladder. Sometimes, I urinate very often whereas sometimes I do not urinate often enough. I get a feeling that I need to urinate but at the same time I don't. Sometimes, I also experience urine leaking.
- ☐ I do not get an urge to urinate even at situations when my bladder is full.
- ☐ I have lost control of my bladder.
- ☐ I am susceptible to infections of bladder.

About my sex organs

- ☐ (For males) I get problems in achieving and maintaining erections.
- ☐ (For females) I experience problems with orgasms, getting aroused during sex or I have vaginal dryness.

About my heart and blood vessels

- ☐ I feel dizzy when I quickly stand up.
- ☐ I have had episode of fainting after getting up or after changing my position
- ☐ I have suddenly fainted without any reason
- ☐ My heart beats very fast at rest
- ☐ I have gone through heart attack but I did not have a sensation of pain in my chest or other systems.

About warning system of body for low blood glucose levels (hypoglycemia)

- ☐ I use to experience feelings of nervousness or shakiness at times of low blood glucose levels. However, I no longer experience such symptoms.

About my sweat glands

- ☐ I sweat very much, notably during sleeping or when I am eating my meal.
- ☐ I do not sweat even at high temperatures.
- ☐ I have a very dry skin at my feet.

About my eyes

- ☐ It's difficult for me to adjust my vision on moving from a dark place to a properly lit or bright place. I also find difficulty in adjusting my eyes while driving at night.