

Conversation starter for your next appointment

Did you know?

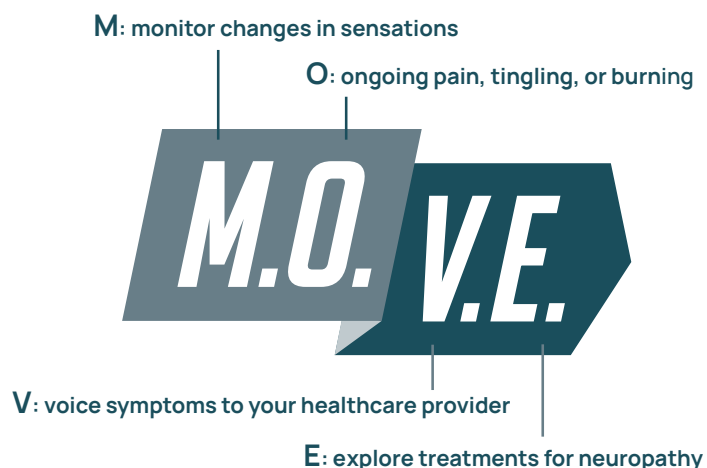
Almost 40% of people who have diabetic nerve pain do not receive any treatment,¹ and of the people who have tried first-line treatments, 2.5 million still experience unresolved diabetic nerve pain.² That's why it's important to keep track of your symptoms and maintain an open line of communication with your healthcare team.

If you've been diagnosed with diabetes and are suffering from foot pain, you could have diabetic nerve pain of the feet. High blood sugar resulting from diabetes can damage nerves throughout the body, most often in the feet.

58% of people with diabetic foot pain are unsatisfied with their treatment.³

Make a M.O.V.E. to manage your diabetic nerve pain of the feet.

To develop the M.O.V.E. memory aid, Averitas worked with the community of people living with diabetic nerve pain of the feet. It's designed to help you remember 4 important things to share with your doctor and start the conversation about how pain is impacting your day-to-day life.



How to get the most from this guide.

Bring this completed guide to your next healthcare appointment. Use it as a conversation starter to discuss your symptoms. It will help provide your doctor with important information about your foot pain. You and your doctor can then work together to get a clear diagnosis and decide on a treatment plan to help alleviate your pain.

1 Describe your pain.

What does your pain feel like? (check all that apply)

- Cold or freezing
- Electric or shooting
- Evoked by touch
- Hot or burning

- Itching
- Muscle weakness
- Numbness
- Prickling/"pins and needles"

- Tingling
- Other

2 Where are you experiencing pain?

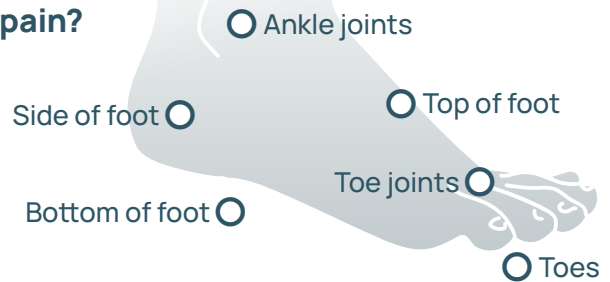
(check all that apply)

Foot pain

Which foot?

- Left foot
- Right foot
- Both feet

Where is your pain?



3 How does your pain impact your daily life?

It's important that your healthcare team understands the impact your pain is having on your ability to complete daily tasks. Which tasks have been harder to complete because of your nerve pain?
(check all that apply)

- Driving
 - Keeping your balance
 - Sleeping
 - Walking outdoors
 - Walking up or down stairs
 - Watching TV
 - Which other activities or hobbies are you not able to perform because of your nerve pain?
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4 Share your habits and health history.

The following conditions and habits are associated with a higher risk of diabetic nerve pain.
(check all that apply)

- Heart problems (such as high blood pressure, high LDL cholesterol, narrowing of the arteries)
 - Heavy consumption of alcoholic drinks
 - Other _____
 - Tobacco use
 - Obesity
 - Advanced kidney disease
-

5 How is your overall well-being?

It's important to talk to your doctor about how your nerve pain is impacting your well-being and mental health. Have you recently felt or experienced any of the following?
(check all that apply)

- Depression Anxiety Trouble sleeping
- Other problems with well-being or mental health
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6 Talk with your healthcare provider.

Use these ideas to get the conversation started.

- What tests will you complete to make a diagnosis?
- What are my treatment options?
- Which treatment options are available that don't involve taking more pills?
- Could certain treatments affect other medications I might be taking for conditions such as diabetes?

Make a list of priorities that are important to you – things you would love to return to with less pain.

Have you been formally diagnosed with diabetic nerve pain? Circle one. Yes No

If yes, when? _____

Have you tried treatments for diabetic nerve pain? Circle one. Yes No

If yes, which one(s)? _____

References: 1. Snyder MJ, Lindsay TJ. Treating painful diabetic peripheral neuropathy: an update. *Am Fam Physician.* 2016;94(3):227-234. 2. Backonja M, Wallace MS, Blonsky ER, et al. NGX-4010, a high-concentration capsaicin patch, for the treatment of postherpetic neuralgia: a randomised, double-blind study. *Lancet Neurol.* 2008;7:1106-1112 [published correction appears in *Lancet Neurol.* 2009;8(1):31]. 3. Nationwide survey by Averitas reveals painful realities of living with diabetic nerve pain. Business Wire website. May 14, 2021. Accessed April 19, 2023.