

# SHOOTING, BURNING PAIN IN YOUR FEET OR HANDS

could be caused by diabetes.

CEDRIC "THE ENTERTAINER"



Cedric "the Entertainer"'s dad has diabetic nerve pain, so Cedric is partnering with Pfizer and the American Diabetes Association (ADA) to spread the word and encourage others, like his dad, to **Step On Up™** and take a step toward some pain relief.



Step On Up™:

A Collaboration between the American  
Diabetes Association and Pfizer

Do you have  
diabetic nerve pain?  
**Step on  
up™**  
and learn more inside.



## WHAT IS DIABETIC NERVE PAIN?

Painful diabetic peripheral neuropathy, also known as diabetic nerve pain, is shooting, burning pain commonly found in your feet or hands.

## HOW ARE DIABETES AND DIABETIC NERVE PAIN RELATED?

Diabetic nerve pain is a common complication of diabetes. When you have diabetes, poorly controlled blood sugar can damage nerves over time. Damaged nerves send extra electrical signals to the brain, which can cause shooting, burning, pins-and-needles pain.

Surprisingly, of the 29 million Americans with diabetes, 1 in 5 suffers with diabetic nerve pain, and over one-third of those 40 years or older who suffer with diabetic nerve pain are Black or Hispanic.

Talk to your doctor about your pain and the impact it's having on you, and see how it can be managed.

## WHAT ARE THE SYMPTOMS OF DIABETIC NERVE PAIN?

Diabetic nerve pain is often described as a sensation in the feet or hands:

- Shooting
- Burning
- Pins and needles
- Numbness
- Electric shock-like
- Throbbing
- Tingling
- Stinging
- Stabbing
- Radiating
- Sensitivity to touch



## HOW CAN DIABETIC NERVE PAIN AFFECT YOU?

Many people live with diabetic nerve pain for a long time without noticing how much it affects their day-to-day life. Over time, it can cause difficulties with walking, working, or taking part in social activities.

By managing your diabetic nerve pain, you may be able to get back to some of the activities you've been missing and focus on your overall diabetes care. According to an online survey:

- 77% of respondents report their DPN symptoms impact their daily activities.
- 85% of people with diabetic nerve pain say that it affects them daily.

A Pfizer-sponsored survey polled 1,004 people living with diabetes experiencing DPN symptoms and 500 healthcare providers. Healthcare providers surveyed were not necessarily providing care to people who participated in this survey.



## THINK YOU MIGHT HAVE DIABETIC NERVE PAIN?

If you have diabetes and pain in your feet or hands, it's time to Step On Up™! Talk to your doctor today, and be descriptive and clear when talking about the type, location, and intensity of your pain.



If you have symptoms that may be diabetic nerve pain, talk to your doctor today and visit [StepOnUp.com](http://StepOnUp.com)



## TAKE THE DIABETIC NERVE PAIN ASSESSMENT

This Diabetic Nerve Pain Assessment can help you get the conversation started with your doctor about your pain. Fill it out, tear it off, and take it with you to your doctor's appointment.

1. Do you experience burning, shooting pain in your feet and hands?

Yes  No

2. How would you describe this pain in your feet and hands? Select all that apply.

Burning  Painful tingling  Shooting  
 Throbbing  Stabbing  Pins & needles

3. How often do you experience pain in your feet and hands?

All the time  Daily  Once a week  
 2 to 3 times a week  4 to 5 days a week

4. Does your pain impact your overall quality of life?

Yes  No

5. Does your pain prevent you from falling asleep or getting a good night's sleep?

Yes  No

6. On a scale of 0 - 10, rate the extent to which your pain affects your sleep, 0 being "My pain never bothers me when I am falling asleep and/or wakes me up" and 10 being "I can hardly sleep at all."

0 1 2 3 4 5 6 7 8 9 10

7. Does your pain impact your work?

Yes  No

8. On a scale of 0 - 10, rate the extent to which your pain affects your work, 0 being "My pain never impacts my work" and 10 being "I am unable to work at all."

0 1 2 3 4 5 6 7 8 9 10

9. What daily activities does your pain impact? Select all that apply.

Errands or housekeeping  
 Spending time with my family  
 Participating in hobbies I enjoy  
 Caring for my family  
 Spending time with my friends  
 Exercise  
 Travel  
 Other

10. In what other ways does your pain affect you?

The pain regularly has a negative impact on my mood.  
 The pain decreases my general motivation.  
 I avoid activities that cause my pain to flare up.  
 The pain has had a negative impact on my interpersonal relationships.  
 The pain has impacted my ability to make a living.  
 Other

**You can do something about your diabetic nerve pain. Talk to your doctor today and see how you can manage your pain. Visit [StepOnUp.com](http://StepOnUp.com) for more information.**



## CEDRIC "THE ENTERTAINER"

Cedric's dad is living with type 2 diabetes and suffers from diabetic nerve pain. Because of what his dad has gone through, Cedric is spreading the word about diabetic nerve pain and calling on others, like his dad, to Step On Up™ and have a real conversation with their doctors to take a step toward some pain relief.