

Fill in as many of the sections below as you feel will be useful to you. Remember, the goal of this section is to help you understand if you are experiencing symptoms of diabetic nerve pain and how they may affect your life, so that you can better communicate that information with your healthcare provider.

The below checklist includes symptoms of diabetic nerve pain:

Painful Symptoms

- Hot, burning
- Throbbing
- Shooting
- Stabbing
- Irritated by touch, tender
- Aching
- Cramping
- Splitting
- Other _____

Non-Painful Symptoms

- Numbness
- Inability to feel the difference between hot and cold
- Unsteadiness
- Weakness
- Heaviness
- Tingling
- Other _____

Below is a checklist of activities that may be challenging for you because of your diabetic nerve pain, and how your pain can make you feel:

Your pain may interfere with the ability to perform the following activities:

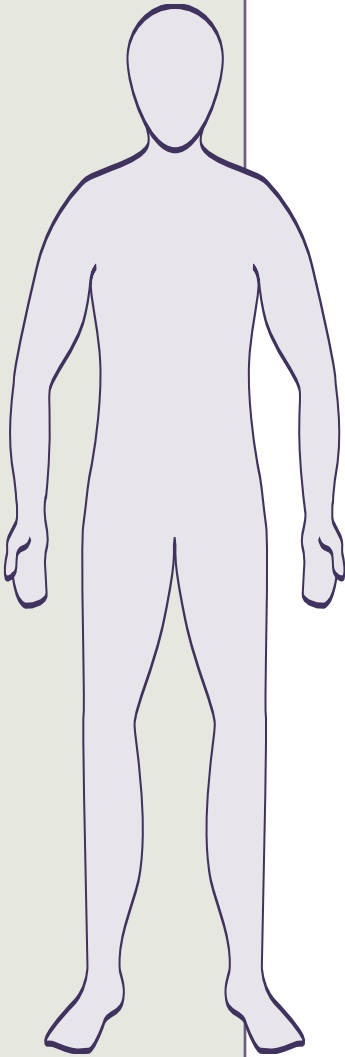
- Working
- Getting a good night's sleep
- Walking
- Climbing stairs
- Shopping
- Playing with children or grandchildren
- Doing chores, such as vacuuming or laundry
- Enjoying hobbies, such as gardening, sewing, painting or fishing
- Other _____

How your pain may make you feel:

- Older than your years
- That life is a struggle
- Frustrated
- Sad
- That you have to rely on others
- That you cannot enjoy life as much
- Alone
- Tired or worn out
- Short tempered or grouchy
- Other _____

HEALTHCARE PROVIDER INFORMATION WORKSHEET

Organizing information about your overall health and how you have been managing your pain can also be helpful:



Use this illustration to mark where on your body you are feeling pain

1. What medical conditions have you been diagnosed with?

2. List all of the medications you are currently taking.

3. What medications have you been using to treat your pain? Are they providing you with relief?

4. List any vitamins, or herbal supplements you are currently taking.

5. If you have tried alternative treatments, such as acupuncture or exercise to relieve your pain, list them below and indicate if they have helped.
