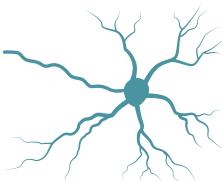


Neuropathy + HIV

What is neuropathy?

Neuropathy involves **uncomfortable sensations** caused by **nerve damage**.

Neuropathy usually affects the **feet or hands**.

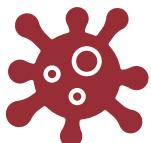


How common is it?

Neuropathy affects about **HALF** of people living with HIV.



What causes neuropathy in people living with HIV?



HIV



Aging



Diabetes



Kidney Disease



Vitamin Deficiencies



Alcohol

How do I know if I have neuropathy?

You may have any of the following in your feet or hands:



- Tingling ("pins & needles")
- Burning
- Itching
- Numbness (feet or hands "falling asleep")
- Sharp pains or cramping

How can I treat neuropathy?



- Use medicines (pills or creams)



- Treat diabetes, kidney disease, and other health conditions



- Limit alcohol & drug use
- See a foot doctor about special shoes or socks

Talk to your health care providers about what would be best for you.



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