Diabetic Nerve Pain: Starting the Dialogue
Survey Demonstrates Impact, Misconceptions and Conversation Gaps

Diabetic peripheral neuropathy (DPN), a form of nerve damage in the hands or feet, is one of the most common complications impacting the estimated 26 million Americans with diabetes. More than 1 in 5 experiences pain as a result of this damage, commonly referred to as diabetic nerve pain or painful DPN. This online survey polled 1,004 people living with Type I and II diabetes experiencing DPN symptoms and 500 healthcare providers (HCPs). Healthcare providers surveyed were not necessarily providing care to the people living with diabetes who participated in this survey.

CLEAR COMMUNICATION GAP: DOUBLE THE PAIN

People with DPN report experiencing painful symptoms twice as often as HCPs estimate:
- Most (83%) survey respondents report experiencing painful DPN
- On average, HCPs estimate that fewer than half (41%) of their patients with DPN experience painful symptoms

PERCEPTION OF IMPACT HALVED

- 77% percent of respondents report their DPN symptoms impact daily activities
- On average, HCPs estimate half as many (38%) of their patients with DPN suffer daily limitations as a result of their symptoms than those reported in the survey

CONVERSATIONS ABOUT SYMPTOMS ARE UNPRODUCTIVE

- Fewer than half of those with painful DPN say they speak about it regularly with their doctors, and most say that symptoms are discussed only briefly or in passing (72%) rather than in detail (28%)
- Nearly three quarters (73%) of HCPs report discussing DPN symptoms at most or all visits, and 45% report that when they speak about these symptoms, they are discussed in detail

97% of HCPs report it is important for them to know how DPN affects their patients’ lives

One-third (30%) of HCPs report they rely on their patients to talk about their diabetic nerve pain.
It is important for people to understand their role in managing this pain and educate themselves on the condition.

85% OF PEOPLE WITH PAINFUL DPN REPORT DAILY IMPACT

- Sleep (65%)
- Exercise (63%)
- Walking (64%)
- Working (56%)
- Engaging in everyday activities (51%)

Areas Affected by DPN
Percentage of Respondents with Painful DPN Affected Daily

NEED FOR CONVERSATIONAL TOOLS

Difficulty describing symptoms:
- More than half of both HCPs and people with painful DPN report that DPN symptoms can be difficult to describe (69% and 56%, respectively)

Among those suffering from painful DPN:
- Four out of five (81%) say the pain is different from other kinds of pain they are used to experiencing
- Fewer than half (41%) report that they have been definitively diagnosed with DPN

Misconceptions among those in pain:
- One in five (18%) living with painful DPN believe that the condition is reversible and nearly half are not sure (43%)
- Half (51%) living with painful DPN believe that controlling blood sugar will help these symptoms go away and another third (31%) are unsure

30% of people suffering from painful DPN know little about DPN or hadn’t heard of it before this survey


References: