

Autonomic Neuropathy

Autonomic Neuropathy is nerve damage that affects the nerves in your body that control your body systems.

It can affect your:

- digestive system
- urinary tract
- sex organs
- heart and blood vessels
- kidneys
- eyes

DIAGNOSIS

To diagnose this kind of nerve damage, you will need a physical exam and special tests as well. For example, an ultrasound test uses sound waves to check on your bladder. Stomach problems can be found using x-rays and other tests. Reporting your symptoms plays a big part in making a diagnosis.

SYMPTOMS

Place a check mark next to any symptom you have and bring this list to your next office visit.

About my digestive system

- I get indigestion or heartburn.
- I feel sick and I vomit undigested food.
- It seems like food sits in my stomach instead of being digested.
- I feel bloated after I eat.
- My stomach feels full, even after I eat only a small amount.
- I have diarrhea.
- I have lost control of my bowels.
- I get constipated.
- My blood glucose levels are hard to predict. I never know if I'll have high or low blood glucose after eating.

About my urinary tract

- I have had bladder control problems, such as urinating very often or not often enough, feeling like I need to urinate when I don't, or leaking urine.
- I don't feel the need to urinate, even when my bladder is full.
- I have lost control of my bladder.
- I have frequent bladder infections.

About my sex organs

- (For men) When I have sex, I have trouble getting or keeping an erection.
- (For women) When I have sex, I have problems with orgasms, feeling aroused, or I have vaginal dryness.

About my heart and blood vessels

- I get dizzy if I stand up too quickly.
- I have fainted after getting up or changing my position.
- I have fainted suddenly for no reason.
- At rest, my heart beats too fast.
- I had a heart attack but I didn't feel chest pain or other symptoms.

About my body's warning system for low blood glucose levels (hypoglycemia)

- I used to get nervous and shaky when my blood glucose was getting too low, but I no longer have those warning signals.

About my sweat glands

- I sweat a lot, especially at night or while I'm eating.
- I no longer sweat, even when I'm too hot.
- The skin on my feet is very dry.

About my eyes

- It's hard for my eyes to adjust when I go from a dark place into a bright place or when driving at night.