

Effective ways to lessen the impact of neuropathy

- Use gloves to protect your hands when doing yard work or household repairs
- Be extra cautious with sharp objects
- Use well-padded potholders when cooking
- Clean up spilled water or liquids right away, so you do not slip and fall
- Use dishes that do not break easily, in case you drop one
- Inspect your fingers and feet regularly for cuts and scrapes
- Check the weather and wear gloves and warm socks in cold weather
- Wear shoes with a rubber sole both inside and outside
- Always use cold water first and gradually move to warmer water — you can also check the water temperature with another part of your body
- If you cannot feel the gas pedal or brake, do not drive
- Avoid walking on uneven surfaces
- Keep floors clear of throw rugs, cords and other obstacles.
- Consider handrails in stairways or grab bars in bathtub or toilet
- Put rubber mats in the tub or shower so you do not slip
- If you need one, use a cane, walker or wheelchair
- Set the water heater in your home between 105-110 degrees F
- Keep dark areas well lit and use a night light as needed