



Diabetic Nerve pain Questionnaire

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Name _____ Age _____ Sex _____

Are You at Risk of Diabetic Nerve Pain?

If you have diabetes, you may already have nerve damage.

1. Do you feel tingling, pain, or numbness in your feet or hands?

- Yes
- No
- Not sure

2. Do you have bloating, constipation, diarrhea, heartburn, or nausea?

- Yes
- No
- Not sure

3. Do you frequently have high blood sugar?

- Yes
- No
- Not sure

4. Have you had diabetes for a long time?

- No, 2 years or less
- Yes, 3 to 10 years
- Yes, 10 years or more

5. Are you overweight?

- Yes
- No
- Not sure

6. Are you over 40?

- Yes
- No

7. Do you have high cholesterol and triglycerides?

- Yes
- No
- Not sure

8. Do you have high blood pressure?

- Yes
- No
- Not sure

9. Do you smoke or drink alcohol?

- Yes
- No
- Sometimes

10. Do you have pain in legs?

- Yes
- No
- Sometimes

11. Do you wake up in the middle of night for pain in legs or elsewhere?

- Yes
- No
- Sometimes

12. Are you unable to walk or exercise because of pain?

- Yes
- No
- Sometimes