# Study links early symptoms of nerve damage to increased risk of Type 2 diabetes



A study conducted by researchers at Semmelweis University in Hungary suggests that individuals at risk of developing Type 2 diabetes may experience symptoms of nerve damage, specifically cardiac autonomic neuropathy (CAN), even before formal diabetes diagnosis. This neuropathy is associated with feelings of dizziness or faintness upon standing.

The study analyzed health data from 44 individuals deemed at high risk for diabetes and 28 healthy controls. Results indicated that those at high risk had 5.9 times higher odds of developing parasympathetic neuropathy, a specific type of nerve damage affecting heart function. Published in "Frontiers in Endocrinology," the research emphasized the significance of early detection and intervention in preventing or slowing neuropathy progression.

Type 2 diabetes, a condition where the body fails to regulate blood sugar levels effectively, affects over four million people in the UK. It is often linked to obesity and can lead to severe complications such as heart disease, nerve damage, and vision issues. Recent data from Diabetes UK highlight a 39% rise in diabetes cases among individuals under 40, attributed to rising obesity levels and socioeconomic factors.

Effective management of Type 2 diabetes typically involves lifestyle modifications and medication. Early intervention and monitoring for neuropathy in at-risk individuals could be crucial in mitigating long-term health impacts.