

[IMAGE]

## **Type 2 Diabetes Is Bad for Your Spine**

By Editorial Staff

Type 2 diabetes is something you want to avoid at all costs for a variety of health reasons, not the least of which is the worst-case consequence: heart attack and stroke. But even the less life-threatening complications are nothing to scoff at, including nerve damage (peripheral neuropathy), which can cause pain, tingling and numbness in the extremities. And of course, the underlying factors surrounding how one came to acquire type 2 diabetes usually point at poor health to begin with: lack of exercise and an unhealthy diet.

Diabetes is also bad for the spine, suggests research published in *PLoS One*, with type 2 diabetics more likely to experience back and neck pain than non-diabetics. According to a review of eight studies, diabetics are 35 percent more likely to report low back pain and 24 percent more likely to report neck pain.

While the studies do not prove that diabetes causes either spinal condition, it's certainly another reason to avoid diabetes at all costs. It's also a reminder that whether you're a diabetic or not, your doctor of chiropractic can help with any back and/or neck pain you may be experiencing. Your chiropractor is also your #1 source of guidance for making sure your lifestyle habits don't put you at risk for type 2 diabetes – and helping you get rid of it if you're currently suffering.

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