

Diabetes: Do you know the symptoms?

Do you know what the symptoms of diabetes are? If you're not sure, don't worry – you're not alone. Knowing the signs and symptoms can help you take action sooner and lower your chances for developing complications.

Take a look at the list below to learn about some of the typical symptoms:



Symptoms of Diabetes

- Urinating (peeing) a lot, often at night
- Feeling very thirsty
- Feeling very hungry even though you are eating
- Feeling extremely tired or fatigued
- Blurry vision
- Cuts or bruises that take a long time to heal
- Weight loss even though you are not trying or are eating more (type 1 diabetes)
- Tingling, pain or numbness in the hands or feet (type 2 diabetes)

If you have any of these symptoms, let your doctor know so that they can work with you to figure out if you have diabetes.



Are you at risk?

Even if you don't have any symptoms of diabetes, you may still be at risk for developing it. **Take this 60-second test at <https://www.diabetes.org/risk-test> to see if you are at risk.**

You may also be at risk if you:

- Are 45 or older
- Are overweight
- Are Black, Hispanic/Latino, American Indian, Asian American or Pacific Islander
- Have a brother, sister or parent with diabetes
- Are physically active less than 3 times a week
- Have high blood pressure or take medicine for high blood pressure
- Have low (HDL) cholesterol and/or high levels of fat in your blood (triglycerides)
- Had diabetes during pregnancy
- Gave birth to a baby who weighed more than 9 pounds
- Have been diagnosed with polycystic ovary syndrome (PCOS)



What support is available?

If you think you have diabetes or think you may be at risk, talk to your doctor; they can ask you specific questions and run blood tests to learn more about the cause of your symptoms. One thing to remember is that there are many programs available to help you prevent diabetes, or manage it, if you have already been diagnosed. These programs, such as **Blossom™ for Diabetes Management**, help you to make small changes so that you can improve your health and lifestyle.

Learn more about Blossom for Diabetes Management