

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 often



Feeling very thirsty



Feeling very hungry, even if you are eating



Feeling extremely tired or fatigued



Blurry vision



Cuts or bruises that take a long time to heal



Unexplained weight loss
(type 1 diabetes)



Tingling, pain or numbness in the hands or feet
(type 2 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 the 60-second test at www.diabetes.org/risk-test to find out if you are at risk.

You may 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 (gestational diabetes)
- 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 for developing diabetes, talk to your doctor. A health care professional can ask you specific questions and run blood tests to learn more about the cause of your symptoms.

The **Blossom™ program for diabetes management** is available to help you prevent diabetes, or manage it if you've already been diagnosed. Blossom helps you build skills for healthy eating, physical activity and coping with stress. It also lets you easily track your food, activity, medication and blood glucose data. Plus, a personal coach provides support as you build a healthier lifestyle.

Source:
www.cdc.gov/diabetes/basics/risk-factors.html
www.diabetes.org/diabetes/type-1/symptoms