

# Warning Signs of Diabetes

A COLLABORATION BETWEEN THE JORDAN BENNETT WEISS FUND AND THE CITY OF NEWTON HEALTH DEPARTMENT

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Familiarize yourself with the warning signs / symptoms of diabetes. Sometimes the symptoms are very obvious, and other times they are not. **Early detection and knowledge** of the warning signs is your greatest weapon against the disease and its complications!\*

**TYPE 1 DIABETES MELLITUS:** *These symptoms often occur suddenly and must receive immediate medical attention.*

Excessive thirst \*

Frequent urination, sometimes exhibited by \*return of bedwetting in previously trained children (urination in large quantities day and night)

Sudden vision changes \*

\*A sweet, fruity odor present on one's breath/body (caused by high amounts of ketones)

)Extreme hunger (increased appetite \*

Rapid or unexplained weight loss \*

)Fatigue (weak and tired \*

Irrit \*ability and mood changes

Drowsiness, lethargy \*

Nausea and/or vomiting \*

Abdominal pain \*

)Rapid, hard breathing (heavy, labored \*

\*Confusion, Stupor, Unconsciousness

**TYPE 2 DIABETES MELLITUS:** *These symptoms occur gradually, however, they must receive immediate medical attention.*

Blurred vision \*

Tingling or numbness in the legs, feet or fingers \*

Frequent infections of the skin \*

Recurring skin, gum or urinary tract infections \*

\* Darker patches of skin usually in neck folds

Itching of skin and/or ge \*nitals

Drowsiness \*

Slow healing of cuts and bruises \*

Any of the symptoms listed under type 1 diabetes \*

**\* PLEASE NOTE: MANY OF THESE SYMPTOMS CAN BE RELATED TO ILLNESSES THAT ARE NOT ASSOCIATED WITH DIABETES, INCLUDING THE FLU. THERE SHOULD BE NO FEVER WITH DIABETES. THIS IS A CRITICAL FACTOR IN DIFFERENTIATING BETWEEN THE FLU! ONLY A HEALTHCARE PROFESSIONAL CAN PROVIDE APPROPRIATE DIAGNOSTIC TESTS AND TREATMENTS.**