

November is Diabetes Awareness Month

KNOW THE WARNING SIGNS OF TYPE 1 DIABETES

EXCESSIVE THIRST

Symptoms: Unquenchable thirst day & night; waking in the middle of the night to drink water/fluids
(can mistakenly be attributed to exercise/sports activities; hot weather)

FREQUENT URINATION

Symptoms: Repeated trips to bathroom; a possible return to bedwetting in youth; constant heavy diapers in babies/toddlers
(can mistakenly be attributed to excessive drinking; urinary tract infection)

TIRED

Symptoms: Unusual fatigue, low energy, irritability
(can mistakenly be attributed to exercise/sports activities, lack of sleep; viral illness)

UNEXPLAINED WEIGHT LOSS

Symptoms: Unintended weight loss even though eating and feeling hungry
(can mistakenly be attributed to limited appetite; increased activity; growth spurt in youth)

Contact your health care provider to seek medical attention.

A delayed diabetes diagnosis can be life-threatening.
Seek emergency medical care if you are experiencing:

**FRUITY-SMELLING BREATH; STOMACH PAIN; NAUSEA; VOMITING;
EXTREME LETHARGY; DROWSINESS; CONFUSION;
RAPID, HEAVY BREATHING**

(Can be mistaken for the flu or stomach virus)

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For more information:

www.jdrf.org www.diabetes.org www.beyondtype1.org www.joslin.org