

## Diabetes Symptoms

### TYPE 1 DIABETES

Symptoms of type 1 diabetes are serious and usually happen quickly. Most people with type 1 diabetes will feel very sick because of high blood glucose levels.

Common Signs and Symptoms of Type 1 Diabetes:

- Urinating a lot (as the body tries to flush out excess glucose in the blood)
- Feeling very thirsty (due to dehydration)
- Feeling hungry all the time (because the cells of the body are starved for energy)
- Feeling tired (because the glucose is not entering your cells and being converted to energy)
- Blurred vision (because of a buildup of fluid in the lens of your eyes caused by high blood glucose levels)
- Losing weight suddenly without trying, even with increased appetite (because the body is not able to use the food you eat)
- Nausea and vomiting (as a result of the buildup of ketones in the blood)

Some people with type 1 diabetes may experience diabetic ketoacidosis.

### TYPE 2 DIABETES

Type 2 diabetes does not appear suddenly. Instead, you may have no noticeable symptoms or only mild symptoms for years before it is diagnosed.

Common Signs and Symptoms of Type 2 Diabetes:

- Urinating a lot (as the body tries to flush out excess glucose in the blood)
- Feeling very thirsty (due to dehydration)
- Feeling hungry all the time (because the cells of the body are starved for energy)
- Feeling tired (because the glucose is not entering your cells and being converted to energy)
- Blurred vision (because of a buildup of fluid in the lens of your eyes caused by high blood glucose levels)
- Frequent infections or slow healing cuts and sores
- Tingling, pain, or numbness in the hands or feet

### WHAT CAN I DO?

Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes. Talk to your doctor about being tested if you feel like you may have diabetes. Take our Risk Test ([www.diabetes.org/risktest](http://www.diabetes.org/risktest)) to find out if you are at increased risk for having type 2 diabetes.

More handouts about this and other topics can be found at <http://professional.diabetes.org/PatientEd>

For more information visit [diabetes.org](http://diabetes.org) or call 1-800-DIABETES