

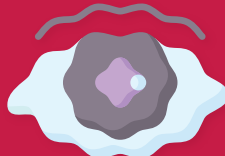
Identifying signs and symptoms of Diabetes



Diabetes Research & Wellness Foundation



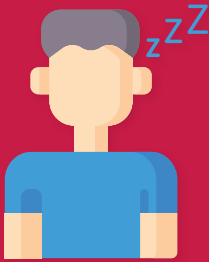
Peeing more than usual
particularly at night



Blurred vision



Feeling thirsty
all the time



Feeling very tired



Cuts or wounds taking
longer to heal



Fruity-smelling
breath



Thrush
that keeps coming back or
itching around genitals



Losing weight
without trying



Type 1 diabetes symptoms can come on quickly, particularly in children.



SYMPTOMS OF
TYPE 1 DIABETES
INCLUDE:

- Feeling very thirsty
- Peeing more than usual, particularly at night
- Feeling very tired
- Losing weight without trying
- Thrush that keeps coming back
- Blurred vision
- Cuts + grazes that are not healing
- Fruity-smelling breath

SYMPTOMS OF
TYPE 2 DIABETES*
INCLUDE:

- Peeing more than usual, particularly at night
- Feeling thirsty all the time
- Feeling very tired
- Losing weight without trying
- Itching around genitals, or repeatedly getting thrush
- Cuts or wounds taking longer to heal
- Blurred vision

WHAT SHOULD I DO IF I AM WORRIED?

The best step to take is to contact your GP. Your GP will do a urine test and might check your blood glucose (sugar) level. If they think you might have diabetes, they'll advise you to go to hospital straight away for an assessment.

You'll stay in hospital until you get the blood test results. This is usually the same day. If you're diagnosed with type 1 diabetes, a diabetes nurse will show you the things you need to do to start managing it, such as testing your own blood glucose and how to inject insulin.



HYPOGLYCAEMIA
(LOW BLOOD SUGAR LEVELS)
SYMPTOMS



- SWEATING
- IRRITABILITY
- PALLOR
- HUNGER
- SLEEPINESS
- LACK OF COORDINATION

HYPERGLYCAEMIA
(HIGH BLOOD SUGAR LEVELS)
SYMPTOMS



- DRY MOUTH
- WEAKNESS
- INCREASED THIRST
- HEADACHE
- FREQUENT URINATION
- BLURRED VISION

***YOU'RE MORE AT RISK OF DEVELOPING TYPE 2 DIABETES IF YOU:**

- are over 40 (or 25 for south Asian people)
- have a close relative with diabetes (such as a parent, brother or sister)
- are overweight or obese
- are of Asian, African-Caribbean or black African origin (even if you were born in the UK)