



Healthy Living: Diabetes Warning Signs¹

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Could you have diabetes and not know it? It is possible. About one-fourth of the people who have diabetes don't know they have the disease!

Why is this a concern?

If you have diabetes but are not getting treatment, you are at high risk for health complications. This includes the risk for heart disease, kidney disease, blindness, and/or amputations.

Treating and managing diabetes can greatly decrease the chances of having these problems. It will allow you to have the energy to do things you enjoy.

All adults, 45 years of age and older, should be tested for diabetes. If you have one of the warning signs of high blood glucose, see your health care provider as soon as possible.

High Blood Glucose Warnings

Check any warning signs that you have:

- Constant thirst or hunger
- Need to urinate often
- Unexplained weight loss
- Dry, itchy skin
- Blurry vision
- Numb or tingling hands or feet
- Frequent infections that take longer to heal
- Feeling very tired

If you checked any of the warning signs, contact your doctor right away. You may not have diabetes, but you need to be tested to find out for sure.

For more information, call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383), or check their website at www.diabetes.org.

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