

# Symptoms of Diabetes<sup>1</sup>

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Type 2 diabetes is a growing health concern for children and adults in the United States. Diabetes that is uncontrolled can lead to blindness, kidney disease, heart disease, and amputations. Early diagnosis is critical! When you know you have diabetes you can begin treatment to control blood glucose levels, which helps decrease the chances of developing these health problems. Ask your health care provider if you need to be tested for diabetes. If you have any of the following symptoms, see your health care provider right away! (Remember, sometimes type 2 diabetes has no symptoms, so regular checkups are important.)

## Symptoms of Diabetes

- **Increased urination.** Urinating either more often or in greater amounts than normal may be caused by high blood glucose.
- **Excessive thirst or hunger.** If you are thirsty more often than normal, or if you can't satisfy your thirst, this may be a symptom of diabetes. Some people with untreated diabetes feel like eating all the time; their appetite is greater than normal for them.
- **Weight loss.** Losing weight quickly **without trying to** could be a symptom of diabetes.
- **Fatigue.** High blood glucose levels can make you feel tired. If you are more tired than usual, and changes in your lifestyle are not the cause, it may be a sign of diabetes.
- **Wounds that don't heal.** Untreated diabetes can cause poor wound healing. Watch for infections or cuts that

don't heal in a reasonable amount of time after using first aid.

- **Blurred vision.** This may be a sign that you need new glasses, or it might be a symptom of early eye disease because of diabetes.



Figure 1. Fatigue can be a sign of high blood glucose. See your doctor if you feel tired much of the time.

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1. This document is FCS8751, one of a series of the Department of Family, Youth and Community Sciences, UF/IFAS Extension. Publication date: February 2005. Latest revision: July 2013. Please visit the EDIS website at <http://edis.ifas.ufl.edu>.
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