

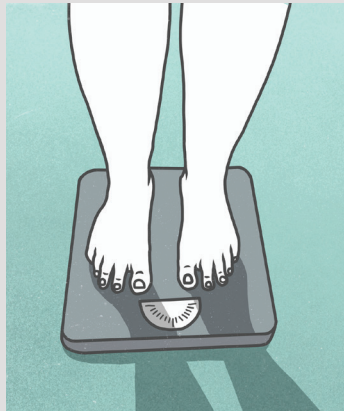
Diabetes and You

► Diabetes is growing at an epidemic rate in the United States. People with diabetes can take steps to control the disease and lower their risk for complications.

Know the Symptoms

People with diabetes frequently experience certain symptoms, but they can vary depending on blood sugar levels. Some people, especially those with type 2 diabetes, may not have any symptoms initially. On the other hand, people with type 1 diabetes tend to have symptoms appear more rapidly and are more severe. The following symptoms can include:

- Frequent urination
- Weight loss
- Unusual thirst
- Increased hunger
- Blurred vision



- Fatigue
- Tingling or numbness in hands or feet
- Frequent skin, bladder, or gum infections
- Slow healing of wounds
- Irritability



No one should have to lose his or her life from undiagnosed diabetes. See your doctor if you or a loved one have symptoms.

Sheree Taylor, Human Sciences Regional Extension Agent, Human Nutrition, Diet, and Health

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