



IF YOU HAVE TWO OR MORE OF THESE RISK FACTORS, you should consider getting a blood test for diabetes from a health care provider.

Warning Signs of Diabetes

Type 1

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue



Type 2

- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands or feet
- Recurring skin, gum, or bladder infections



It is important to find out early if you have type 2 diabetes, because you may be experiencing symptoms from Type 1 or even no symptoms at all. Early treatment can prevent serious problems that diabetes can cause, such as loss of eyesight or kidney damage.