



## Signs of diabetes? See a doctor

Diabetes is the seventh-leading cause of death in the United States. It's important to know the symptoms and risk factors of the disease. Even if you don't have any of the following symptoms, but have risk factors that contribute to diabetes, you should see your personal physician for a diagnosis.

### Symptoms of diabetes

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Extreme hunger
- Sudden vision changes
- Tingling or numbness in hands or feet
- Feeling very tired much of the time
- Very dry skin
- Sores that are slow to heal
- More infections than usual

### Risk factors of diabetes

Type 1 diabetes or juvenile-onset diabetes risk factors include autoimmune, genetic and environmental factors.

Type 2 diabetes or adult-onset diabetes risk factors include older age, obesity, family history of diabetes, prior history of gestational diabetes, impaired glucose tolerance, physical inactivity, race and ethnicity. African Americans, Hispanic or Latino Americans, American Indians and some Asian Americans and Pacific Islanders are at high risk for type 2 diabetes.

Gestational diabetes develops in 2 to 5 percent of all pregnancies, but usually disappears following delivery. Nearly 40 percent of women with a history of gestational diabetes developed diabetes in the future.

Early diagnosis and treatment of diabetes is essential to preventing serious problems later.

*Brought to you by Healthy Blue Living. Healthy Blue Living members who have questions about their health, specific conditions or other health concerns, can call BlueHealthConnection<sup>®</sup> at 800-637-2972.*