



Diabetes: Know the Warning Signs

Helpful Link:

American Diabetes Association
www.diabetes.org

Diabetes: Do you know the symptoms? Nearly one-third of those with diabetes are unaware they even have this life-threatening disease, according to the American Diabetes Association.

Blue Cross and Blue Shield of Alabama cares about your health and wellness.

This is an informational series designed to provide specific ideas for a healthy and safe lifestyle.

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from Blue Cross and Blue Shield of Alabama*

It's extremely important to understand diabetes and its symptoms. Prompt diagnosis of this condition can help you lead a more normal, healthy lifestyle.

There are two types of diabetes:

People with type 1 diabetes don't produce insulin. This is most common in children and young adults. They must take daily insulin shots to stay alive. People with type 1 diabetes in their family are at the greatest risk for the disease.

People with type 2 diabetes don't make enough insulin or their bodies don't properly use the insulin produced. This usually affects adults and those with a family history of the disease. However, there has been an alarming increase in the number of children diagnosed with type 2 diabetes in recent years. Experts attribute this to poor diet and inactivity. Being overweight and not exercising also put people at a higher risk for type 2 diabetes.



Here are some common symptoms.

The warning signs for type 1 diabetes include:

- Frequent urination
- Excessive thirst and/or hunger
- Unexplained weight loss

The warning signs for type 2 diabetes include all the same symptoms as type 1 plus:

- Vision problems/blurry vision
- Frequent infections, particularly gum, vagina and bladder infections
- Bruises and cuts that heal slowly
- Numbness or tingling in the hands or feet

Complications from diabetes are serious, and may include blindness, kidney disease, heart disease, stroke and other problems. If you have diabetes, proper management of your condition includes following your medical professional's instructions. Taking medications on time, eating properly, checking blood glucose levels regularly, not smoking, exercising, regular blood work and other tests will all help you stay well. Stay on top of your diabetes ... for life!

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