



OTHER DIABETES FACTS YOU SHOULD KNOW

Signs & Symptoms

- Constant thirst or hunger
- Need to urinate often
- Blurry vision
- Dry, itchy skin
- Sudden weight loss
- Lack of energy
- Numb or tingling hands or feet
- Upset stomach/vomiting

Diabetes Facts

- **Type 2**, the most common type of Diabetes, generally comes on gradually over a period of 7-10 years. Therefore, if you are tested and your blood sugar is between 110 and 125, you may have Pre-Diabetes.
- **Pre-Diabetes** means you are starting to develop problems with maintaining a normal blood sugar. **It is critical that you take action.**
- **If action is taken**, you can reduce your risk of developing Diabetes by about 50%.
- **If no action is taken**, you are placing yourself at greater risk of developing Diabetes.
- Efforts to lose weight and get more exercise can make a tremendous difference. Ask your doctor to refer you to a dietitian.

