Symptoms of diabetes can easily be overlooked. So knowing these is important. Having one or more of the risk factors for diabetes does not necessarily mean you will develop the disease.

Risks for Diabetes

- Have had diabetes during pregnancy
- Are a woman who had a baby weighing more than 9 pounds
- Are over 45 years old
- Have high cholesterol
- Have family history of diabetes
- Are Asian
- Are Native American
- Are overweight

You may be at risk to develop DIABETES if you:
Symptoms of Diabetes: HYPERGLYCEMIA

- Thirsty (THIRSTY)
- Frequent Urination (FREQUENT URINATION)
- Hungry (HUNGRY)
- Dry Skin (DRY SKIN)
- Blurry Vision (BLURRY VISION)
- Nausea (NAUSEA)
- Sleepy (SLEEPY)

Hyperglycemia (High Blood Sugar)

Causes:
Too Much Food, Too Little Insulin, Illness or Stress

Onset:
Gradual, May Progress to Diabetic Coma

Blood Sugar:
Above 200 mg/dL
Acceptable Range: 115-200 mg/dL

What You Can Do:
Test Your Blood Sugar
If Your Sugar Is Over 250 mg/dL For Several Tests Call Your Doctor Immediately.