

# SUNDAY MORNING HEALTH CORNER

## Early Symptoms of Diabetes

Did you know that diabetes affects about 9.4 percent of the U.S. population? Studies have shown that nearly 1 in 4 adults with diabetes (7.2 million Americans) are unaware that they have the disease. Another 84.1 million Americans have prediabetes, and nine out of ten adults have prediabetes and don't know they have it. .

### Here are some early symptoms of diabetes to look out for:

- Hunger and fatigue.
- Being thirstier.
- Dry mouth and itchy skin.
- Blurred vision.
- Slow healing cuts or sores.
- Unplanned weight loss.
- Nausea and vomiting.
- Pain or numbness in feet or legs.

Warning signs can be so mild that you don't notice them. Specifically for type 2 diabetes. With type 1 diabetes, symptoms usually happen quickly, in a matter of days or a few weeks and are much more severe.

You are also more likely to develop type 2 diabetes if you are over the age of 45, overweight, or are not physically active. If you experience any of the above symptoms or anything abnormal, talk to your doctor.



[www.balmingilead.org](http://www.balmingilead.org)

620 Moorefield Park Drive, Suite 150  
Richmond, VA 23236  
804.644.2256

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IN  
GILEAD  
INC.