

## Diabetes

### Symptoms

Diabetes often goes undiagnosed because many of its symptoms seem so harmless.

Recent studies indicate that the **early detection** of diabetes symptoms and treatment can decrease the chance of developing the **complications of diabetes**.

### Type 1 Diabetes

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and Irritability

### Type 2 Diabetes

- Any of the type 1 symptoms
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

If you have one or more of these diabetes symptoms, **see your doctor right away**.

### No Symptoms? You May Still Have Diabetes

Often people with type 2 diabetes **have no symptoms**. That is why it is important to take our [Online Diabetes Risk Test](#) to find out if you are at risk for type 2 diabetes.

Also, women with gestational diabetes **often have no symptoms** which is why it's important for at-risk women to be tested at the proper time during pregnancy.

Risk factors for gestational diabetes include:

- Being overweight prior to pregnancy
- Having had gestational diabetes in a prior pregnancy
- Having a family history of diabetes