

# Healthy Living: Diabetes Warning Signs<sup>1</sup>

Kimiko Griffin, Linda B. Bobroff, Marcia Brown, and LaToya J. O'Neal<sup>2</sup>

Could you have diabetes and not know it? It is possible. About 1 in 5 adults who have diabetes don't know they have the disease! This is a concern because if you have diabetes but are not getting treatment, you are at high risk for health complications, such as heart disease, kidney disease, blindness, and amputations.

Treating and managing diabetes greatly decreases the risk of these health problems. It also allows people with diabetes to have the energy to do things they enjoy.

## You are at risk of developing prediabetes or Type 2 Diabetes if you:

- Have prediabetes (type 2 diabetes risk)
- Are overweight or obese
- Are 45 years or older
- Have a parent, brother, or sister with type 2 diabetes
- Are physically active less than three times a week
- Have had gestational diabetes (diabetes during pregnancy) or gave birth to a baby weighing more than nine pounds
- Have certain chronic conditions like high blood pressure, high triglycerides, or abnormal cholesterol levels
- Are African American, Hispanic/Latino American, American Indian, Alaska Native, Asian American, or Pacific Islander



Figure 1. Blurry vision can be a sign of high blood glucose (sugar). If you checked one or more of the warning signs, get your blood glucose checked to see if you have diabetes or prediabetes. Credits: Adobe Stock Photos

## Warning Signs of High Blood Glucose

- You are very thirsty
- You are very hungry
- You urinate (pee) a lot at night
- You lose weight without trying
- You have very dry skin
- You have blurry vision

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2. Linda B. Bobroff, PhD, RDN, professor and Extension nutrition specialist, Department of Family, Youth, and Community Sciences; UF/IFAS Extension, Gainesville, FL 32611.

- You have numb or tingling hands or feet
- You have more infections than usual
- You have sores that take a long time to heal
- You feel very tired

If you have one or more warning signs of high blood glucose, contact your doctor right away.

For more information about diabetes, check out these reliable websites:

<https://www.niddk.nih.gov/health-information/diabetes>

<https://medlineplus.gov/diabetes.html> (Spanish resources also available)

<https://www.cdc.gov/diabetes/index.html>

<https://diabetes.org/diabetes>

## References

Center for Disease Control and Prevention. (2022, April 5). *Diabetes risk factors*. Retrieved on January 7, 2022. [https://www.cdc.gov/diabetes/risk-factors/?CDC\\_AAref\\_Val](https://www.cdc.gov/diabetes/risk-factors/?CDC_AAref_Val)

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