

## Symptoms of Diabetes

There are common symptoms of both Type 1 and Type 2 diabetes. Fatigue may be a cause for concern. Fatigue may be an indication that the body is not efficiently using glucose for fuel. The body will then begin burning body fat as its fuel source. This causes the body to use more energy, resulting in constant tiredness.

If you are experiencing unexplained weight loss, despite eating adequate amounts of food, you may not be appropriately processing the calories. You would also be losing sugar and water through frequent urination. Dehydration also causes weight loss. Excessive thirst results when there are high levels of blood sugar in the blood. These high levels signal the brain that there is too much sugar in the blood causing the body to try to dilute it. This will cause a constant feeling of thirst.

Another way the body tries to rid itself of excess blood sugar is by frequent urination. Sugar transports water with it as it is flushed from the body. The normal body signals get confused and the body produces more insulin as the body has become resistant to it. When the blood contains high insulin levels, the body thinks it needs to stimulate hunger. Therefore, you may be eating more though not gaining weight, and may even be losing weight.

If you have a wound that is not healing in the proper time, that may be another sign you should be concerned about high blood sugar levels. Elevated blood sugar levels prevent white cells from functioning properly. White blood cells are responsible for fighting bacteria and cleaning up dead tissue and cells. When the white blood cells are not working properly, wounds take longer to heal and there is a greater chance of infection in the wound.

Frequent infections also may be an indication of poor blood sugar control. Frequent skin infections, yeast infections, and urinary tract infections appear because blood sugar levels allow infections to attack and grow. If these types of infections flare up often, it should send the signal to contact your doctor, especially if you have received a pre-diabetes diagnosis.

If you notice that you are experiencing weakened or blurry vision, you should have your blood sugar levels checked. This is not a symptom of diabetes alone, but is commonly known as a symptom of high blood sugar levels.

One of the scariest symptoms of diabetes could be how it affects your mental state. Agitation, confusion, inability to pay attention, increased irritability, and high sugar levels could explain inactivity and the previously listed symptoms. Diabetics may suffer extreme agitation and irritability, normally caused when they are not doing what they are supposed to do to control their sugar levels. If the demeanor of your loved one or family member has suddenly changed for an unknown reason, you may want to contact their doctor and take them to be checked.

Symptoms of diabetes differ with each person. If a person is experiencing any of the above-listed problems, your doctor may want you to have a blood sugar test prior to your appointment.