

What are the symptoms of diabetes?

Common symptoms of diabetes include feeling very thirsty feeling very hungry, even after you have eaten blurred vision fatigue sores that do not heal frequent infections, such as urinary tract infections, skin infections *NIH external link*, or yeast infections *NIH external link*. There are different types of diabetes. People with any type of diabetes can have these symptoms. Some other symptoms, and how quickly the symptoms develop, depend on the type of diabetes that you have. Talk with your primary health care professional about any symptoms you are having and ask if you should be tested for diabetes. Your primary health care professional may be a doctor, physician assistant, or nurse practitioner.

Type 1 diabetes symptoms

In addition to some of the common diabetes symptoms listed above, people with type 1 diabetes may also have an unexplained weight loss. Most people don't know they have type 1 diabetes until they develop diabetes symptoms. Symptoms of type 1 diabetes usually develop quickly, over a few days or weeks. Type 1 diabetes is often diagnosed in children and young adults, but it can begin at any age. Children with type 1 diabetes typically develop symptoms over a short period of time. Common symptoms of type diabetes in children include having to urinate more often eating more but losing weight feeling very thirsty These symptoms are less common in adults with type 1 diabetes. For some adults, symptoms of type 1 diabetes may develop slowly and seem more like type 2 diabetes. Some adults who develop diabetes may need special tests to find out what type of diabetes they have. Talk with your health care professional about the type of diabetes you may have. They can help you understand its causes and treatments.

Sometimes, people find out they have type 1 diabetes when they have signs and symptoms of a condition called diabetic ketoacidosis (DKA) *External link*. Symptoms of DKA may include feeling very tired having trouble breathing having fruity-smelling breath fainting from dehydration having pain in your abdomen, nausea, or If you have type 1 diabetes, your body doesn't have enough insulin to use blood glucose—also called blood sugar—for energy. Your body will begin to use fat as a source of energy instead. This process produces substances called ketones. High levels of ketones can cause DKA, which is a medical emergency that needs to be treated right away. DKA usually affects people with type 1 diabetes. People with type 2 diabetes may also develop DKA if their body doesn't produce enough insulin.

Type 2 diabetes symptoms

Symptoms of type 2 diabetes can develop slowly, over several years. Many people with type 2 diabetes have no symptoms, or symptoms can be so mild that people might not even notice them. In addition to the common symptoms of diabetes listed above, people may find out they have type 2 diabetes when they develop symptoms of other health problems from diabetes. These include pain, numbness, or tingling in the feet or hands sexual problems chest pain *NIH external link* vision loss

Gestational diabetes symptoms

Gestational diabetes is a type of diabetes that may develop when you are pregnant. Most people with this type of diabetes have no symptoms. If you do have symptoms of gestational diabetes, they may be mild, such as being thirstier than usual or having to urinate more often. People with a history of gestational diabetes are at higher risk of developing type 2 diabetes later in life. If you have a history of gestational diabetes, your health care professional may recommend regular testing for type 2 diabetes.

Gestational diabetes often doesn't have any symptoms. If you do have symptoms, they may be mild, such as being thirstier than normal or having to urinate more often. You'll need to be tested to know for sure if you have gestational diabetes.

Symptoms of type 1 diabetes include the need to urinate often, thirst, constant hunger, weight loss, vision changes and fatigue. These symptoms may occur suddenly. Symptoms for type 2 diabetes are generally similar to those of type 1 diabetes but are often less marked. As a result, the disease may be diagnosed several years after onset, after complications have already arisen. For this reason, it is important to be aware of risk factors.