

Do You Have Diabetes?



When you have diabetes, your body has trouble using a sugar called glucose for energy. The sugar level in your blood becomes too high. Diabetes is a lifelong (chronic) condition. It can cause serious health problems if you don't get treatment. Or it can cause life-threatening conditions such as ketoacidosis.



Signs of diabetes

Are any of these questions true for you? If yes, see your healthcare provider.

- Do you feel tired all the time?
- Do you pee (urinate) often?
- Do you feel thirsty or hungry all the time?
- Are you losing weight for no reason?
- Do cuts and bruises heal slowly?
- Do you have numbness or tingling in your fingers or toes?
- Do you have blurry vision?

What puts you at risk?

People of all backgrounds can get diabetes. But it more often affects:

- African Americans
- Alaskan Natives
- Native Americans
- Hispanics
- Asian Americans
- Pacific Islanders

Other things can raise your risk. They include:

- Having a family history of diabetes
- Being overweight
- Being over age 35
- Having diabetes during pregnancy (gestational diabetes)
- Not getting enough physical activity
- Taking certain medicines

Why worry about diabetes?

Here's why having diabetes is a problem:

- Diabetes keeps your body from turning food into energy.
- It can cause problems with your eyes, kidneys, nerves, and feet. It can also harm your heart and blood vessels.
- Diabetes that is not under control can make it hard to live a healthy life.

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