Spot the Signs Early

Many people can have high blood sugar for months or even years without realizing it. Early diabetes often has no clear symptoms, but damage to the heart, eyes, kidneys, and nerves may already be starting.

That’s why **regular testing is important**—especially if you have risk factors like age, being overweight, high blood pressure, or family history.

**Common early warning signs include:**

* Feeling unusually tired
* Increased thirst or hunger
* Needing to urinate more often, especially at night
* Blurred vision
* Tingling or numbness in hands or feet
* Cuts or wounds that heal slowly

Sometimes, there are **no symptoms at all**. A simple blood test—like fasting sugar or HbA1c—can detect diabetes early, before complications set in.

**Why early detection matters:**  
If diabetes is found in time, it can often be managed—or even reversed—with lifestyle changes and proper care.

Don’t wait for symptoms to appear. If you have risk factors, get tested regularly. Catching diabetes early can protect your health for the long run.