



RISK FACTORS

- » Hispanic, African American, Native American ethnicity
- » Obesity
- » People with low HDL cholesterol or high triglycerides
- » Women who had gestational diabetes or who have had a baby weighing 9 pounds or more
- » Family History
- » Age 45+



SIGNS/SYMPTOMS

- » Blurred vision or any changes in sight
- » Tingling or numbness in legs, feet or fingers
- » Weakness and fatigue
- » Frequent infections (including itchy skin)
- » Slow healing of cuts (especially on feet)
- » Frequent urination (including frequent bed-wetting in children who have been toilet trained)
- » Excessive thirst
- » Extreme hunger
- » Unusual weight loss
- » Irritability



PREVENTION

- » Exercise - lowers your blood sugar and helps you lose weight
- » Diet - Select foods that are low in fat and sugars, have a moderate amount of protein and high in starches(whole grains)
- » Screenings - Test your glucose levels- it is one of the most effective ways to assess your diabetes status

