

# Diabetes



## Diabetes Symptoms

The following symptoms of diabetes are typical. However, some individuals with type 2 diabetes may have symptoms so mild that they go unnoticed.

- Frequent urination
- Feeling very thirsty
- Feeling very hungry, even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts and/or bruises that are slow to heal
- Weight loss, even though you are eating more (type 1 diabetes)
- Tingling, pain, or numbness in the hands/feet (type 2 diabetes)

*Source: American Diabetes Association ([www.diabetes.org](http://www.diabetes.org))*

A doctor can confirm a diabetes diagnosis with a simple blood test, which is included in a Caterpillar Health Exam. This benefit is available to eligible full-time and part-time employees beginning at age 25. Call **877-838-0596** to arrange your exam or with questions.