



# 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)**

While certain diabetes risk factors are unchangeable—such as genetics and age—many can be managed or even eliminated with lifestyle changes. You can significantly reduce your risks by losing weight, increasing physical activity, eating a heart-healthy diet, avoiding tobacco, limiting alcohol, and working with your healthcare team to manage your blood glucose, cholesterol, and blood pressure. Learn more at [TotalHealth.cat.com](https://www.TotalHealth.cat.com)!