

## **Diabetes Awareness**

November is American Diabetes Month. Nationwide, over 38 million people have diabetes and nearly 98 million have prediabetes. Diabetes mellitus is described as a metabolic disease resulting in high blood sugar because your body does not produce enough insulin.

### **Common symptoms of diabetes:**

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

If you have any of the above symptoms or to learn more about diabetes, make an appointment to talk with your doctor about your concerns and what you can do to reduce your risk. Find more information from the American Diabetes Association website here:

[www.Diabetes.org](http://www.Diabetes.org)