

## NURSING NOTES

November is National Diabetes Awareness Month. Both type of diabetes affect millions in the US and around the world.

### Warning Signs of Diabetes

A COLLABORATION BETWEEN THE JORDAN BENNETT WEISS FUND AND THE CITY OF NEWTON HEALTH DEPARTMENT

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Familiarize yourself with the warning signs / symptoms of diabetes. Sometimes the symptoms are very obvious, and other times they are not. **Early detection and knowledge** of the warning signs is your greatest weapon against the disease and its complications!\*

**TYPE 1 DIABETES MELLITUS:** *These symptoms often occur suddenly and must receive immediate medical attention.*

- \* Excessive thirst
- \* Frequent urination, sometimes exhibited by bedwetting (in large quantities)
- \* Sudden vision changes
- \* High amounts of sugar in the blood and/or urine (A sweet, fruity odor may be present in urine, on one's breath/body.)
- \* Extreme hunger (increased appetite)
- \* Rapid or unexplained weight loss
- \* Fatigue (weak and tired)
- \* Irritability and mood changes
- \* Drowsiness, lethargy
- \* Nausea and/or vomiting
- \* Abdominal pain
- \* Rapid, hard breathing (heavy, labored)
- \* Confusion, Stupor, Unconsciousness

**TYPE 2 DIABETES MELLITUS:** *These symptoms occur gradually, however, they must receive immediate medical attention.*

- \* Blurred vision
- \* Tingling or numbness in the legs, feet or fingers
- \* Frequent infections of the skin
- \* Recurring skin, gum or urinary tract infections
- \* Darker patches of skin usually in neck folds
- \* Itching of skin and/or genitals
- \* Drowsiness
- \* Slow healing of cuts and bruises
- \* Any of the symptoms listed under type 1 diabetes

**\* PLEASE NOTE: MANY OF THESE SYMPTOMS CAN BE RELATED TO ILLNESSES THAT ARE NOT ASSOCIATED WITH DIABETES, INCLUDING THE FLU. ONLY A HEALTHCARE PROFESSIONAL CAN PROVIDE APPROPRIATE DIAGNOSTIC TESTS AND TREATMENTS.**

For more information, log onto [www.diabetes.org](http://www.diabetes.org) , [www.jdrf.org](http://www.jdrf.org) , [www.joslin.org](http://www.joslin.org) or [www.JBWfund.org](http://www.JBWfund.org)

Stay Healthy,

Sue