***Diabetes***

# **sIGNS & SYMPTOMS**

***Overview & Facts***

Diabetes is a disorder of metabolism -- the way our bodies use digested food for growth and energy. There are three main types of diabetes: type 1, type 2, and gestational diabetes.

***What Is Diabetes?***

[Diabetes Basics](http://www.webmd.com/diabetes/guide/diabetes-basics)

Diabetes is a number of diseases that involve problems with the hormone insulin. There is no cure for diabetes. People with diabetes need to manage their disease to stay healthy.

***Symptoms***

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

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)

**Early detection** and treatment of diabetes can decrease the risk of developing the [**complicationsharmful effects of diabetes such as damage to the eyes, heart, blood vessels, nervous system, teeth and gums, feet and skin, or kidneys. Studies show that keeping blood glucose, blood pressure and low-density lipoprotein cholesterol levels close to normal can help prevent or delay these problems.X of diabetes**](http://www.diabetes.org/living-with-diabetes/complications/?loc=symptoms). For more information, visit website below for the American Diabetes Association.

<http://www.diabetes.org/diabetes-basics/symptoms/>

If you have any of the above mentioned warnings signs of diabetes, give your doctor a call and schedule a [diabetes test](http://diabetes.webmd.com/guide/diagnosing-type-2-diabetes). With the right [diabetes diet](http://www.webmd.com/diabetes/blood-sugar-habits-16/healthy-diet-basics), regular [exercise](http://www.webmd.com/fitness-exercise/default.htm), and [medications](http://www.webmd.com/drugs/index-drugs.aspx), if needed, you can manage type 2 diabetes and live an active, productive life. It can take work to get your [diabetes](http://diabetes.webmd.com/default.htm) under control, but the results are worth it.

If you don't make the effort to get a handle on it, you could set yourself up for a host of complications. If you have symptoms of the following [diabetes complications](http://www.webmd.com/diabetes/guide/risks-complications-uncontrolled-diabetes), it's important to seek immediate medical attention. Diabetes can take a toll on nearly every organ in your body, including the:**Recommended Related to Diabetes**[Women’s Top Diabetes Concerns](http://www.webmd.com/diabetes/features/type-2-diabetes-women) Managing type 2 diabetes means being good to yourself. “Diabetes requires self-care to do it well,” says Robin Goland, MD, diabetes research director at New York-Presbyterian Hospital. “While many women are comfortable at taking care of others, it can be hard for them to take care of themselves.” Your first line of defense is a healthy diet and exercise plan, so talk to your doctor about creating one that will likely include: Getting at least 30 minutes of physical activity on most days. Anything...

* [Read the Women’s Top Diabetes Concerns article > >](http://www.webmd.com/diabetes/features/type-2-diabetes-women)
* Heart and blood vessels
* Eyes
* Kidneys
* Nerves
* Gums and teeth