



# Diabetes

## ***Warning Signs of Diabetes***

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Tiredness
- Blurred vision
- Frequent infections
- Slow-healing wounds
- Vomiting and stomach pain (often mistaken as the flu)
- Lack of interest and concentration
- Tingling sensation or numbness in the hands or feet

## ***Complications of Diabetes***

Poorly managed diabetes leads to serious complications:

- Eye disease (retinopathy)
- Cardiovascular disease
- Kidney disease (nephropathy)
- Nerve damage (neuropathy)
- Amputation
- Pregnancy complications

***Good News!*** You can prevent or delay the onset of Type 2 diabetes through a healthy lifestyle:

- **Change your diet.**
- **Increase your level of physical activity.**
- **Maintain a healthy weight.**



## ***Diabetes Risk Factors – Type 1***

The risk factors are still being researched. However, having a family member with type 1 diabetes increases the risk of developing the condition, as do the presence of some genetic factors.

## ***Diabetes Risk Factors – Type 2***

- Obesity and overweight
- Lack of exercise
- Unhealthy diet
- Increased age
- A family history of diabetes
- A history of gestational diabetes
- Previously identified glucose intolerance
- High blood pressure and high cholesterol
- Ethnicity – higher rates of diabetes have been reported in Asians, Hispanics, Indigenous peoples (USA, Canada, Australia) and African Americans

Please consult a health care professional if you show warning signs or think you are at risk of type 2 diabetes. People with type 2 diabetes can remain ***undiagnosed*** for many years.

This information provided by the

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