

# November is Diabetes Awareness Month

## What Are the Symptoms of Type 2 Diabetes?

**There are various signs and symptoms of type 2 diabetes. You may not experience all at once, and they can appear quite suddenly. The symptoms also may be mild so that you don't even notice them, which is why many people have the disease but not aware of it. Signs and symptoms include:**

- Increase thirst
- Increase urination (due to the high blood sugar, which passes through the kidneys to increase volume of urine)
- Feeling very hungry, tired, fatigue, weakness, irritability and other mood changes
- Losing weight without trying (people with diabetes are unable to absorb and use the energy from sugar in the blood)
- Tingling or numbness in your hands or feet
- Dark rashes around your neck or armpits (known as acanthosis nigricans)
- Burred vision

**Canoncito Band of Navajos Health Center Diabetes Program**

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