

# 9 Ways Your Body Is Warning You About Diabetes

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Diabetes is a progressive disease that can be tough to detect in its early stages. Familiarizing yourself with these symptoms can help you manage your body's production of insulin and improve the quality of your life. Diabetes is very manageable if treated appropriately and consistently.

There are two main types of diabetes, Type 1 is typically diagnosed in younger children and teenagers and is controlled through insulin injections, while Type 2 is more commonly diagnosed in older people and people carrying excessive weight. This type is more commonly controlled with tablets and can even be reversed depending on the cause.

## 1. Increased thirst and urination



We all get really thirsty after eating takeout or other really salty foods. However, the kind of thirst you'll experience is chronic and unquenchable. Since you'll have the urge to drink more, you'll also have to go to the bathroom often. If your thirst is more intense than usual and you're going to the bathroom more than 10 times per day, you may be having problems with insulin.

## 2. Increased hunger



Changes in appetite are a huge indication that your body is having problems converting your food into energy. If your kidneys can't keep up with producing insulin, then you will feel the need to consume more calories since your body can't utilize the glucose. However, eating more can be dangerous because it will only raise your blood sugar. If your hunger and thirst levels noticeably change, this is definitely suspicious enough to talk to a doctor.

### 3. Fatigue



The tiredness that a diabetic feels all the time stems from the same reason why they feel insatiable. Diabetes impedes the body's natural ability to digest food and provide every cell with the energy it needs. Quite literally every cell inside a diabetic is exhausted, which makes them feel pretty crummy as well. Although fatigue can be a symptom of many other health issues, if you experience chronic tiredness on top of hunger, thirst, and frequent urination, diabetes is likely the culprit.

## 4. Blurred vision



When your body experiences major shifts in blood sugar after you eat, the fluids in your body shift. This can create pressure in the eyes that causes the lens to swell and blur your vision. As long as you get your blood sugar levels under control through treatment, this problem should be reversible. If you don't treat your diabetes, blindness is only one of the few health risks, so getting to a doctor quickly should be a priority.

## 5. Unexplained weight loss



Almost everyone is happy to step on a scale and see that they're down a few pounds. However, if you haven't made any changes to your diet or exercise routine, weight loss can be the symptom of something dangerous. Unexplained weight loss is more common in type 1 diabetes, but can occur in type 2 as well. Since your body is

struggling to maintain its energy reserves from digestion, your body resorts to breaking down fat and muscle as fuel.

## **6. Itchy skin**



Salt and sugar are two ingredients that can cause extreme bloating due to water retention. Since your body has extra sugar that can't be processed, you'll crave water to help flush it out. Your body is at risk of dehydration and it will pull water from other organs to eliminate the excess glucose. Skin is the largest organ in our bodies, so dry, itchy skin can be symptomatic of diabetes. Yeast infections also cause itchy skin and are very common in diabetics.

## 7. Slow healing



Our blood is full of platelets that rush to cuts to patch them up. However, diabetics have poor circulation because high blood sugar causes inflammation and swelling. With this strain on the circulatory system, your blood is no longer efficient at carrying platelets to open wounds. Slow healing wounds leave the body vulnerable to very serious infections. Wounds will be a lifelong problem for diabetics, so monitoring any cuts can help you prevent further damage.

## 8. Dark patches of skin



Although this can occur in perfectly healthy people, it is most often a symptom of diabetes. Acanthosis nigricans is a skin condition that causes skin to appear darker in areas where it folds or creases. If the skin around your neck, armpits, groin, elbows, knees, or hands is noticeably darker than the surrounding skin, then a checkup at the doctor can help resolve the issue.

## 9. Numb or tingling hands or feet



Since wounds struggle to heal because of poor circulation, this means that your extremities are also not supplied with enough blood. If you have numbness, pain, or a pins and needles feeling in your hands or feet, your blood sugar levels may be out of control. Since hands and feet are the furthest away from our heart, these areas suffer first. If you catch it soon enough, you should regain full feeling and improve your circulation.

**Diabetes is chronic and can lead to many serious complications if left untreated. The sooner you see a doctor, the easier it is to manage your symptoms and improve the quality and longevity of your life. If you're experiencing any of these symptoms, be sure to make an appointment with your physician immediately. Don't forget to SHARE too because you never know who you're helping :)**

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