

## Signs of Diabetes

Diabetes is a disease that renders the body unable to control sugars in the blood. Some patients have type 1 diabetes, while others suffer from the type 2 diabetes. The diseases are similar, differing only in the speed at which they manifest.

In type 1 diabetes, symptoms develop over a relatively short period of time. Type 1 diabetes is caused by an autoimmune response within the body, resulting in an attack on precious beta cells in the pancreas. Because there is no insulin being produced in the case of type 1 diabetes, symptoms develop and worsen very quickly. If the disease is not diagnosed or treatment is not given, a person with type 1 diabetes can quickly fall into a diabetic coma. This condition is irreversible, and sufferers face a lifetime of insulin supplementation.

The situation is quite different with type 2 diabetes. In this form of the disease, some insulin is still being produced. There is a natural release of insulin, however it may not be enough for the body to process, or the cells may have become resistant and unable to utilize the available insulin. In type 2 diabetes the symptoms develop more slowly and grow progressively worse over an extended period of time, and it may be years before a diagnosis is in place.

Signs of diabetes are similar in both type 1 and type 2. If you feel that you are showing signs of diabetes, seek medical advice right away.

- \* **Excessive thirst:** This can be an early indication of underlying trouble. There are of course other factors that may cause thirst, but it is worth asking a doctor if it is an ongoing concern.
- \* **Drowsiness and lethargy:** Everyone is leading a busy lifestyle, so drowsiness is not an uncommon complaint. However, if the condition continues for several days, it should be brought to your doctor's attention.
- \* **Frequent urination:** Obviously, if you are taking in greater amounts of fluid, you will be releasing an equally large amount. However, diabetes can present with a sweet smell to the urine, indicating higher than normal levels of sugar. Other conditions can cause frequent urination. Again, ask your doctor to be sure.
- \* **Changes in vision:** High blood glucose levels can cause damage to smaller blood vessels. This, in turn, can cause damage to the sensitive structure of the eye. Any sudden changes in your vision must be investigated promptly.
- \* **Sweet smelling breath:** Again, this is linked to the high sugar levels. If you or your friends notice a sweet smell to your breath, it should be investigated as a possible sign of diabetes.
- \* **Increase in appetite:** Many factors can bring about an increase in appetite, but it is worth noting as one of the potential signs of diabetes. This is of particular concern if the increased appetite is coupled with unexplained weight loss.
- \* **Heavy or laboured breathing:** While there are many respiratory problems that can make breathing difficult, this is also one of the signs of diabetes that should not be overlooked.
- \* **Stupor or unconsciousness:** This is one of the last signs of diabetes to present itself. By the time that the patient shows these symptoms, it may be too late to help.

If you show any of these signs of diabetes, or a combination of symptoms, you may have cause for concern. Diabetes can be successfully treated if caught early. Ignoring the signs of diabetes, however, can lead to more serious complications and additional health problems. Recognize the signs of diabetes and get immediate medical attention.