

What are the signs and symptoms of diabetes?

Are you worried that you, your child or someone you know may have diabetes?

The common symptoms of diabetes:

- Going to the toilet a lot, especially at night
- Being really thirsty
- Feeling more tired than usual
- Losing weight without trying to
- Genital itching or thrush
- Cuts and wounds take longer to heal
- Blurred vision

Toilet



Thirsty



Tired



Thinner



These symptoms can affect anyone - adult or child.

I have some diabetes symptoms. What now?

If you have any of symptoms of diabetes, you should contact your GP. It doesn't necessarily mean you have diabetes, but it's worth checking - early diagnosis, treatment and good control are vital for good health and reduce the chances of developing serious complications.

For more information, visit:

<https://www.nhs.uk/conditions/diabetes/>

<https://www.diabetes.org.uk/>



4.6 million

people are living with diabetes in the UK



12.3 million

people are at **increased risk** of Type 2 diabetes