**Do you have any of these diabetes symptoms?**

DID YOU KNOW that 1 in 2 people living with diabetes don’t know that they have this condition[[1]](#footnote-1)? This makes the disease particularly dangerous. Left undiagnosed and untreated, diabetes can lead to a range of health complications, which can be life-threating.

**Some of the most serious health complications?** The World Health Organization reports that diabetes is a major cause of blindness, kidney failure, heart attack, stroke and lower limb amputations[[2]](#footnote-2).

**That’s where Vitality’s preventative screening comes in.**

Regular health checks, blood sugar testing and knowing and recognising the most common symptoms for diabetes, are all essential steps to take. Tonya Dodd (MPH), Senior Health Strategy Analyst at Vitality USA, says that people who get regular health checks are more likely to receive an early diagnosis for underlying health conditions like diabetes and this helps with better long-term outcomes. “What this means is easier treatment options, less severe illness and a greatly reduced risk of dying,” she adds.

**What to look out for**

The symptoms of diabetes can occur suddenly or they can be mild and take many years to develop. They can also vary in intensity and presentation depending on if it’s Type 1 diabetes (lack of insulin production) or Type 2 diabetes (body’s ineffective use of insulin)[[3]](#footnote-3).

In general, the main 5 symptoms are[[4]](#footnote-4):

1. Feeling very thirsty
2. Needing to urinate more often than usual
3. Blurred vision
4. Feeling tired
5. Losing weight unintentionally

It’s also possible for those with Type 2 diabetes (the more common type accounting for 90% of all diabetes[[5]](#footnote-5)) to have no symptoms at all. This makes diabetes, and its complications, even more tricky – and further highlights the important role of preventative screening.

**Next steps for you**

Remember to complete your annual Vitality Health Check – a simple and easy set of essential health screenings and preventative tests – for a healthier, happier you. Plus, you’ll earn Vitality points to move you up in reward status.

*For more information about Vitality’s evidence-based approach that encourages and rewards members for healthier living, visit the*[*Vitality Global*](https://www.vitalityglobal.com/)*website.*

1. American Diabetes Association. Statistics about diabetes. [Link](https://diabetes.org/about-us/statistics/about-diabetes). [↑](#footnote-ref-1)
2. WHO. Diabetes. [Link](https://www.who.int/news-room/fact-sheets/detail/diabetes#:~:text=Diabetes%20is%20a%20major%20cause,an%20estimated%202%20million%20deaths.) [↑](#footnote-ref-2)
3. WHO, Diabetes. [Link](https://www.who.int/news-room/fact-sheets/detail/diabetes) [↑](#footnote-ref-3)
4. CDC. Diabetes symptoms. [Link](https://www.cdc.gov/diabetes/basics/symptoms.html) [↑](#footnote-ref-4)
5. CDC. Diabetes fast facts. [Link](https://www.cdc.gov/diabetes/basics/quick-facts.html#:~:text=Type%202%20diabetes%20accounts%20for,become%20more%20overweight%20or%20obese.) [↑](#footnote-ref-5)