

DIABETES

WHAT DO YOU KNOW?

TYPE 1 & TYPE 2

THERE IS A DIFFERENCE

KNOW THE FACTS

See your GP for a blood glucose test or call
Diabetes SA on **1300 136 588** or visit our website
www.diabetessa.com.au for further information.



DIABETES

WHAT DO **YOU** KNOW?



SYMPTOMS

TYPE 1

Symptoms are obvious and can include:

- extreme thirst
- frequent urination
- sudden unexplained weight loss
- extreme fatigue
- blurred vision
- muscle cramps
- nausea
- vomiting
- constant hunger

TYPE 2

Many people have no symptoms at all but can include:

- increased thirst
- frequent urination
- feeling tired and lethargic
- always feeling hungry
- having cuts that heal slowly
- itching, skin infections
- blurred vision
- gradually putting on weight
- mood swings
- headaches
- feeling dizzy
- leg cramps

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