My Diabetes

My Diabetes Project – Diabetes information and services in Europe for women and their families is coordinated by:

European Institute of Women's Health

www.eurohealth.ie

Symptoms

Common symptoms of diabetes are:

- Being thirsty all the time
- Urinating often
- Always feeling hungry
- Feeling tired
- Losing weight without trying
- Sores that heal slowly
- Dry, itchy skin
- Feelings of pins and needles in your feet
- Less feeling in your feet
- Blurred eyesight

Not everyone with diabetes shows these symptoms. The only way to tell is to get a blood test. If you think you are at risk, or have one or more of the above symptoms then ask your doctor.

It is estimated that 50% of EU diabetes cases are undiagnosed.

Make sure you talk to your doctor and let them know of your concerns

This will help ensure you stay healthy.