

## **What are the symptoms of diabetes?**

First of all, it should be underlined that none of the known symptoms of diabetes are observed before the blood sugar level exceeds 170 -180 mg/dl. The person may not have any complaints. However, if no precautions are taken the damage will continue even during these asymptomatic periods.

Some symptoms that occur when blood sugar exceeds 170 -180 mg/dl are:

- \* Frequent urination
- \* Sudden weight loss or tendency to gain weight
- \* Dry mouth and drinking a lot of water
- \* Increased hunger and desire to eat more
- \* Slow healing of wounds or cuts on the skin
- \* Dry and itchy skin
- \* Numbness in hands and feet
- \* Weakness and extreme tiredness
- \* Numbness, tingling, burning sensation in feet
- \* sexual problems
- \* Blurred vision