The American Association of Diabetes Educators (AADE) recommends asking your doctor about getting tested for diabetes if you are experiencing any of the following symptoms, particularly if you are 45 or older. Are you:

• **Finding it more difficult to see or hear clearly?** Everyone around you seems to be mumbling all of the sudden and you find yourself squinting to clear your blurry vision. Hearing loss is twice as common in people with diabetes as in those who don’t have the disease, according to research. Doctors aren’t sure why, but believe it might be because diabetes damages blood vessels and nerves in the body, including those in the ear. Build-up of glucose in the blood can damage your eyesight, too, by distorting the shape of the lens in your eye and making your vision blurry.

• **Feeling tired and grouchy?** You’re getting older, so you get tired more easily, right? Perhaps. Or maybe because of type 2 diabetes your body isn’t effectively converting glucose to energy and so you feel exhausted all of the time. And when you’re tired, you’re irritable.

• **Experiencing odd symptoms?** Other unexpected indications of diabetes include dry, itchy skin, the development of darkening and velvety patches of skin around the neck or other parts of the body, cuts and bruises that don’t heal and tingling and numbness of the hands and feet. Many of these symptoms occur because the blood vessels and nerves are damaged by the excessive amounts of glucose.

• **Feeling hungry – all the time?** When your body doesn’t use glucose effectively, it needs more fuel, so you feel hungry and eat frequently.

• **Going to the bathroom a lot but always thirsty?** These signs of diabetes are related. If you have diabetes, your body tries to get rid of the glucose that’s building in your blood by causing you to urinate frequently. When you go to the bathroom a lot, you lose a lot of fluid, making you dehydrated and thirsty.

The good news is that diabetes is manageable. A diabetes educator can help people with prediabetes or diabetes be as healthy as possible by talking with them about the best ways to manage their condition to fit their lifestyle.

Find a diabetes educator near you: [www.diabeteseducator.org](http://www.diabeteseducator.org)