

Learn how you can **MAKE A DIFFERENCE** in your health this month.



November is American Diabetes Month®

That makes it the perfect time to learn about diabetes and lower your risk.

What is diabetes?

Diabetes causes your blood glucose (blood sugar) levels to rise too high, which can lead to a wide variety of health complications.

Are you at risk for diabetes?

Anyone can develop diabetes, but the following raise your risk:

- Having a family history of diabetes
- Being over the age of 40
- Having overweight or obesity
- Being physically inactive
- Being Black, Hispanic or Latino, American Indian, Alaska Native, Pacific Islander, or Asian American

To find out if you're at risk for diabetes, speak with your healthcare professional. You can also take our 60-Second Type 2 Diabetes Risk Test.



Scan the QR code or visit
diabetes.org/RiskTestADM.

Diabetes Symptoms

For some, symptoms of diabetes are so mild they go unnoticed. Here are common symptoms to look out for:

- Urinating often
- Feeling very thirsty
- Feeling very hungry (even though you are eating)
- Extreme fatigue
- Blurry vision
- Cuts or bruises that are slow to heal
- Weight loss, even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)
- Diabetic Ketoacidosis
- Stroke

How can you lower your risk for or manage diabetes?

There are steps you can take to prevent, delay, or manage diabetes. Talk with your healthcare team about a treatment plan that works for your needs and helps you reach your goals. Treatment plans may include getting physical activity, following a healthy eating plan, managing weight, and/or taking medications as prescribed.

How to Learn More

If you want to make the most of American Diabetes Month, the American Diabetes Association® is here to help you understand your risks, learn about ways to manage diabetes, and start your health journey.

Visit us at diabetes.org.

Did you know? Nearly half of Americans are living with diabetes or prediabetes.