

# Diabetes **ALERT** Day!

**Diabetes is the fastest growing epidemic in the U.S.**

Over **40 million** Americans are living with **diabetes**



**1 in 4** adults with diabetes **don't know they have it**

Knowing the symptoms of diabetes can help you take action to improve your health.

**Symptoms include:**



Urinating often



Blurry vision



Feeling very thirsty



Cuts or bruises that are slow to heal



Feeling very hungry (even though you are eating)



Weight loss, even though you are eating more (type 1)



Extreme fatigue



Tingling, pain, or numbness in the hands/feet (type 2)

Learn more at [diabetes.org/AlertDay](https://diabetes.org/AlertDay)