

# Diabetes Education

## DIAGNOSING DIABETES

### Which people are at greatest risk of becoming diabetic?

There is a greater likelihood of you having diabetes if any of the following apply to you:

- You have any relatives with diabetes: parents, brothers or sisters.
- You have had diabetes during pregnancy or have had children weighing over 4 kilos.
- You have ever had increased glucose (sugar) in the blood in a previous test.
- You suffer from some form of heart or circulatory disease.
- You have high blood pressure or a high amount of fat (cholesterol or triglycerides) in the blood.
- You are obese.

If any of the above circumstances apply to you, you need to have a check-up with your doctor every year.

### What symptoms might make me think I am diabetic?

- Diabetes does not usually produce any symptoms to begin with.
- Later on, the typical symptoms are an increase in the amount of urine you pass during the day and being thirstier than normal. You may also be very hungry.
- At a more advanced stage, the symptoms may be those of associated complications: foot ulcers, poor eyesight, pains in the chest or legs when making an effort, etc.

### How can I be certain whether I am diabetic?

- You can make certain by having a blood test to detect increased glucose (sugar).



Person with diabetes .....	Basal glucose (in venous blood, with an empty stomach) equal to or above 126 mg/dl
People at greatest risk of developing diabetes .....	Basal glucose: 100-125 mg/dl