



DIABETES

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Type 2 diabetes

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Symptoms

Type 2 diabetes symptoms may seem harmless at first. In fact, you can have type 2 diabetes for years and not even know it. Look for:

- **Increased thirst and frequent urination.** As excess sugar builds up in your bloodstream, fluid is pulled from your tissues. This may leave you thirsty. As a result, you may drink — and urinate — more than usual.
- **Extreme hunger.** Without enough insulin to move sugar into your cells, your muscles and organs become depleted of energy. This triggers intense hunger that may persist even after you eat.
- **Weight loss.** Despite eating more than usual to relieve your constant hunger, you may lose weight. Without the energy sugar supplies, your muscle tissues and fat stores may simply shrink.
- **Fatigue.** If your cells are deprived of sugar, you may become tired and irritable.
- **Blurred vision.** If your blood sugar level is too high, fluid may be pulled from your tissues — including the lenses of your eyes. This may affect your ability to focus.
- **Slow-healing sores or frequent infections.** Type 2 diabetes affects your ability to heal and fight infections. Bladder and vaginal infections can be a particular problem for women.

Some people who have type 2 diabetes have patches of dark, velvety skin in the folds and creases of their bodies — usually in the armpits and neck. This condition, called acanthosis nigricans, is a sign of insulin resistance.

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