



How do I know if I have diabetes?

There are several types of diabetes, but type 2 diabetes is the most common among Aboriginal peoples.

You might have type 2 diabetes if:

- ◆ you are often thirsty
- ◆ you go to the bathroom a lot (urinate)
- ◆ you lose weight without knowing why
- ◆ you do not have much energy
- ◆ you can't see well (blurred vision)
- ◆ you get more infections than usual
- ◆ you have cuts and bruises that heal slowly
- ◆ you feel tingling or numbness in your hands or feet.

On the other hand, many people who have type 2 diabetes may not have any of these signs. This is why it is important to be tested regularly for diabetes if you are an Aboriginal adult, or if you have any of the signs listed above.

It is important to know if you have diabetes. The sooner you know, the sooner you can take steps to help you live well with diabetes. People with diabetes can live long, healthy, happy lives.

For more information, or to be tested for diabetes, contact your health care provider.

What is diabetes?

Diabetes is a lifelong condition where your body does not produce enough insulin, or your body cannot use the insulin it produces. Your body needs insulin to change the sugar from food into energy.

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For more information please visit www.healthcanada.ca/diabetes

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