

## Diabetes – Warning signs of the disease

I recently attended an all day seminar on Juvenile Diabetes. One of the speakers was a Mom whose fourth grade son passed away in his sleep from undiagnosed type 1 diabetes., formerly known as juvenile diabetes. It was heart wrenching. His symptoms were not typical, and were similar to those of other illnesses, during flu season. It was so sad to hear this story. Below are symptoms of both Type I Diabetes and Type II Diabetes. If you notice a child in your class with any of these symptoms, contact the nurse/and or parent.

### **Type 1 Diabetes Mellitus:**

Excessive thirst

Frequent urination, sometimes exhibited by bedwetting (in large quantities)

Sudden vision changes

High amounts of sugar in the blood and/or urine (a sweet, fruity odor may be present in the urine, on one's breath/body)

Extreme hunger-increased appetite

Rapid or unexplained weight loss

Fatigue (weak and tired)

Irritability and mood changes

Drowsiness, lethargy

Nausea and /or vomiting

Abdominal pain

Rapid, hard breathing (heavy, labored)

Stupor, unconsciousness

### **Type 11 Diabetes Mellitus:**

Blurred vision

Tingling or numbness in the legs, feet or fingers

Frequent infections of the skin

Recurring skin, gum or urinary tract infections

Itching of skin and / or genitals

Drowsiness

Slow healing of cuts and bruises

Any of the symptoms of Type 1 Diabetes

Please note that many of these symptoms can be related to illnesses that are not associated with diabetes, including the flu. Only a healthcare professional can provide appropriate diagnostic tests and treatments.