

# Do I Have Diabetes?

## Good News about Diabetes

The good news is that you can control diabetes. If you have diabetes, talk with your health care team about things you can do to stay healthy.

**Write down the name and telephone number of your primary care doctor or nurse:**

Primary Care Doctor or Nurse

Telephone number

**Some people** are more likely to get diabetes. Keep reading to find out if you are at risk.

## Am I at risk of getting diabetes?

Check the boxes that describe you:

- Are overweight
- Are over 45 years old
- Have a parent, brother, or sister with diabetes
- Have high blood pressure
- Are African American, Hispanic/Latino, Native American, Asian American or Pacific Islander
- Gave birth to a baby weighing over nine pounds
- Had diabetes during pregnancy
- Have been told that your blood sugar (glucose) levels are higher than normal

The more boxes you check, the greater your risk of getting diabetes. Ask your primary care doctor or nurse for a blood sugar test for diabetes.

## Many people have diabetes and don't know it. What are some signs and symptoms of diabetes?

- Being very thirsty and/or being very hungry
- Being confused, or not able to concentrate
- Feeling very tired most of the time
- Losing weight without trying
- Having blurred vision
- Urinating a lot
- Having frequent infections (such as yeast infections)
- Having sores that are slow to heal

Not everyone who gets diabetes has symptoms, but if you do have symptoms, ask your primary care doctor or nurse for a blood sugar test for diabetes.

Commonwealth of Massachusetts Executive Office of Health and Human Services

