

**MARCH 23, 2010 IS
AMERICAN DIABETES ALERT DAY**



**Are you at risk for developing
Type 2 diabetes?**

The American Diabetes Association (ADA) estimates that 23.6 million children and adults in the United States have diabetes. The ADA also estimates that nearly one quarter of these individuals – about 5.7 million people – are unaware they have the disease. For many people, diagnosis may come seven to ten years after the onset of the disease.

Are you or one of your loved ones at risk for developing Type 2 diabetes? To find out, please review the signs and symptoms of diabetes on the other side of this flyer.

At our health campus, our dietitians, chefs, food service staff, and caregivers ensure our residents' individual nutritional and health needs are met. We offer a variety of menu options and food choices including fresh fruits and vegetables, alternative entrees and, sugar-free foods, ensuring our residents have a choice of healthy alternatives.



2040 Washington Ave.
Evansville, IN 47714
(812) 473-0100

www.vibranthomehealthcare.com

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SIGNS & SYMPTOMS OF TYPE 2 DIABETES



Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes.

Symptoms of Type 2 Diabetes*

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and irritability
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

**Often people with Type 2 diabetes have no symptoms*

If you have one or more of these diabetes symptoms, see your doctor right away.

You can also take the Diabetes Risk Test on the ADA web site:

(<http://www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test/>)



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