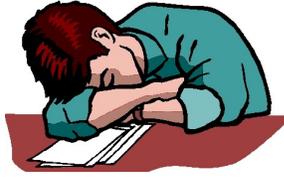


# SIGNS & SYMPTOMS OF DIABETES

ADD UP YOUR SCORES

ALWAYS TIRED=2



ALWAYS HUNGRY=2  
(ESPECIALLY AFTER  
EATING)



UNEXPLAINED  
WEIGHT LOSS=2



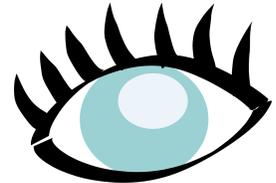
WOUNDS THAT  
WON'T HEAL=2



OVERWEIGHT=2  
(WAIST  
MEASUREMENT IS  
MORE THAN 1/2  
YOUR HEIGHT)



BLURRED  
VISION=2



FAMILY MEMBER  
HAS DIABETES=2



SEXUAL  
DYSFUNCTION=2  
(DIFFICULTY WITH  
ERECTION)



VAGINAL  
INFECTIONS=3  
(ITCHING)



NUMBNESS AND  
TINGLING OF  
FEET=3



CRAVE EXTRA  
LIQUIDS=4  
(MORE THAN 10  
GLASSES PER DAY)



FREQUENT  
URINATION=4  
(ESPECIALLY  
DURING NIGHT)



BLOOD GLUCOSE  
ABOVE 140  
MG/DL=10  
(DONE BY A  
HEALTH CARE  
PROFESSIONAL)



**IF YOUR TOTAL IS 7 OR MORE...SEE YOUR DOCTOR**