Diabetes Symptoms

Diabetes is a very common long term health condition, affecting more than **1 in 20** people the UK.

What are the symptoms of diabetes?

There are many things that can indicate the presence or development of diabetes, but the main symptoms consist of:

The main symptoms of diabetes are:

- **Polydipsia – increase in thirst**
  Polydipsia is the medical term for feeling thirsty all the time, or thirst that is not quenched after drinking.

- **Polyuria – the need to urinate more often**
  Frequently going to the toilet and passing a large amount of urine each time is known as polyuria.

- **Polyphagia – increase in appetite**
  This occurs when an increase in appetite remains after simply eating more food or eating more regularly.

These symptoms are known as the **'Three Ps'**, but they are not the only signs of undiagnosed diabetes.

You should also consult your doctor if you experience one or more of the following:

- **Extreme tiredness**
  Tiredness or exhaustion that doesn't disappear with sleep or rest can be a symptom of diabetes.

- **Unexplained weight loss**
  Sudden weight loss that isn't tied to dieting or exercise may indicate diabetes.

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- **Blurred vision**
  The development of diabetes can cause problems with your eyesight.

- **Slow healing of cuts and wounds**
  Wounds that take longer than usual to heal are a common sign of diabetes mellitus.

- **Genital itching or regular episodes of thrush**
  Itching, burning or soreness in the genital region can be an indicator of diabetes.

If you think you may be at risk of diabetes, see your doctor immediately. It is usually a good idea to test your blood sugar levels using a blood glucose meter.

There are many different blood glucose meters available in the UK, and you can find a selection of these in our Diabetes Shop.

Is there anything that can help me with diabetes symptoms?

Blood glucose meters can be used to test your blood sugar levels. You may wish to consider:

Blood glucose meters

Blood glucose test strips

Diet Plate