

Warning Signs and Symptoms of Type 1 Diabetes

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Familiarize yourself with the warning signs and symptoms of type 1 diabetes.
Early detection and knowledge of the warning signs is your greatest weapon
against complications associated with the disease!

*These symptoms often **occur suddenly** and must receive **immediate medical attention**:*

- ** **Excessive thirst**
- ** **Frequent urination** (sometimes exhibited by a return to bedwetting; heavy diaper)
- ** **Unexplained weight loss** (even though eating and feeling hungry)
- ** **Tired** (weak; fatigued)
- * Extreme hunger
- * Blurry vision
- * Irritability; mood changes
- * Fruity-smelling breath
- * Drowsiness; extreme lethargy
- * Abdominal pain
- * Nausea or vomiting
- * Rapid, heavy breathing
- * Confusion
- * Stupor (almost unresponsive)
- * Unconsciousness

**** KNOW THE 4T's: Thirsty; Toilet; Thinner; Tired** (*early warning signs*)

Symptoms can be mistaken for other issues or illnesses such as the flu or stomach virus.

Only a healthcare professional can provide appropriate diagnostic tests and treatments.