



## Type 2 Diabetes: The Signs

Type 2 diabetes is the most common type of diabetes among Aboriginal people. You can have diabetes without knowing it.

### What should I look for?

- Being thirsty often
- Having to pee often
- Unusual weight gain or loss
- Getting tired often
- Blurry vision
- Getting infections often
- Cuts and bruises that won't heal
- Tingly or numb hands and feet
- Problems with erections

If you have any of these signs, see your local health care provider and get tested. Finding out early gives you a head start in living a healthy lifestyle.

***To learn more about diabetes, visit your local health care provider, or go to: [www.healthcanada.gc.ca/ADI](http://www.healthcanada.gc.ca/ADI)***

## Aboriginal *Diabetes* Initiative

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