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Symptoms occur because some or all of the glucose stays in the blood and it isn't being used as fuel for energy. The body tries to reduce blood glucose levels by flushing the excess glucose out of the body in the urine.

The main symptoms of undiagnosed diabetes can include:

- passing urine more often than usual, especially at night
- increased thirst
- extreme tiredness
- unexplained weight loss
- genital itching or regular episodes of thrush
- slow healing of cuts and wounds
- blurred vision

In **Type 1 diabetes** the signs and symptoms are usually very obvious and develop very quickly, typically over a few weeks. The symptoms are quickly relieved once the diabetes is treated and under control.

In **Type 2 diabetes** the signs and symptoms may not be so obvious, as the condition develops slowly over a period of years and may only be picked up in a routine medical check up. Symptoms are quickly relieved once diabetes is treated and under control.

If you have any of the above symptoms contact your GP. Early diagnosis, treatment and good control of diabetes is vital to reduce the chances of developing serious diabetes complications.

What is diabetes?

Find out more about the different types and watch our animation on how diabetes affects the body.

Are you Type 1 aware?

Leaving Type 1 diabetes untreated can lead to serious health problems, including [diabetic ketoacidosis](#), which can result in a potentially fatal coma.

To help raise awareness of the symptoms of Type 1 diabetes, and to try to avoid these dangerous complications, we have produced the following video in association with the JDRF:

Type 1 Diabetes Aware – Diabetes UK and JDRF UK

Related links

- » Causes and risk factors
- » Prediabetes
- » Gestational diabetes

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- » Beth yw symptomau diabetes?



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