

Common Illnesses – Diabetes

Symptoms:

- frequent urination
- extreme thirst
- urinary tract infection
- fatigue
- poor wound healing

Some causes:

- too much sugar in your food
- family history

Long-term effects if not managed properly:

- vision loss
- loss of circulation in feet leading to amputation
- excessive weight gain
- fainting spells
- confusion, agitation, irritability

