

How Do You Know If You Have Diabetes

Diabetes is a disease which prevents insulin from being used properly in the body of an otherwise healthy adult or child. Insulin is a critical chemical in the body which helps turn sugar and starches into energy the human body can use. When a person has diabetes his or her body has a difficult time producing enough insulin. The symptoms of diabetes can be nearly unnoticeable at first.

Diabetes is a treatable disease, but without a proper diagnosis it can be deadly. There may be 7 million people or more in the United States who have diabetes but don't even know it. One of the first ways to be on the lookout for this disease is to know some of the more common symptoms:

Extreme hunger and thirst: Since insulin controls how your body digests food, your body, and especially your kidneys, may start working overtime if it doesn't have enough insulin. Since your body isn't getting the full effect of the food you're digesting, your body may feel as though it needs more. Since your kidneys are working hard and trying to eliminate extra sugar through urination, you're losing a lot of liquid and may feel as though you have to keep drinking to replenish your body's water.

Increased Urination: Because your body working overtime to remove sugar from its system, you may find yourself urinating more. As your thirst increases you'll find yourself drinking more liquid, which only means you'll have to urinate sooner rather than later. Many [adult bedwetters](#) may really only have an undiagnosed case diabetes which can be treated.

Increased fatigue: There are a number of reasons you may feel unusually fatigued, but the extra work your body is spending just to process sugar may be one of them. Your body also is not able to get as much energy from sugar and starches, so it may feel as though you're always run down simply because you are!

Diabetes is a serious disease that can grow worse if not diagnosed early and treated properly. The good news is that diabetes is a disease which doesn't have to kill you. You can live and even thrive with diabetes as long as you take care of yourself with some common sense treatments and actions.

About the Author

Many of the symptoms above could be indications of a serious and untreated medical condition. For example, there are many [causes for wetting the bed as an adult](#). If you have any of the above symptoms you may want to talk to your doctor or physician. Grab a totally unique version of this article from the Uber [Article Directory](#)

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