

III. Diagnosis of Diabetes

A blood glucose test can detect diabetes. A normal fasting blood glucose level is less than 100 mg/dl. Fasting means no food intake for at least 8 hours. A level between 100-125 mg/dl signals pre-diabetes. A fasting glucose of 126 mg/dl or above on two occasions confirms a diagnosis of diabetes.

IV. Symptoms of Diabetes

Symptoms vary from person to person. Some may have no symptoms at all. The most common are:

- Rapid weight loss
- Increased thirst and urination
- Blurred vision
- Tingling or numbness in feet
- Fatigue
- Frequent hunger
- Slow healing wounds
- Itchy skin

V. Risk Factors for Development of Diabetes

- Family history
- Obesity
- History of diabetes during pregnancy
- Age (usually affects people age 45 and older)
- Persons of the following descent: African American, Native American, Hispanic American, Asian American, and Pacific Islander
- Physical inactivity
- High blood pressure