



Diabetes Awareness

Diabetes occurs when your blood glucose, also called blood sugar, is too high. Over time, having too much glucose in your blood can cause health problems, such as heart disease, nerve damage, eye problems and kidney disease.

In the United States, 37.3 million people, or 11.3 percent of the U.S. population, have diabetes. Of this population, there are 28.7 million people who live with diabetes and are undiagnosed. And an estimated 96 million people, or 38 percent of the adult U.S. population, aged 18 years of age or older, have prediabetes.

Symptoms of diabetes include:

- Increased thirst and urination
- Increased hunger
- Feeling tired
- Blurred vision
- Numbness or tingling in the feet or hands
- Sores that do not heal
- Unexplained weight loss

If you are experiencing these symptoms and want to start a discussion with a primary care physician about diabetes and your health, Memorial Hermann can help.

Visit [memorialhermann.org/primary-care](https://www.memorialhermann.org/primary-care)

Learn more about diabetes and support groups at Memorial Hermann by visiting [memorialhermann.org/diabetes](https://www.memorialhermann.org/diabetes)