

DIABETES

HOW DO YOU FEEL?



***KEEP CULTURE
LIFE & FAMILY
STRONG***

***KNOW EARLY
ABOUT
DIABETES***

Maybe you don't feel sick
from Diabetes.

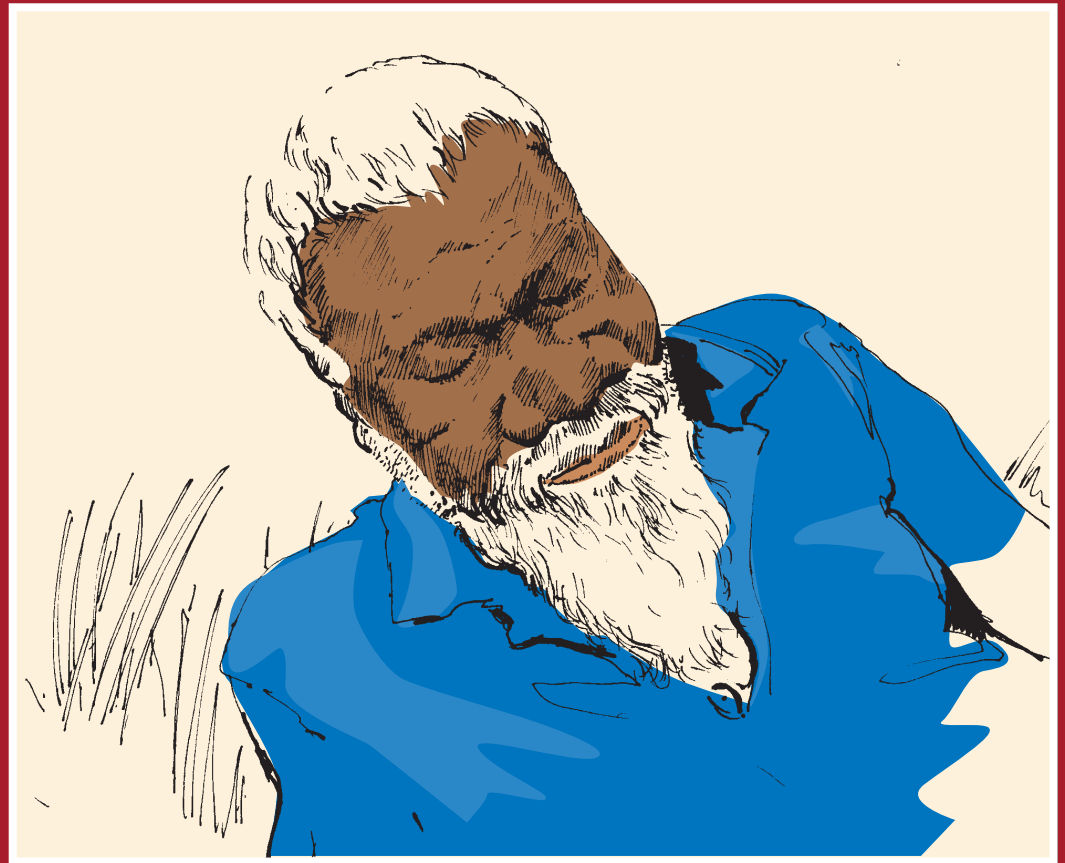
Maybe you feel some of these:



FEELING TIRED OR WEAK

Sugar (glucose) gives your body energy. The **sugar** (glucose) moves from your blood into your muscles with something called **insulin**.

With diabetes your insulin isn't working properly, so the sugar (glucose) doesn't get into your muscles & body easily. **This can make you feel tired or weak.**



GO TO THE TOILET A LOT

Peeing is one way your body gets rid of the **extra sugar** (glucose) **in your blood.**

This can make you go to the toilet a lot of times and pee longer.



FEELING THIRSTY

When your body gets rid of the extra sugar (glucose) by peeing, your body loses a lot of fluid.

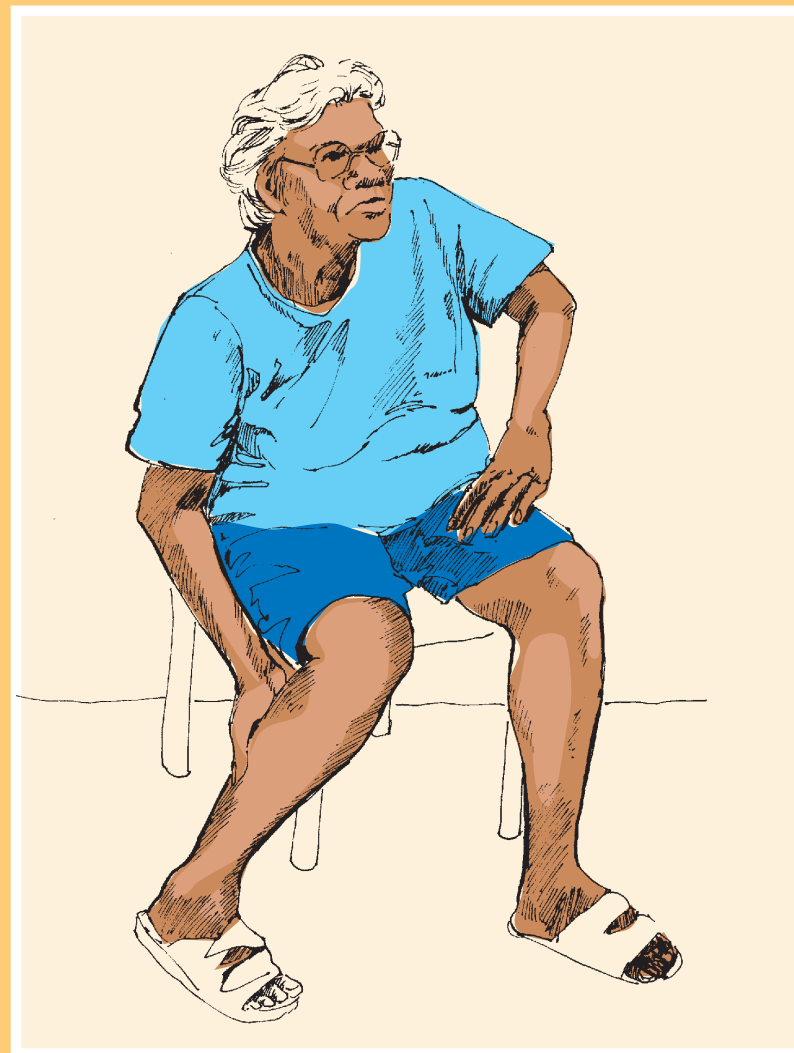
This makes you **very very thirsty** because the body needs to put back the fluid it used.



LEG CRAMPS

When your body gets rid of the extra sugar (glucose) by peeing, your body and the muscles in the legs lose a lot of fluid.

When the muscles in your legs lose fluid they start cramping.



FEELING ITCHY

Another way your body gets rid of the extra sugar (glucose) is by **sweating**.

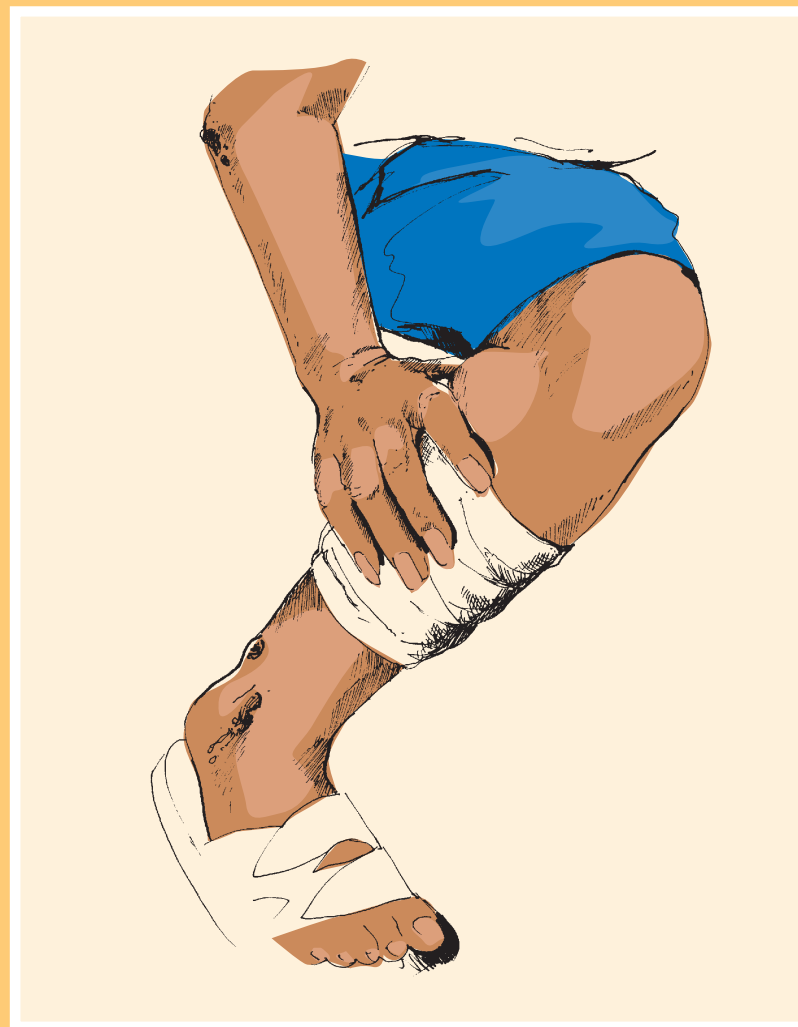
This **sweat with sugar (glucose)** in it can **make your skin feel itchy**.



SORES & BOILS THAT WON'T HEAL

The extra sugar (glucose) in your blood is food for germs and it helps them grow in numbers.

This makes it harder for your body to fight off infections like: boils, sores, thrush, coughs and colds, bladder and kidney infections.



BLURRY VISION

When sugar (glucose) is high, the extra sugar moves from your blood into the lens of the eyes.

This changes the shape of the lens in your eye making things blurry. When your sugar level goes down the extra sugar goes out of your eye and your sight goes back to normal.



PINS & NEEDLES

When sugar (glucose) is high, the extra sugar goes out of your blood into your nerves.

The extra sugar (glucose) in your nerves makes it feel like you have pins and needles, tingling, hot, burning or cold feet.



FEELING GRUMPY OR ANGRY

When sugar (glucose) is high, extra sugar goes from your blood and into your brain.

Your brain gets confused and doesn't work properly and this can make you feel **grumpy, angry, dizzy and have headaches.**



**LOOKING AFTER YOURSELF AND YOUR DIABETES
WILL KEEP YOU STRONGDON'T LET IT BE THE
BOSS OF YOUTAKE CHARGE
.....CONTROL IT....**

**KEEP CULTURE, LIFE & FAMILY
STRONG – KNOW EARLY ABOUT
DIABETES AND GET A CHECK UP.....**

YOU CAN GET A CHECK UP FROM YOUR.....

Aboriginal Health Worker

or

Health Clinic/Community Care Centre

or

Aboriginal Medical Service

or

Doctor

or

Healthy Living NT

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