

# MEDICAL ARTICLES

BY: PATIENT SUPPORT GROUP

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## Diabetes Awareness: Taking Control of Your Health.

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Diabetes is a chronic condition that affects how the body uses blood sugar (glucose), an important source of energy. When diabetes is not well controlled, it can lead to serious health problems affecting the heart, kidneys, eyes, and nerves.

### Common Signs and Symptoms

- Frequent urination
- Excessive thirst
- Increased hunger
- Unexplained weight loss
- Fatigue
- Blurred vision
- Slow-healing wounds

### When to Seek Medical Attention

Contact your healthcare provider if you experience very high blood sugar levels, severe thirst, confusion, difficulty breathing, or signs of infection.

Diabetes can be effectively managed through healthy lifestyle choices, regular monitoring, and adherence to medical treatment. Early detection and proper care can help prevent complications and improve quality of life.