

Diabetes

Signs and symptoms of diabetes

Having some of the signs of diabetes doesn't mean you definitely have the condition, but you should always contact your GP, just to make sure.

Common symptoms

- Feeling really thirsty.
- Going to the toilet a lot, especially at night.
- Feeling more tired than usual.
- Losing weight.
- Cuts and wounds take longer to heal.
- Blurred vision.
- Genital itching or thrush.

These symptoms are due to glucose remaining in the blood, and not being used for energy. The body attempts to reduce blood glucose levels by flushing glucose out of the body when you pee. High levels of glucose in the urine are a perfect breeding ground for the fungal infection. Not everyone gets symptoms around 6 out of 10 people have no symptoms when diagnosed with Type 2 diabetes. However early diagnosis, treatment and good control are vital for good health and reduce the chances getting any complications.

Type 1 diabetes

Type 1 diabetes are hard to miss because symptoms can often appear quite quickly. But leaving it untreated can lead to serious health problems, including a potentially fatal coma. Most people with Type 1 diabetes are diagnosed in childhood and early adulthood, older adults with Type 1 diabetes may not recognise their symptoms delaying treatment.

Type 2 diabetes

Type 2 diabetes is easier to miss as it develops slowly, especially in the early stages when it can be harder to spot the symptoms. Left untreated however diabetes affects many major organs, including your heart, blood vessels, nerves, eyes and kidneys. Get your sugar levels checked as early diagnose's and controlling blood sugar levels can help prevent complications.

New Guide lines: testing for drivers

New guidelines will make blood testing requirements simpler for people with diabetes when they are driving.

The DVLA was set to approve the use of flash and continuous glucose monitoring devices, including the FreeStyle Libre, for people with diabetes testing their blood glucose prior to driving or during breaks.

This week, the DVLA confirmed the approval, meaning drivers with diabetes will no longer be required to test their blood through finger pricking when driving and will be able to use flash or continuous glucose monitoring instead. However, people with diabetes can still choose to use this method if that is their preference.

The changes were made following a series of discussions among a leading panel of experts who worked together to provide the safest possible advice for everyone on the road.

"Our panel of medical experts who help set the medical standards for driving are always looking at how we can use advancing technologies, and we're pleased to be able to offer drivers another way of how they monitor their glucose levels."

If drivers choose to use flash or CGM devices, the regulations state they must then use a finger prick test if their glucose levels are 4.0 mmol/L or below; they experience symptoms of hypoglycemia; or the glucose monitoring system gives a reading that is not consistent with the symptoms they are experiencing.

The current regulations regarding finger-prick blood glucose testing remain the same for bus and lorry drivers.

It still remains essential that those who rely on insulin to treat their diabetes must tell the DVLA.

To check the regulations in full, visit the Government website.

