

Living Well Tip of the Week

Individuals with diabetes are at an increase risk of heart disease, stroke, kidney disease, blindness, amputations & dental disease.

(American Diabetic Association)

Common symptoms of diabetes are increase thirst, frequent urination, increased hunger, unusual weight loss, extreme fatigue, & irritability. These symptoms are caused by the body's response to high blood sugar levels

Other Signs of Type 2 Diabetes May Include:

- Frequent infections, cuts, & bruises that heal slowly
- Blurred vision
- Tingling or numbness in hands or feet
- Skin, gum, or bladder infections that recur
- Persistent bacterial infections (women)



Check Out The Living Well Health Management Center- Blood Sugar To:

- ✓ Take the diabetes assessment
- ✓ Search the diabetes on-line library
- ✓ Receive a free diabetes care plan newsletter
- ✓ For the latest diabetes news!

Go to: www.webmdhealth.com/ut

Select: LIVING HEALTHLY/HEALTH MANAGEMENT CENTER

**Living Well Health Manager powered by WebMD Program available to UT SELECT members- Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.*