

Body Signals — The Early Warning Signs



Why T2D Often Goes Undetected

Type 2 diabetes develops slowly and quietly. In India, up to 50% of people with T2D are undiagnosed. Recognising warning signs early means you can act before serious complications develop.^[1]

Increased Thirst & Frequent Urination



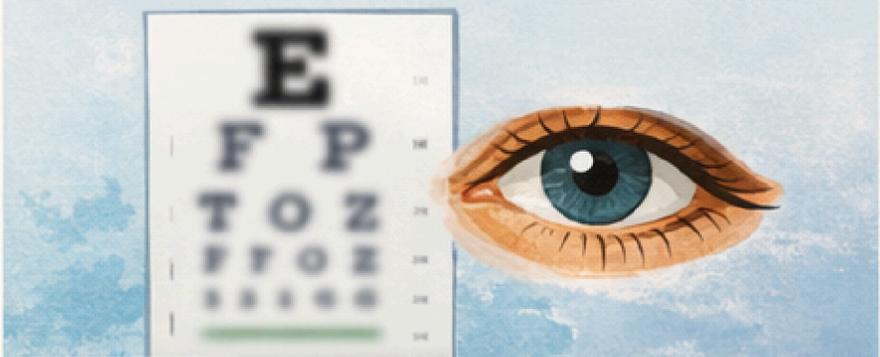
- Frequent urination and constant thirst due to high blood sugar.^[2]

Unusual Tiredness



- Persistent fatigue even after a good night's sleep.^[2]

Blurred Vision



- Blurry vision that changes with blood sugar levels.^[3]

Slow-Healing Cuts & Wounds



- Wounds or sores that heal slowly, especially on feet.^[2]

Note: In Indian adults, T2D often develops at a younger age and lower body weight than in Western populations. Even if your weight seems normal, these symptoms deserve a simple blood test.

References

1. Anjana RM, et al. Metabolic non-communicable disease health report of India: ICMR-INDIAB study. S Afr Med J. 2023;113(2):23–43.
2. American Diabetes Association. Standards of Care in Diabetes—2024. Diabetes Care. 2024;47(Suppl 1):S1–S321.
3. National Eye Institute. Diabetic Retinopathy. Updated 2023.

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More Signs You Should Not Dismiss



Symptoms That Are Easy to Overlook

If you have more than one of these lasting weeks, a blood sugar test is the right next step.^[1]

Tingling, Numbness, or Burning in Hands or Feet



Nerve damage causing tingling, burning, or numbness.^[2]

Recurring Infections



Frequent UTIs, skin infections, or yeast infections.^[1]

Unexplained Weight Loss



Losing weight without trying.^[1]

Darkening of Skin in Body Folds



Dark, velvety patches in armpits, neck, or groin.^[3]

Note: If you have noticed any of these signs, don't wait.

Ask your doctor for a **fasting blood glucose or HbA1c test.**

A simple blood test is all it takes to know.



References

1. American Diabetes Association. Standards of Care in Diabetes—2024. *Diabetes Care*. 2024;47(Suppl 1):S1–S321.
2. Goel A, et al. Diabetic peripheral neuropathy in India and the United States. *Chron Diabetes Res Pract*. 2024;3(1):33–41.
3. Mohan V. Lessons learned from epidemiology of type 2 diabetes in South Asians: Kelly West Award Lecture 2024. *Diabetes Care*. 2025;48(2):153–163.

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Risk Factors and When to Get Tested

You May Be at Risk Even Without Obvious Symptoms.

You can have T2D or be close to developing it without feeling unwell at all. Knowing your personal risk factors is just as important as recognizing symptoms. ^[1]

Risk Factors That Raise Your Chances of T2D ^[1,2]



- **Family history:** Parent or sibling with T2D



- **Excess abdominal fat:** Waist above 90 cm (men) or 80 cm (women)



- **Age over 35:** Higher risk in South Asian adults



- **History of gestational diabetes**

- **Sedentary lifestyle, High blood pressure, or Abnormal cholesterol**

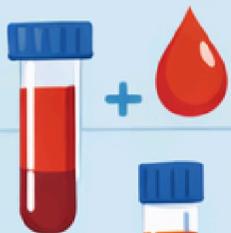


- **Polycystic Ovary Syndrome (PCOS)**

When Should You Get Tested? ^[1]

- Two or more risk factors above,
- Family history of T2D, or
- **Over 35 and no blood sugar** → check in last year.

What Tests to Ask For ^[1]



- **HbA1c:** Average blood sugar over 2–3 months



- **Fasting Blood Glucose:** After 8 hours without food

- **Oral Glucose Tolerance Test:** Used when results are borderline



Note: Early detection changes everything. Ask your doctor for a blood sugar check today.

References

1. American Diabetes Association. Standards of Care in Diabetes—2024. Diabetes Care. 2024;47(Suppl 1):S1–S321.
2. Mohan V. Lessons learned from epidemiology of type 2 diabetes in South Asians: Kelly West Award Lecture 2024. Diabetes Care. 2025;48(2):153–163.
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