

Symptoms

It can be difficult to distinguish Type 1 from Type 2 diabetes. They share many similar symptoms, and the differences are slight.

Symptoms that may be common to both*

- Need to urinate often (especially at night)
- Feels thirsty often
- Losing weight without trying
- Often hungry
- Blurred vision
- Numbness or tingling in hands/feet
- Gets tired easily, or lacks energy
- Dry skin
- Sores/wounds that take a long time to heal
- Prone to infections (commonly involving skin, urine or lungs)

*May not be experienced by all

How Type 1 and Type 2 diabetes present

Type 1 diabetes

Fast onset, often over a few days.

When symptoms are ignored, it can lead to serious complications such as Diabetic Ketoacidosis (DKA), when acids known as ketones build up in the bloodstream.

Type 2 diabetes

May not have obvious symptoms or **the symptoms can be easily missed**. If ignored, they can lead to serious complications such as Hyperosmolar Hyperglycaemic Syndrome (HHS), when blood sugar is dangerously high and the body becomes severely dehydrated.