## SIGNS AND SYMPTOMS OF TYPE 1 DIABETES

- Frequent urination or bedwetting
- Excessive thirst dehydration
- Extreme weakness and/or fatigue
- Blurry vision and headaches
- Weight loss despite eating more
- Increased appetite
- Irritability or quick mood changes
- Stomach pain, nausea, and vomiting
- Rapid breathing
- Fruity smelling breath

Ask your doctor for a simple urine test or finger prick

www.carbcountingmama.ca

## **OFTEN MISDIAGNOSED AS**

- Flu or virus
- Urinary tract infection
- Growth spurt
- Type 2 or gestational diabetes
- Strep throat