



## Can diabetes symptoms develop suddenly?

**Depending on what type of diabetes you have, you may begin having symptoms quickly or have none at all.**

In type 1 diabetes, the onset of symptoms can be very sudden. In type 2 diabetes, symptoms tend to begin over time, and sometimes there are no signs at all. If you have symptoms, see your health care provider immediately. Keep in mind that these symptoms could be signs of other health problems, too.

The sooner you're diagnosed, the sooner you can begin treating diabetes and preventing serious [complications](#).

### **Type 1 diabetes**

Symptoms of [type 1 diabetes](#) include urinating more often, feeling very thirsty, feeling very hungry, unexplained weight loss, lethargy (being very tired), blurry vision and cuts or bruises that are slow to heal. Symptoms sometimes begin after a viral illness.

In some cases, a person may reach the point of [diabetic ketoacidosis](#) (DKA) before a diagnosis is made. DKA is a serious condition. When not treated, it can lead to loss of consciousness, diabetic coma and even death. Symptoms of DKA include always feeling tired, having a fruity odor on the breath, having a hard time breathing, confusion, nausea, abdominal pain and vomiting.

Some people with type 1 have what's known as a "honeymoon"—a brief period when symptoms seem to go away. It usually occurs after insulin treatment has started and can last as little as a week or up to a year. But the absence of symptoms doesn't mean the diabetes is gone. If left untreated, the symptoms will return.

Young children and even infants can show symptoms of type 1 diabetes and DKA. They also may experience a honeymoon phase after starting treatment.

### **Type 2 diabetes**

[Type 2 diabetes](#) usually has a slower onset and can often go undiagnosed for too long. But many people do have symptoms like extreme thirst and frequent urination. Other signs include sores that won't heal, frequent infections (including vaginal infections in women), changes in vision, and tingling, pain or numbness in the hands and feet.

Some people go to the doctor with symptoms from the complications of diabetes, like tingling in the feet (neuropathy) or vision loss (retinopathy), before even knowing they

have the disease. This is why screening people at risk for diabetes is so important. The best way to avoid complications is to get blood sugar under control before symptoms start.

## **Prediabetes**

Before people develop type 2 diabetes, they almost always have [prediabetes](#). This is when your blood sugar levels are higher than normal but not yet high enough to be diagnosed as diabetes. There are no clear symptoms of prediabetes, so you may have it and not know it. Or you may have some of the symptoms of diabetes already.

If you have prediabetes, you should be tested for type 2 diabetes every one to two years.

The good news is you can avoid or delay type 2 diabetes even if you have prediabetes. Early treatment and healthy lifestyle changes can actually return your blood sugar levels to the normal range.

Find out if you're at [risk for diabetes](#).