

Symptoms of Diabetes

Some or all of the classic symptoms of diabetes are as follows:

- excessive thirst
- excessive urination
- excessive hunger
- weight loss
- fatigue
- blurred vision
- high blood sugar level
- sugar and ketones in the urine
- vaginal yeast infections in girls (even infants and toddlers)

While the symptoms appear abruptly, the development of the disease actually occurs over a much longer period of time.

If your child has any of these symptoms, please make an appointment with your doctor. If you need medical care and do not have insurance, please call the school to speak with the district nurse.

After a diagnosis of diabetes, the following schedule of care is based on the American Diabetes Association's Standards of Medical Care, published in 2005.

Each Quarterly Visit

Most young people with diabetes are seen by the health care team every 3 months. At each visit, the following should be monitored or examined:

- A1C, an indicator of average blood glucose control
- Growth (height and weight)
- BMI
- Blood pressure
- Injection sites
- Self-testing blood glucose records
- Psychosocial assessment

Annually:

- Evaluate nutrition therapy
- Provide ophthalmologic examination (less often on the advice of an eye care professional)*
- Check for microalbuminuria (once the child is 10 years old and has had diabetes for 5 years)
- Perform thyroid function test (for children with type 1 diabetes)
- Administer influenza vaccination
- Examine feet.

*The first ophthalmologic examination should be obtained once the child is age 10 or older and has had diabetes for 3 to 5 years.