



Lions of Illinois Foundation  
**Diabetes Awareness Campaign**  
**March 1<sup>st</sup> – May 31<sup>st</sup>**

## **DIABETES WARNING SIGNS**

- **Excessive Thirst**
- **Extreme Hunger**
- **Frequent Urination**
- **Irritability**
- **Weakness & Fatigue**
- **Nausea & Vomiting**
- **Drowsiness**
- **Blurred Vision**
- **Recurring or hard to Heal Infections of Bladder, Skin or Gums**
- **Itching**
- **Tingling or Numbness of Feet**

### **Diabetes is the leading cause of:**

- **BLINDNESS:** Leading cause of blindness ages 20-70
- **KIDNEY DISEASE:** 6,400 people will go on Dialysis or receive a kidney transplant this year.
- **NERVE DISEASE or AMPUTATIONS:** 4,300 Illinois residents will lose legs or toes this year.
- **HEART DISEASE or STROKE:** Diabetics are 3 times more likely to develop heart disease or have a stroke.

### **Did you know??**

1 out of 4 Americans will develop  
Diabetes in their lifetime?