November is Diabetes Awareness Month. Diabetes can affect both children and adults. . If diabetes goes undiagnosed and untreated, it can impact all aspects of life and every part of the body.

 Warning signs

High blood glucose levels start to cause problems and may cause some of these symptoms:

* You feel very hungry and thirsty.
* You feel tired, and are losing weight.
* You are getting more infections than normal.
* You find the need to go to the bathroom more frequently

Sometimes the symptoms of diabetes come on slowly over time. Other times, they can make you very unwell, very suddenly — especially if you don’t know you have diabetes.

Take an online risk assessment

Whether you have prediabetes or diabetes, you have a higher risk of heart disease, stroke, and other diabetes complications.

To get an idea of how likely you are to develop type 2 diabetes, the American Diabetes Association offers a free [60-second risk assessment](https://www.diabetes.org/risk-test) you can fill out online. You may also want to ask your healthcare provider about getting tested for diabetes.