

# Feeling Off?

**IT COULD BE DIABETES**

- ALWAYS THIRSTY**
- FREQUENT URINATION**
- ALWAYS HUNGRY**
- BLURRY VISION**
- NUMB/TINGLING FEET**
- CUTS HEAL SLOWLY**

**If you checked off 2 or more,  
show this list to your healthcare  
worker and ask to be tested for  
diabetes**



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*\*Not medical advice. Created through the Diabetes Action Canada Research-to-Action Fellowship. \**

# YOUR RIGHTS

## You have the right to:



### **Ask for diabetes testing**

*A1C, fasting or oral glucose test*



### **Bring a support person**

*Family member, friend, Elder, or anyone you choose*



### **Have denied tests documented**

*"Please note in my chart that I asked for this test and it was not approved"*



### **Get your health information**

*Your chart, visit notes, and test results in writing*



### **Be treated with respect**

*Your symptoms, questions and concerns matter*



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# Diabetes Testing

## When to ask for diabetes tests?

1. Blood sugars stay high
2. Your symptoms are not improving
3. Your diagnosis feels unclear

## What tests to ask for?

Blood sugar

- Fasting glucose
- Random glucose
- A1C

If results are unclear: Oral Glucose Tolerance Test (OGTT)

## Types of Diabetes tests

- C-peptide: measures how much insulin your body makes
- Autoantibody tests: shows if immune system is involved



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# AUTOIMMUNE CONDITIONS CAN COME IN CLUSTERS

Having 1 autoimmune condition can increase the chance of another. Ask your doctor for screening if you have any of these symptoms:

## Autoimmune conditions:

- 1.Type 1 diabetes:** thirst, frequent urination
- 2.Thyroid disease:** fatigue, weight changes
- 3.Celiac disease:** stomach issues, low energy
- 4.Rheumatoid arthritis/lupus:** joint pain, body fatigue

## Other conditions with similar symptoms:

- 1.PCOS:** irregular periods, weight shifts
- 2.Kidney issues:** swelling, frequent urination
- 3.Vitamin deficiencies:** weakness, numbness, fatigue



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# Diabetes & Kidney Health

Diabetes can quietly damage the kidney filters. Testing helps catch problems early & should be performed yearly

## When to ask for tests?

If you have diabetes, high sugar/blood pressure, swelling or fatigue

## What tests to ask for?

**1. Urine Albumin-to-Creatinine Ratio (ACR):** protein in urine, early kidney stress

**2. Blood Creatinine:** waste product, high level = kidneys not clearing well

**3. Estimated Glomerular Filtration Rate (eGFR):** estimates kidney filtering

These are routine blood and urine tests



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