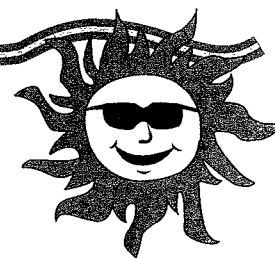


Bienestar Health Program

5th Grade Health Curriculum
Student Workbook



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Warning Signs of Diabetes

Danger signals the body uses to warn people they may have diabetes.

- 1.** Going to the bathroom to urinate a lot during the day and also having to get up during the night to go to the bathroom.



- 2.** Feeling thirsty a lot (drinking a lot of water because your mouth feels dry).

- 3.** Feeling hungry a lot, but still losing weight (eating more and more food at a meal and in between meals).



- 4.** Feeling tired or weak most of the time.



- 5.** Having unclear vision (blurry vision).

