

Are you at risk of developing Diabetes Mellitus?

Check Now :

PERSONAL/FAMILY HISTORY		YES	No
1.	Father has Diabetes Mellitus		
2.	Mother has Diabetes Mellitus		
3.	Siblings have Diabetes Mellitus		
4	Children have Diabetes Mellitus		
5	Obesity		
6	Living in Urban Area		
7	PCOD (For women)		
8	Using Oral Contraceptive pills (For women)		
9	Smoking		
10	Alcoholism		
11	Hypertension		
12	Coronary Artery Disease		
13	Deranged Lipid profile (Cholesterol)		
14	Sedentary Life Style		
15	Increased waist Circumference		
16	Indian Ethnicity		
17	History of High blood Sugar level in pregnancy (Women)		
18	Known hypo- or Hyperthyroidism		
19	Are you a foodie?		

Total Score :

For Men : If you Score  $\geq 5$  , then you should evaluate yourself for Diabetes Mellitus as soonest.

For Women : : If you Score  $\geq 6$  , then you should evaluate yourself for Diabetes Mellitus as soonest.

**Note: Being a "man" of Asian ethnicity increases the risk of Diabetes itself. This is non-modifiable.**

## Signs and Symptoms of Diabetes Mellitus:

SYMPTOMS/SIGNS	YES	No
1. Unexplained weight loss		
2. Unexplained weight gain		
3. Excessive Thirst		
4. Excessive Urine output		
5. Repeated Urinary Infections		
6. Repeated Vaginal Infection (Women)		
7. Repeated infection of glans penis (Men)		
8. Craving for food		
9. Intolerance to hunger		
10. Sexual Dysfunction		
11. Erectile dysfunction (Men)		
12. Abnormal Sweating pattern		
13. Skin pigmentation		
14. Vitiligo		
15. Loss of muscle mass		
16. Non healing wounds/Ulcers		
17. Unexplained Bowel complains		
18. Tingling/Numbness		
19. Changes in Vision		
20. Unexplained giddiness while changing posture		
21. Mood changes		
22. Repeated Dental and Gum infections		
23. Repeated Skin/Hair/Nail infections		

Total Score :

For Men : If you Score  $\geq 8$  , then you should evaluate yourself for Diabetes Mellitus as soonest.

For Women : : If you Score  $\geq 8$  , then you should evaluate yourself for Diabetes Mellitus as soonest.