

**SEEK MEDICAL ADVICE IF YOU SUSPECT DIABETES**

# **IF YOU, OR SOMEONE IN YOUR FAMILY, HAVE THE FOLLOWING SYMPTOMS IT MAY BE A SIGN OF DIABETES.**

**If left undiagnosed it could lead  
to a life threatening emergency.**



## **Look out for the 4 Ts:**

- Toilet** - Going to the toilet a lot?
- Thirsty** - Unable to quench your thirst?
- Tired** - Feeling more tired than usual?
- Thinner** - Losing weight?

**Contact your GP practice, or  
NHS 111 if you recognise these signs.  
In an emergency - call 999.**

**HELP US    HELP YOU    MANAGE DIABETES**

**Making a positive difference**

 **Birmingham  
City Council**