



DEFEAT DIABETES® SCREENING TEST*

Rate the incidence of each question with a

High / Yes = 10 points, Medium = 5 points, Low / No = 0 points

- | | | | |
|--|-------------------------|-----------------|----------------|
| 1. I go to the bathroom (urinate) often (every 2 to 3 hours): | 10 | 5 | 0 |
| 2. I am always thirsty and/or hungry: | 10 | 5 | 0 |
| 3. I am suddenly losing a lot of weight: | 10 | 5 | 0 |
| 4. I am always fatigued (weak, tired) and/or drowsy: | 10 | 5 | 0 |
| 5. I am irritable and have mood changes: | 10 | 5 | 0 |
| 6. I am nauseous and/or vomit often: | 10 | 5 | 0 |
| 7. I have blurred vision: | 10 | 5 | 0 |
| 8. I have a tingling or numbness in my legs, feet or fingers: | 10 | 5 | 0 |
| 9. I have frequent or recurring skin, gum and/or urinary tract infections: | 10 | 5 | 0 |
| 10. I have frequent itching of my skin and/or genitals: | 10 | 5 | 0 |
| 11. I have slow healing of cuts and bruises: | 10 | 5 | 0 |
| 12. My family history shows diabetes: | Yes | no / don't know | |
| 13. My Age is: | >65 | 45-65 | <45 |
| 14. I am: | Obese (>20% overweight) | Overweight | Not Overweight |
| 15. For women, do you have a history of gestational diabetes (the type that occurs during pregnancy) or have delivered a baby over 9 pounds. | Yes | No | |

16. If you are Asian, Black, Hispanic/Latino, Pacific Islander or Native American, medical data shows that within these ethnic groups there are extremely high diabetic populations.

**I am Asian, Black, Hispanic/Latino,
Pacific Islander or Native American**

I am Caucasian

17. Indications of Acanthosis Nigricans (AN), a skin condition characterized by darkened, velvety and/or thickened skin patches.

Yes No

18. Necrobiosis Lipoidica Diabeticorum (NLD), slightly raised shiny red-brown patches on my lower legs, mostly in women.

Yes No

Scoring Your DEFEAT DIABETES® SCREENING TEST

35 or More Points: You have scored very high and **should seek medical evaluation!**

20 to 30 Points: You probably have pre-diabetes and **should get tested.**

0 to 15 Points: You are at low risk for having diabetes.

* From the Defeat Diabetes Educational website