Health Check

NOVEMBER 2026

Recognizing Diabetes Risks and Supporting Blood Sugar Health

Diabetes doesn't always present clear warning signs. Blood sugar, the glucose in your bloodstream that your body uses for energy, can rise slowly over time and affect your health even when changes are subtle or easy to miss. That's one reason diabetes is often discovered through blood tests before the patient realizes anything is wrong.

Many people notice small shifts that are easy to explain away. Feeling more tired and thirstier than usual or waking up to use the bathroom can get blamed on stress, a busy week, or poor sleep. Over time, patterns like these can offer helpful clues about whether it may be worth checking your blood sugar. A primary care visit is often the easiest way to get clarity and decide what makes sense next.

Signs and risk factors to discuss with your doctor:

- Feeling more thirsty than usual
- Urinating more often, especially at night
- Unplanned weight loss or feeling hungrier than usual
- Feeling unusually tired or low on energy
- Blurred vision that comes and goes
- Cuts that heal slowly or frequent skin or yeast infections
- A family history of diabetes or a personal history of gestational diabetes

After a blood sugar test, some people learn they have prediabetes or diabetes. Prediabetes means blood sugar levels are higher than normal but not high enough to be diagnosed as diabetes. It often has no clear symptoms, which is why testing can be so helpful when risk factors are present.

For many people, early support and steady lifestyle changes may help bring blood sugar closer to a healthier range and lower the chance of developing Type 2 diabetes. Diabetes is a long term condition, but it can often be managed with ongoing care and follow up.

Knowing your blood sugar level is only the first step. A visit can help you understand what your results mean and what to do next.

Your primary care doctor is usually the best place to start and can order the necessary lab tests. If blood sugar is difficult to manage or care needs become more complex, an Endocrinology doctor may be added to your care team. Endocrinology specialists focus on hormone related conditions such as diabetes and work closely with primary care doctors to support long term health.

At Kelsey Seybold Clinic, diabetes care is coordinated by your primary care doctor and specialists through your medical record, which helps your care team stay aligned as you track results and adjust care over time.



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*Dr. Arunachalam cares for patients at **Kelsey Seybold's Greater Heights** and **Berthelsen Main Campus** locations and helps patients understand diabetes and blood sugar concerns.*

To schedule a visit, call **713-442-7038**, visit **kelsey-seybold.com**, or visit **MyKelseyOnline** patient portal.

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