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## Why Does Diabetes Make You Urinate Frequently?

Why does diabetes cause frequent urination in a person? Is it just the way it is - that every person with diabetes urinates a lot? Or is it because people with diabetes drink a lot more water than is normal?



asked in [Health and Medical](#) by [DisabledWorld](#)

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### 2 Answers

Unusual thirst and frequent urination are common symptoms of high blood sugar and often leads to a diagnosis of diabetes.

Diabetes is a disease where excess sugar builds up in the bloodstream. This forces the kidneys to work harder to filter out and absorb the excess sugar. In diabetics, the sugar in the blood increases the blood's osmolality. This tends to pull fluid out of your body tissues and into your bloodstream (through osmosis). Thus causing your kidneys to get an increased fluid load and make more urine because of it.

\* It may seem inconvenient to pee a lot, however, it is better to drink more water to help your kidneys excrete excess sugar - until the blood sugar is back under control. Dehydration can cause kidney damage and other complications.

\* So there you have it, people with diabetes don't urinate more because they drink more water. Someone with poorly controlled diabetes will urinate more often because their body is trying to rid itself of excess glucose and/or ketones.

The most effective way to keep frequent urination under control is to control your blood sugar. Discuss with your doctor and/or a nutritionist to determine the best course of medications and diet, test often and get plenty of daily exercise.

<http://www.disabled-world.com/health/urinate.php> - Knowing When You Have to Pee

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answered by [DisabledWorld](#)  
edited by [DisabledWorld](#)

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Excessive urination is one of the common symptoms of diabetes. Other symptoms are generally very subtle and become hard to pinpoint normally, but the excess urine is a common symptom that shows the sign of diabetes. It is deadly disease which results severe complications if left untreated, hence it's essential to see a doctor and get a blood test as early as possible. Even today there is a flexibility of checking blood sugar level at your home, as many companies like present at <http://www.ilexmedical.com/brands.php?act=cat> which you can use easily and monitor sugar level builds up in the bloodstream. If anyone is facing such symptoms then it's essential to check with a doctor along with a nutritionist to get the best course of medications and diet.

answered by [KeiraCostello](#)

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