

Diabetes

Diabetes is a disease in which your body cannot properly use the food you eat for energy. Your cells need energy to live and grow.

When you eat, food breaks down into a form of energy called glucose. Glucose is another word for sugar. The glucose goes into your blood and your blood sugar rises. Insulin is a hormone made by your pancreas. It helps glucose move from your blood into your cells so your body can use it for energy. People cannot live without insulin.

There are three main types of diabetes.

- In Type 1 diabetes, the pancreas makes no insulin.
- In Type 2 diabetes, the pancreas does not make enough insulin or your body is not able to use the insulin the pancreas makes.
- In gestational diabetes during pregnancy, the mother is not able to make enough insulin to cover the needs of both mother and baby.

Risk Factors for Diabetes

You are more at risk for getting diabetes if you:

- Are from a family where others have diabetes
- Are overweight
- Are over age 40
- Are inactive
- Had diabetes during pregnancy (gestational diabetes) or a baby weighing 9 pounds or 4 kilograms or more at birth
- Are of African, Asian, Latino or Pacific Islander decent

Signs of Diabetes

- Very thirsty
- Feeling tired
- Use the toilet often to urinate
- Blurred vision
- Weight loss

糖尿病

糖尿病是一种您的身体不能将您食用的食物作为能量恰当使用的疾病。您的细胞需要能量来生存并生长。

您吃食物时，食物分解为称作葡萄糖的能量形式，葡萄糖是糖的另一称呼。葡萄糖进入您的血液，于是您的血糖上升。胰岛素是胰腺所产生的激素。它帮助葡萄糖从您的血液移到您的细胞，因此您的身体能利用它作能量。人没有胰岛素就不能活。

糖尿病主要有三类。

- 1类糖尿病是指胰腺不制造胰岛素。
- 2类糖尿病是指胰腺不能制造充足的胰岛素，或您的身体不能使用胰腺制造的胰岛素。
- 怀孕期间的妊娠期糖尿病是母亲不能够制造充足的胰岛素来满足母亲和宝宝的需求。

糖尿病的风险因素

如有下列因素，您罹患糖尿病的风险会较高：

- 有其它家人患糖尿病
- 体重过量
- 40岁以上
- 不活动
- 怀孕期间曾患糖尿病(妊娠期糖尿病)，或分娩时宝宝体量达9磅或4公斤或更重
- 是非洲人、亚洲人、拉丁美洲人或太平洋岛民的后裔

糖尿病的症状

- 非常口渴
- 感觉疲累
- 常上厕所小便
- 视力模糊
- 体重减轻

Diabetes. Simplified Chinese.

- Wounds are slow to heal
- Constant hunger
- Itchy skin
- Infections
- Numbness or tingling in feet and/or hands
- Problems with sexual activity

Often people have no signs even though their blood glucose level is high. You can be checked for diabetes with a blood test.

Your Care

The goal is to keep your glucose level as near to normal as possible. Your care may include:

- Planning meals
- Testing glucose levels
- Learning signs to know when your glucose level is too low or too high
- Exercising
- Taking medicine - insulin or pills
- Keeping all appointments with your health care team
- Attending diabetes classes

Talk to your doctor, nurse and dietitian to learn how to manage your diabetes.

- 伤口愈合慢
- 常常饥饿
- 皮肤发痒
- 感染
- 脚和/或手麻木或有麻刺感
- 性活动有问题

即使血糖水平高，人们经常也没有任何症状。您可做一次验血查看有无糖尿病。

您的医疗

目标是将您的葡萄糖保持在尽可能接近正常的水平。您的医疗可能包括：

- 计划三餐
- 检查葡萄糖水平
- 了解症状以便知道您的葡萄糖水平是过低或过高
- 锻炼
- 服用药物—胰岛素或药片
- 准时赴所有您医疗团组的约诊
- 参加糖尿病课程班

和您的医生、护士及营养师谈一谈，了解如何控制您的糖尿病。

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