

糖尿病

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

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

你吃食物时，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。葡萄糖进入你的血液，于是你的血糖上升。胰岛素是胰腺所产生的激素。它帮助葡萄糖从你的血液移到你的细胞，因此你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，或你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，你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

- 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

- 怀孕期间曾患糖尿病(妊娠期糖尿病)，或分娩时宝宝体重达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

Signs of Diabetes

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

糖尿病的症状

- 非常口渴
- 感觉疲惫
- 常上厕所小便
- 视力模糊
- 体重减轻
- 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。你可做一次验血查看有无糖尿病。

你的医疗

目标是将你的葡萄糖保持在尽可能接近正常的水平。你的医疗可能包括：

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

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

和你的医生、护士、营养师和药剂师谈一谈，了解如何控制你的糖尿病。