

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

糖尿病是一種您的身體不能將您食用的食物作為能量恰當使用的疾病。您的細胞需要能量來生存並生長。

您吃食物時，食物分解為稱作葡萄糖的能量形式，葡萄糖是糖的另一稱呼。葡萄糖進入您的血液，於是您的血糖上昇。胰島素是胰腺所產生的激素。它幫助葡萄糖從您的血液移到您的細胞，因此您的身體能利用它作能量。人沒有胰島素就不能活。

糖尿病主要有三類。

- 1類糖尿病是指胰腺不製造胰島素。
- 2類糖尿病是指胰腺不能製造充足的胰島素，或您的身體不能使用胰腺製造的胰島素。
- 懷孕期間的妊娠期糖尿病是母親不能夠製造充足的胰島素來滿足母親和寶寶的需求。

糖尿病的風險因素

如有下列因素，您罹患糖尿病的風險會較高：

- 有其他家人患糖尿病
- 體重過量
- 40歲以上
- 不活動

- 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

- 懷孕期間曾患糖尿病(妊娠期糖尿病)，或分娩時寶寶體量達9磅或4公斤或更重
- 是非洲人、亞洲人、拉丁美洲人或太平洋島民的後裔

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

糖尿病的症狀

- 非常口渴
- 感覺疲累
- 常上廁所小便
- 視力模糊
- 體重減輕
- 傷口癒合慢
- 常常飢餓
- 皮膚發癢
- 感染
- 腳和/或手麻木或有麻刺感
- 性活動有問題

即使血糖水平高，人們經常也沒有任何症狀。您可做一次驗血查看有無糖尿病。

您的醫療

目標是將您的葡萄糖保持在儘可能接近正常的水平。您的醫療可能包括：

- 計劃三餐
- 檢查葡萄糖水平
- 了解症狀以便知道您的葡萄糖水平是過低或過高
- 做運動
- 服用藥物 - 胰島素或藥片
- 準時赴所有和您的醫療團組的約診
- 參加糖尿病課程班

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

和您的醫生、護士、營養師及藥劑師談一談，了解如何控制您的糖尿病。