

高血糖

High Blood Sugar

High blood sugar means having too much sugar, also called glucose, in the blood. High blood sugar is also called hyperglycemia. The body's cells need blood sugar. A normal blood sugar level is 70 to 100. A blood sugar level above 140 is too high. You may not feel any signs of high blood sugar but damage may be happening to your body. Over time, high blood sugar can damage the eyes, kidneys, blood vessels, heart, nerves and feet.

Causes

High blood sugar can happen with diabetes. When you have diabetes, your body does not make enough insulin or is not able to use the body's insulin as it should. The right amount of insulin is needed to let the sugar that is in your blood go into your cells. Without insulin, blood sugar will rise and cause high blood sugar, or hyperglycemia. High blood sugar can get worse because of:

- Stress
- Infection or illness
- Certain medicines such as steroids
- Pregnancy

The most common reasons for high blood sugar in people with diabetes are:

- Not taking enough insulin or diabetes pills
- Missed, skipped or late diabetes medicine
- Eating too much food
- Eating foods high in sugar or carbohydrates

高血糖是指血液中的糖（也称葡萄糖）过多。高血糖也称为高血糖症（hyperglycemia）。人体细胞需要血糖。正常血糖水平是 70-100。血糖水平高于 140 即为过高。您可能感觉不到任何高血糖症状，但身体可能会受到损害。随着时间推移，高血糖可损害眼睛、肾脏、血管、心脏、神经和双脚。

原因

糖尿病时可能引发高血糖，当患有糖尿病时，您的身体不能产生足够的胰岛素或不能充分利用体内的胰岛素。所需的适当胰岛素量可以让您体内的糖进入细胞。没有胰岛素，血糖会升高并导致高血糖或高血糖症（hyperglycemia）。下列情况可使高血糖病情恶化：

- 压力
- 感染或生病
- 类固醇等药物
- 妊娠

糖尿病患者血糖高的最常见原因：

- 未使用足量的胰岛素或糖尿病药片
- 未服用、漏服或延迟服用糖尿病药物
- 过食
- 摄入含糖量高或碳水化合物含量高的食物

Signs

High blood sugar affects people differently. Some people have no warning signs. High blood sugar may happen slowly over time.

You may have one or more signs of high blood sugar. Family members may notice these signs before you do.

- Extreme thirst
- Urinate often
- Increased hunger
- Blurred vision
- Weight loss or gain
- Feeling tired or sleepy
- Feeling moody or grumpy
- Slow healing of wounds
- Numbness in feet or hands
- Vaginal itching or infections
- Impotence
- Skin itching
- Skin infections such as boils

Your Care

See your doctor if you have signs of high blood sugar. Talk to your doctor about the cause of your high blood sugar. You may need to take medicine to control your blood sugar, or you may need to change how you eat and exercise.

If you have diabetes, control high blood sugar by following your diabetes treatment plan:

- Follow your meal plan.
- Take your insulin and pills as directed.
- Test your blood sugar often and keep a record of the results.
- Follow your activity or exercise routine.

症状

高血糖对人的影响各有不同。有些人没有任何警示症状。高血糖可能随时间而逐渐形成。

您可能有一种或多种高血糖症状。家人可能比您先注意到这些症状。

- 极度口渴
- 尿频
- 饥饿感增强
- 视力模糊
- 体重减轻或增加
- 感到疲惫或困乏
- 情绪化或暴躁
- 伤口愈合缓慢
- 手足麻木
- 阴道瘙痒或感染
- 阳痿
- 皮肤搔痒
- 皮肤感染，如生疖子

医疗护理

如有高血糖症状，请咨询医生。和您的医生讨论引起您高血糖的原因。您可能需要服药来控制血糖，或改变饮食和锻炼习惯。

如果您有糖尿病，可遵守糖尿病治疗计划以控制高血糖：

- 遵守用餐计划。
- 按说明服用胰岛素和药片。
- 经常检测您的血糖水平并记录结果。
- 遵循您的活动或锻炼习惯。

- Contact your doctor if you see patterns of high blood sugar.
- Follow your sick day plan if you are ill.

If not treated, high blood sugar could lead to coma or even death.

Talk to your doctor, nurse or diabetes educator if you have any questions or concerns.

- 如果发现任何高血糖迹象，请联系医生。
- 生病时，请遵循病休日计划。

如果不治疗，高血糖可导致昏迷，甚至死亡。

如有任何疑问或担忧，请告知您的医生、护士或糖尿病指导员。