



TYPE 2 DIABETES

2 型糖尿病



CONTACT GEMS

聯絡行健：

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甚麼是糖尿病？

如果某人患有糖尿病，這表示他/她的血糖水平過高。糖份滯留在血液裡，就無法用於製造能量，身體就很難適當運作。

血糖水平由胰島素操控。胰島素是人體分泌的一種荷爾蒙。如果胰島素不能正常工作，身體的血糖水平就不能得到控制。一段時間後，高血糖會對人體造成傷害，可能會引起：

- 中風
- 心臟病
- 腎病
- 失明
- 以及其它嚴重疾病

2 型糖尿病

2 型糖尿病佔所有糖尿病診斷個案的百分之九十到百分之九十五。患 2 型糖尿病的病人，他們的胰臟依然生產胰島素，但是身體不會或不能有效地使用胰島素。這種問題稱作胰島素抵抗。

風險因素

2 型糖尿病的一些風險因素包括：

- 45 歲或以上
- 肥胖
- 家族成員有糖尿病史或妊娠期糖尿病史
- 糖耐量受損
- 缺乏運動

徵兆和症狀

如果您有這些症狀，請告訴醫生：

- 小便次數頻密
- 常感口渴飢餓
- 體重下降
- 視力模糊
- 疲倦
- 傷口很難愈合



診斷

爲了判斷您是否患上糖尿病，您的醫生可能讓您做以下的測試：

- **空腹血糖測試 (FPG)**：這個測試是測量八至十小時不進食後的血糖水平。
- **口服糖耐量試驗 (OGTT)**：這個試驗需要測量兩次。首先測量八個小時或以上沒有進食後的血糖水平，然後讓你喝一杯含葡萄糖的飲料，並在兩個小時後再測試一次血糖水平。
- **糖化血色素 (A1C)**：這個驗血測試可以顯示 2 至 3 個月當中血糖含量的平均值。

預防及治療

以下方法可以幫助自我管理或降低患上 2 型糖尿病的機會：

- 保持經常運動
- 健康的飲食
- 戒煙
- 定時測量控制血糖水平
- 根據醫生指示，使用口服藥、注射胰島素、或者兩者同時使用以控制病情
- 保持正常健康的：
 - 膽固醇
 - 血壓
 - 血糖

資料來源：

- Centers for Disease Control and Prevention
- National Institute of Diabetes and Digestive and Kidney Disease

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，行健醫療中心不會就此承擔任何責任。

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WHAT IS DIABETES?

When someone has diabetes, it means he or she has high blood sugar (glucose) levels. When sugar sits in the blood, it does not get used to make energy. This makes it hard for the body to work properly.

Your body produces a hormone called insulin. It controls your blood sugar level. If it does not work properly, the body cannot control its blood glucose levels. Over time, high levels of blood sugar (hyperglycemia) can cause great damage to a person's health. This could result in:

- Stroke
- Heart disease
- Kidney disease
- Blindness
- Other serious illnesses

TYPE 2 DIABETES

Type 2 diabetes accounts for 90 to 95% of all diagnosed cases of diabetes. In type 2 diabetes, the pancreas can still make insulin, but the body cannot use it or does not use it effectively. This is known as insulin resistance.

RISK FACTORS

Some risk factors of type 2 diabetes include:

- 45 years or older
- Obesity
- Family history or gestational diabetes
- Impaired glucose tolerance
- Physical inactivity

WARNING SIGNS AND SYMPTOMS

Speak with your doctor if you notice any of these warning signs and symptoms:

- Frequent urination
- Increased thirst and hunger
- Weight loss
- Blurred vision
- Fatigue
- Slow healing of wounds or sores



DIAGNOSIS

To determine if you have diabetes, your doctor may give you the following tests:

- **Fasting Plasma Glucose (FPG) Test:** This test measures your blood glucose level after you fast (have not eaten anything) for 8-10 hours.
- **Oral Glucose Tolerance Test (OGTT):** This test measures blood glucose levels twice. It measures blood glucose levels once after you have not eaten anything for at least eight hours. You are then given a glucose-containing drink and your blood glucose level is measured again two hours later.
- **Glycosylated Hemoglobin Test (A1C):** The blood test shows an average blood sugar level over two to three months.

PREVENTIONS AND TREATMENTS

You can self-manage or lower your risk of diabetes by:

- Maintain regular physical activity
- Eat a healthy diet
- Quit smoking
- Test and monitor blood glucose levels regularly
- Oral medication, insulin, or both, following doctors' instructions
- Maintain normal and healthy levels of:
 - Cholesterol
 - Blood pressure
 - Blood glucose

Sources:

- Centers for Disease Control and Prevention
- National Institute of Diabetes and Digestive and Kidney Disease

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