

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.

糖尿病是一种身体不能正确利用从食物中获得的能量的疾病。细胞需要能量来维持生存并长大。当您进食后，食物被分解为葡萄糖。葡萄糖是一种糖类。葡萄糖进入血液，血糖水平上升。胰岛素是胰腺所产生的激素。它帮助身体将血液中的葡萄糖运送到细胞，使身体可以利用葡萄糖供能。人体缺乏胰岛素无法生存。

Types of Diabetes

- With type 1 diabetes, the pancreas makes no insulin.
- With type 2 diabetes, the more common type, the pancreas does not make enough insulin, or your body is not able to use the insulin the pancreas makes. Without enough insulin, the glucose stays in your blood.
- With diabetes during pregnancy, called gestational diabetes, the mother is not able to make enough insulin to cover the needs of both mother and baby.
- With prediabetes, your glucose is higher than normal, but not high enough to be called diabetes. Prediabetes raises your risk for type 2 diabetes, heart disease, and stroke. The good news is that type 2 diabetes can be prevented or delayed with lifestyle changes, such as losing weight, eating healthy food, and being active.

糖尿病类型

- 1型糖尿病是指胰腺不产生胰岛素。
- 2型糖尿病（更常见）是指胰腺不能产生充足的胰岛素，或身体不能使用胰腺产生的胰岛素。一旦缺乏充足的胰岛素，葡萄糖就会滞留在血液中。
- 妊娠期糖尿病是指孕妇无法产生充足的胰岛素来满足自身和胎儿的需求。
- 糖尿病前期，您的血糖高于正常水平，但不足以被称为糖尿病。糖尿病前期会加剧2型糖尿病、心脏病和中风的患病风险。好消息是，2型糖尿病可以通过改变生活方式来预防或延缓，比如减肥、食用健康食品和积极运动。

Over time, having too much glucose in your blood can cause serious problems. It can damage your eyes, kidneys, heart, and nerves. Diabetes can also cause heart disease, stroke, poor circulation, and wounds that do not heal. When untreated and uncontrolled, these wounds could progress to limb loss.

Signs of Diabetes

Everyone responds differently to diabetes. Some of the common warning signs are:

- Having to go to the bathroom often to pass urine
- Feeling thirsty, even though you are drinking fluids
- Losing weight
- Blurry vision
- Healing is slow for cuts or scrapes on your skin
- Feeling tired
- Feeling hungry
- Being irritable or grumpy

Often people may not notice any signs of diabetes. One in four people with diabetes doesn't know they have it.

If you have any of these signs of diabetes, ask your doctor for a blood test to check your glucose level.

The most important blood tests are a fasting blood sugar and an A1C.

- A fasting plasma glucose (FPG) test, also called fasting blood glucose, measures blood sugar. You will need to fast, so you are not able to eat or drink anything except for water for at least 8 hours before the test.
- An A1C test, also called the hemoglobin A1C, HbA1c, or glycohemoglobin test, measures blood sugar over the last 2 to 3 months.

随着时间的推移，血液中葡萄糖含量过高会导致严重问题。血糖过高会损害眼睛、肾脏、心脏和神经。糖尿病还可能导致心脏病、中风、血液循环不良和伤口无法愈合。如果不加以治疗和控制，伤口难愈可能会进展为肢体丧失。

糖尿病的体征

糖尿病的体征因人而异。一些常见的警示体征包括：

- 尿频
- 口渴，喝水还是会觉得口渴
- 体重减轻
- 视力模糊
- 皮肤割伤或擦伤愈合缓慢
- 感觉疲倦
- 感觉饥饿
- 易怒或脾气暴躁

人们通常注意不到糖尿病的体征。四分之一的糖尿病患者不自知患有糖尿病。

如果您出现糖尿病的上述任何体征，请向医生要求验血以检查血糖水平。

最重要的血糖指标是空腹血糖和 A1c（糖化血红蛋白）。

- 空腹血糖（FPG）检查用于测量血糖。检查前应禁食至少 8 个小时，可以饮用少量水。
- A1C 检查（也称为血红蛋白 A1C、HbA1c 或糖化血红蛋白检查）用于测量过去 2 到 3 个月的血糖。

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
- Maintaining a healthy weight
- Taking medicine – insulin or pills
- Keeping all appointments with your health care team
- Attending diabetes education classes

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

医疗护理

护理是为了将您的血糖保持在尽可能接近正常的水平。您可以采用以下护理方式：

- 按时进餐
- 定期检查血糖水平
- 了解体征知识，在血糖水平过高或过低时及时察觉
- 锻炼
- 保持健康的体重
- 服用药物——注射胰岛素或口服药片
- 准时按约赴诊
- 参加糖尿病课程班

咨询您的医生、护士及营养师，了解如何控制糖尿病。