

中英版本

## 糖尿病衛教單張

### Diabetes FAQ Sheet

#### 一、什麼是糖尿病？

正常人進食後，食物在胃腸道被消化分解後，產生葡萄糖，葡萄糖經由血液運送至全身，包括胰臟，會刺激胰臟釋出胰島素，胰島素可幫助葡萄糖進入身體各組織細胞，轉變成能量，或貯存在肝、肌肉以及脂肪細胞中。

如果沒有胰島素，或者身體各組織對胰島素不發生反應，則葡萄糖就不能被利用，於是血液中葡萄糖含量便會上升。當血糖升高到某一程度，超過腎臟所能回收的極限時，葡萄糖便會從尿液中"漏"出，所以稱之為糖尿病。

#### **1) What is diabetes?**

When food is eaten by a healthy person, it is digested and dissolved in the stomach and in the intestines. Glucose is produced in this process, and it is transported via the blood vessels to the entire body. When the pancreas receives glucose, it is triggered to release insulin, which in turn aids the transportation of glucose to the body on a cellular level. Glucose is either stored, turned into energy, or stored in the liver, muscles, or in the fat cells.

Glucose cannot be utilized without the help of insulin (or when any organs fail to react to the hormone). When this occurs, the concentration of glucose in the blood will increase. Glucose will "leak" through the urine when the concentration reaches a level beyond which the kidneys can process. This is what is called diabetes.

#### 二、為什麼會發生糖尿病？

糖尿病大部份與遺傳體質有關，其他如肥胖、情緒壓力、懷孕、藥物、營養失調，都會促使糖尿病發作，但絕不會由別人傳染而得到。

#### **2) What are the causes for diabetes?**

Diabetes is generally related to genetic factors, other factors include: obesity, emotional stress, pregnancy, medications, and nutritional imbalance may all trigger diabetes. Diabetes is not contagious.

#### 三、什麼人容易得到糖尿病？

##### 1. 有糖尿病家族史的人：

糖尿病人家屬罹患糖尿病的機率比一般人高出五倍以上。

2. 四十歲以上的中老年人：  
四十歲以後以百人約有十人會出現糖尿病。
3. 體型肥胖的人：  
糖尿病的初發病例中約有百分之六十是肥胖的人。

### 3) Who are more likely to have diabetes?

1. People who has a family history of diabetics: these people are 5 times more likely to have diabetes.
2. People over the age of 40: about one out of every 10 people who is over the age of 40 has diabetes.
3. Obese people: obese people account for 60% of all diabetes cases in the syndrome's early phase.

### 四、糖尿病分類

糖尿病是一種多樣性的症侯群，雖然其基本表現都以高血糖為主，但致病原因各異。1979年美國糖尿病學會首先提出了現在通用的糖尿病分類與命名辦法，就是糖尿病分為：

1. 第一型(胰島素依賴型)糖尿病
2. 第二型(非胰島素依賴型)糖尿病
3. 其他情況所引起的糖尿病
4. 另外還有葡萄糖耐受不良和妊娠性糖尿病

### 4) What are the different types of diabetes?

Diabetes is a syndrome that occurs in different forms. Although most patients experience hyperglycemia at the basic level, the causes that may lead to death may be different. Today's commonly used terms and categories for diabetes was first publicized by the American Diabetes Association in 1979. These categories include:

1. Type 1 diabetes (insulin dependent)
2. Type 2 diabetes (non-insulin dependent)
3. Other causes which lead to diabetes
4. Glucose intolerance and gestational diabetes

### 五、糖尿病的症狀：

1. 三多症：多吃(易餓)、多喝(易口渴)、多尿(頻尿、尿多) 體重減輕、倦怠感、皮膚搔癢、傷口不易癒合、手腳酸麻 有刺痛感、視力減退等。
2. 高血糖症狀：極度口渴、噁心、嘔吐、腹部不適、虛弱無力心跳加快、呼吸緩而深、昏迷。
3. 低血糖症狀：全身無力、饑餓、手腳發抖、頭暈、頭痛、焦躁不安、視力障礙、緊張流冷汗、抽筋、昏迷。

### 5) What are the symptoms of diabetes?

**1. Increased symptoms:** increased appetite (get hungry easily), increased thirst, and increased urination (both in terms of frequency and amount). Other symptoms may include weight loss, weariness, skin irritations, blurred vision, numbness or tingling in the feet or hand, and poor healing of wounds.

**2. Hyperglycemia symptoms:** excess thirst, nausea, vomiting, abdominal discomforts, palpitation, slowed (but deep) breathing, and unconsciousness. The patients may also become weak.

**3. Hypoglycemia symptoms:** the patient may become weak, and may experience thirst, trembling of the limbs, dizziness, headache, agitation, blurred vision, cramping, nervousness, cold sweat, and may become unconscious.

六、合併症：

可分慢性和急性合併症

慢性合併症：血管病變、視網膜病變、神經病變、感染。

急性合併症：酮酸中毒昏迷、低血壓。

#### **6) Combined symptoms:**

Symptoms of diabetes can be either chronic or acute .

**Chronic symptoms:** blood vessel diseases, retinal diseases, nerve diseases, and other infections.

**Acute symptoms:** diabetic ketoacidosis (DKA), and hypoglycemia.

七、糖尿病的治療

1. 藥物治療：口服降血糖藥或注射胰島素。

2. 飲食控制：依理想體重計劃並遵守營養師之指導。

3. 適當運動：能增加心肺功能，促進控制病情。

#### **7) What are the treatments for diabetes?**

1. Medical treatments: by taking acarbose or injecting insulin.

2. Diet control: follow the diet as instructed by your dietician.

3. Exercise: maintaining a suitable amount of exercise can increase your respiratory capacity and facilitate the control of the symptoms.

八、如何控制糖尿病

1. 遵守營養師的飲食指導計劃，維持理想體重，切忌肥胖。

2. 切實遵守醫師處方按時用藥或胰島素注射。

3. 鞋子大小要適合，注意個人衛生(陰部、足部乾燥)，足部須保暖尤其是冬天，避免碰撞傷，引起水泡、小傷口。

4. 熟記低血糖症狀及處理方式，隨身攜帶糖尿病識別證。

5. 適當運動，勿空腹做劇烈運動，並隨時攜帶方糖或糖果。

6. 不用熱水或電毯火爐取暖。
7. 放鬆心情、坦然面對、定期返診檢查。

### **8) How can diabetes be controlled?**

1. Follow your diet plan as instructed by your dietician; maintain a healthy weight, and avoid becoming obese.
2. Follow your prescription or injection of insulin as instructed by your doctor.
3. Wear shoes that fit appropriately and comfortably; maintain personal hygiene (maintain dry conditions around the vaginal area and the feet); keep your feet warm especially in the winter; avoid injuries, which may lead to blisters and other wounds.
4. Memorize the symptoms of hypoglycemia and their appropriate treatments methods, and always carry your diabetics ID card with you.
5. Maintain an appropriate amount of exercise; do not exercise intensively on an empty stomach, and always carry some candies with you.
6. Do not use hot water (bottles) or electric blanket to keep yourself warm.
7. Always relax and remain calm; follow your check-ups routinely.

九、糖尿病乃不可治療之疾病，其本身並不可怕，最可怕的是併發症，因此，如果能早期診斷，良好控制血糖，使血糖接近正常，便能控制病情。

9) Even though diabetes is an un-curable illness, unlike its complications, the illness itself is not life-threatening. The earlier you are diagnosed, the easier it would be to control your blood sugar level and the symptoms.

十、若有下列情況，立即回院覆診：

1. 噁心、嘔吐、溫熱而乾燥，外表潮紅之情形。
2. 嚴重低血糖，如抽筋、昏迷或腳趾的皮膚有傷等應立即就醫。

### **10) If the following symptoms occur, return to the hospital for further examinations immediately:**

1. Nauseated, vomiting, feeling hot and thirsty, facial redness.
2. Seek medical help immediately if you experience the acute symptoms of hypoglycemia, such as cramping, dizziness or fainting, or skin irritations over the toes, etc.