

# 愛惜 生命， 控制血糖 的步驟

Steps to Manage Your Diabetes



*Chinese*



*Association of Asian Pacific Community Health Organizations*

## What is Diabetes?

People with diabetes cannot properly use the energy that is in the food they eat. Some of this food energy is turned into glucose (sugar). The pancreas, an organ near the stomach, makes a hormone called insulin to help glucose get into body cells. When you have diabetes, your body doesn't make enough insulin, or can't use its own insulin very well. This problem causes glucose to build up in your blood.

Taking good care of diabetes can lower the chances of getting:

- Eye disease that can lead to a loss of vision or even blindness
- Kidney disease and kidney failure
- Nerve damage that may cause a loss of feeling or pain in the hands, feet, legs, or other parts of the body and can lead to amputations
- Heart disease and heart attacks
- Stroke
- Dental problems

Every person who has diabetes has different needs. Talk to your doctor about a treatment plan that is best for you. When you have diabetes, managing it can help you live a long and active life.

These are the steps you can take to manage your diabetes. Take this brochure with you when you go to your doctor.



## 什麼是糖尿病？

糖尿病患者不能有效地吸收所吃食物作身體能源。通常，食物消化後分解成血糖。而胰臟製造的胰島素，幫助血糖進入我們的細胞。但是糖尿病患者卻缺乏胰島素，或不能有效地利用身體內的胰島素，這樣便使血糖積聚在血中。

控制血糖可減少以下情況發生：

- 糖尿病性眼病，這種病可使視力減退，甚至失明。
- 腎病及腎功能衰竭。
- 神經損害，這可使患者失去感覺，或有痛感，尤其在手、足、腿，或其他部位，嚴重的甚至可能要作手術去除某些部位。
- 心臟病或心臟病突發
- 中風
- 牙科毛病

糖尿病患者各有不同的需要，應與醫生商量選擇最適你的治療方法。當你患上了糖尿病，控制血糖能助你過上健康長壽的生活。

以下是一些控制血糖的方法和步驟，建議您在下一次見醫生時，攜帶這一份小冊子。

## Find Out What Type of Diabetes You Have

There are different types of diabetes. If you have diabetes, ask your doctor if you have:

**Type 1 diabetes.** People who have this type of diabetes need to take insulin every day.

**Type 2 diabetes.** This type of diabetes can often be managed by controlling the kind of food you eat and by doing physical activity. Some people may also need to take diabetes pills or insulin.

**Gestational diabetes.** This type of diabetes occurs during pregnancy.

### Many People Who Have Diabetes Do Not Know It

You may be at higher risk for diabetes than others if you have the following:

- Being older than 45
- Being overweight
- Having a close family member, like a parent, brother or sister, who has, or had, diabetes
- Having diabetes when you were pregnant (gestational diabetes)
- Being Asian American or Pacific Islander, African American, Hispanic/Latino, or Native American

## 要知道你患了那一種類型的糖尿病。

有幾種類型的糖尿病，若你是糖尿病患者，問醫生你是得了甲型還是乙型糖尿病。

**甲型糖尿病：**此類患者每天都需要注射胰島素。

**乙型糖尿病：**此類患者可以用控制食物及適當活動來控制血糖，有些人亦需要糖尿病藥物或注射胰島素。

**懷孕期糖尿病：**此類糖尿病只在懷孕期才發生。

很多人患有糖尿病都不自知。以下的人較容易患有糖尿病。

- 四十五歲以上
- 過重的人
- 有一近親有糖尿病，如父母，兄弟或姐妹
- 曾在懷孕期間有糖尿病
- 亞裔或太平洋島裔，黑人，西班牙裔美國人，美國印地安人

## Get Regular Care for Your Diabetes

You deserve to get the best health care to help you manage your diabetes.

You should:

- Be able to get your health care needs taken care of regardless of your race, age, disability ability to pay, or immigration status.
- See a doctor, diabetes educator, and/or a nutritionist on a regular basis.
- Work with your health care team to make changes in your treatment plan when needed.
- Get support from family, friends, co-workers, and, if possible, other people with diabetes
- Be able to get help to pay for diabetes supplies, such as a blood glucose monitor, if you are on Medicare.

## 爭取定期的糖尿科照顧

你應該得到最好的醫療照顧，以便幫你控制血糖。

你應該：

- 不管你屬於哪一個種族，多大年齡，有否殘疾障礙，有無繳交醫療費用的能力，也不管你是什麼移民身分，你都應該得到合適的醫療照顧。
- 定期見醫生，糖尿病教育員和／或營養師
- 諮詢醫療人員，以便在有必要時及時改變治療方案
- 爭取家人，友人，同事及其他患者的支持
- 有聯邦醫療卡人士，則更可得到該卡規定範圍內的幫助，例如得到藥物，自用驗血糖機等。



## Learn How to Manage Your Diabetes

Your doctor and your health care team can provide you and your family with correct information and help you learn how to manage your diabetes.

Do you:

- Know what type of exercise is best for you?
- Exercise regularly?
- Know what foods are healthy?
- Eat a healthy diet?
- Test your own blood sugar regularly?
- Take your medicine correctly?
- See your doctor regularly?
- Ask your doctor questions about your diabetes?

You should be doing all of these things in order to manage your diabetes.

Your doctor is not the only health care professional who can help you with your diabetes. Ask your doctor to help you set up an appointment with:

Eye Doctor (Ophthalmologist,  
Optometrist)  
Foot Doctor (Podiatrist)  
Diabetes Educator  
Dietitian  
Dentist  
Counselor  
Community Health Worker

These people, along with your doctor, are your health care team. They can help you make a plan for you to manage your diabetes. Having your own plan that fits with your life can help you stay healthy.



## 學會怎樣控制糖尿病

你的醫生及醫療人員可給你及你的家人提供正確的資料並幫助你學習控制糖尿病

你是否：

- 知道最合適你的運動
- 日日按時運動
- 知道什麼是有益於你的健康的食物
- 吃有益於你的健康食物
- 按時自驗血糖
- 正確使用藥物
- 定期見醫生
- 與醫生討論你的糖尿病

你應該做上列所有的事，幫助控制糖尿病。

除了醫生外，其他醫療人員亦可幫助你。請醫生護士幫助你約見以下人員：

眼科醫生(驗鏡醫生，眼專科醫生)

- 足科醫生
- 糖尿病健康教育員
- 營養師
- 牙科醫生
- 輔導師
- 社區健康工作者

以上人員可以與醫生合作照顧你，他們可幫助你設計適合你的治療方法。若能有良好的計劃配合你的生活習慣，可幫助你保持健康。

## Control Your Blood Sugar Levels

The number one goal of diabetes treatment is to control your blood sugar levels. You must control your blood sugar levels to prevent problems such as eye disease, kidney disease, nerve damage, heart disease, and stroke. There are many ways that this can be done. These include:

- Eat a healthy diet
- Get regular physical activity
- Take medicine correctly
- See your doctor regularly
- Test your own blood sugar regularly

**Work with your health care team to find the best way for you to control your blood sugar levels.**

### Test Your Own Blood Sugar

You should test your own blood sugar on a regular basis to help you manage your diabetes. This test is very important because it tells you how well you are controlling your blood sugar level throughout the day.

Your doctor and health care team can help you learn:

- What type of test to use
- How to do the test correctly
- How often to test
- How often to report the test results
- How to get the supplies you need to do the tests.

### Ask your doctor for a Hemoglobin A1c Test

This test is not the same blood test you give yourself. This test is very important because it tells how well you have controlled your blood sugar over the last 2 to 3 months.

## 控制血糖水平

第一個治療目的是控制血糖。你一定要控制血糖而預防眼病，腎病，神經損害，心臟病及中風。有很多方法，包括：

- 吃有益健康的食物
- 按時每天運動
- 正確地用藥
- 按期見醫生
- 按期自驗血糖

請與你的醫療人員合作決定，找出最適合你的病情的控制血糖方法。

### 在家自驗血糖

按期自驗血糖能助你控制血糖，這驗血是很重要的，因為他可以讓你你知道你控制血糖的努力成效任何。

你的醫生及醫療人員可幫助你學習：

- 用那種方法驗血糖
- 怎樣正確地自驗血糖
- 每隔多久驗一次血糖
- 每隔多久向醫療人員報告一次驗血結果
- 怎樣得到自驗血糖的用品

請教你的醫生，什麼時候應該進行“血紅素血糖驗血 (Hemoglobin A1c Test)

這項驗血不同於自驗血糖。這種驗血檢查是十分重要的，因它可以看出，過去兩三個月內，你控制血糖的成績。

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## Get Checked for Long-Term Problems and Learn How to Prevent and Treat Them

To check for problems that diabetes can cause, you should see your doctor and your health care team regularly. Doing this can prevent problems or find them early, when they can be treated and managed well.

Talk to your doctor and health care team about how often you should get these tests.

- Blood pressure checks
- Cholesterol tests
- Other blood fat tests
- Foot exams
- Eye exams
- Kidney tests
- Dental exams

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## 請檢查身體情況，可預防及治療長期的併發疾病。

因為糖尿病可引併發症，所以應定期見醫生，及早預防、診斷、醫治及控制這些毛病。詢問你的醫生應該多久作一次以下的檢查：

- 血壓
- 膽固醇
- 其他血脂肪檢驗
- 足科
- 眼專科
- 腎科
- 牙科



## To take good care of your diabetes, be sure to follow these 5 steps:

1. Find Out What Type of Diabetes You Have.
2. Get Regular Care for Your Diabetes
3. Learn How to Manage Your Diabetes.
4. Control Your Blood Sugar Levels.
5. Get Checked for Long-Term Problems and Learn How to Prevent and Treat Them.

Remember, even if you have diabetes, by keeping your blood sugar levels under control, you can expect to live a long and active life.



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## 控制糖尿病五步曲：

1. 知道你患了那一種類型的糖尿病
2. 得到定期的糖尿科照顧
3. 學習怎樣控制糖尿病
4. 控制血糖水平
5. 檢查身體情況，學習預防和及早治療長期的併發症

請記住，就算你患上了糖尿病，把血糖控制在一定程度內，你照樣可以过上健康長壽的生活。

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