



CONTACT NEMS 聯絡東北:

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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

### 1 型糖尿病

1 型糖尿病佔所有糖尿病診斷個案的百分之五到百分之十。1 型糖尿病是由於體內的胰臟不再生產胰島素，導致糖份積聚在血液裡。

### 1 型糖尿病的病因

致病原因現在還不明確，但可能跟以下因素有關：

- 自體免疫
- 遺傳
- 環境

### 1 型糖尿病的徵兆和症狀

如果您有以下症狀，請告訴醫生：

- 常感口渴飢餓
- 小便次數頻密
- 體重下降
- 視力模糊

### 診斷

為了判斷您是否患上 1 型糖尿病，您的醫生可能讓您做以下的測試：

- **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。
- **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。
- **隨機血糖測試:** 在任意一個時間抽取血液樣品做檢查。如果隨機血糖測試值是 200mg/dl 或更高顯示有糖尿病。
- **自身抗體血液測試:** 測試用於區分 1 型糖尿病和 2 型糖尿病。
- **尿液測試:** 1 型糖尿病常常伴隨著尿酮。

### 治療

- 注射胰島素
- 健康的飲食
- 增加體力活動
- 定時測量監控血糖水平

### 預防

1 型糖尿病沒有預防的方法。但是，研究人員正在測定導致一些人更容易得病的因素及誘因。

### 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，東北醫療中心不會就此承擔任何責任。  
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.  
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### WHAT IS DIABETES?

When someone has diabetes, it means he or she has high blood sugar (glucose) levels. When sugar stays in the blood, it does not get used to make energy. This makes it more difficult for the body to function 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 damage to a person's health. This could result in:

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

### TYPE 1 DIABETES

It accounts for 5 to 10% of all diagnosed cases of diabetes. In type 1 diabetes, the organ in the body called pancreas can no longer make insulin. Glucose then builds up in the blood.

### RISK FACTORS FOR TYPE 1 DIABETES

Risk factors are currently unclear, but may involve:

- Autoimmunity
- Genetic
- Environmental factors

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### WARNING SIGNS AND SYMPTOMS

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

- Increased thirst and hunger
- Frequent urination
- Weight loss
- Blurred vision

### DIAGNOSIS

To determine if you have Type 1 diabetes, your doctor may give you the following tests:

- **Glycosylated Hemoglobin Test (A1C):** The blood test shows an average blood sugar level over two to three months.
- **Fasting Plasma Glucose (FPG) Test:** This test measures your blood glucose level after you fast (have not eaten anything) for 8-10 hours.
- **Random blood sugar test:** A blood sample will be taken at a random time. Sugar level of 200mg/dl or higher suggests diabetes.
- **Autoantibody blood test:** This test is used to distinguish between Type 1 and Type 2 Diabetes.
- **Urine test:** Ketones in the urine is common in Type 1 diabetes.

### TREATMENT

- Take your insulin injections
- Eat a healthier diet
- Increase physical activity
- Test and monitor blood sugar levels regularly

### PREVENTION

There is no way to prevent the development of type 1 diabetes. However, researchers are making progress in determining what factors and triggers make some people more likely to get the disease.

### Sources:

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