

Diabetes Mellitus 認識糖尿病



Diabetes Treatment 糖尿病的治療

Healthy lifestyle 健康的生活模式

In general, patients with mild type 2 diabetes, especially those who do not require medication, can stabilize their blood sugar levels by maintaining good lifestyle habits, which include:

- + Healthy eating
- + Maintaining an ideal weight
- + Exercising regularly
- + Maintaining a positive attitude
- + Cessation of smoking

一般而言，病情較輕的二型糖尿病患者，尤其是不需藥物治療的人士，可透過良好的生活習慣來穩定血糖，包括：

- + 健康飲食
- + 維持理想體重
- + 經常運動
- + 保持積極心態
- + 戒煙



Medication 藥物治療

Although medications keep blood sugar levels under control, it is still imperative to maintain good lifestyle habits. Moreover, as the disease progresses, some patients who did not initially require medication may be prescribed medication at a later stage. Regardless of the need for medication, however, maintaining a healthy lifestyle is still paramount to controlling blood sugar levels.

Diabetes medications are divided into oral hypoglycemic agents and insulin injections. It is important to follow the doctor's directions and refrain from adjusting the dose or schedule of administration without your doctor's advice.

即使用藥控制血糖水平，也需要維持良好的生活習慣。而且，隨着病情變化，部分原先不需藥物治療的患者，可能在未來日子需要藥物治療。要知道，無論是否用藥，維持健康的生活模式，仍然是控制血糖的關鍵。

治療糖尿病的藥物主要分為口服降血糖藥及胰島素注射劑兩類。注意必須遵照醫生吩咐，不能隨意改變劑量及用藥時間。

Your Healthcare Professional Team 您的專業醫護團隊

Diabetes is a chronic and potentially life-threatening disease. Many patients in the early stage of diabetes do not experience obvious symptoms. If you suspect that you may have diabetes, consult a doctor as soon as possible to protect your health.

Our Lifestyle Medicine Clinic and the Lifestyle Management Center's NEWSTART® program aim to help people in need improve their health and quality of life. Participants of the program learn to alleviate symptoms of a variety of modern health conditions such as hypertension, diabetes, obesity, high cholesterol, heart disease, and stress through a new, healthier lifestyle.

糖尿病是一種能危害生命的慢性疾病。有很多初期糖尿病患者並沒有明顯徵狀。若有懷疑，應盡快請教醫生作適當檢查，保障身體健康。

本院特設養生醫學診所，並由健康生活促進中心推出「新起點健康實踐計劃」，旨在幫助參加者通過良好的生活模式，強健體魄，改善糖尿病、肥胖、高血脂、心臟病和壓力等都市病。

Bookings and Enquiries 查詢及報名

For further information, please contact our Lifestyle Management Center, or visit our website.

如欲進一步了解上述內容，歡迎與健康生活促進中心職員聯絡，或瀏覽本院網站。

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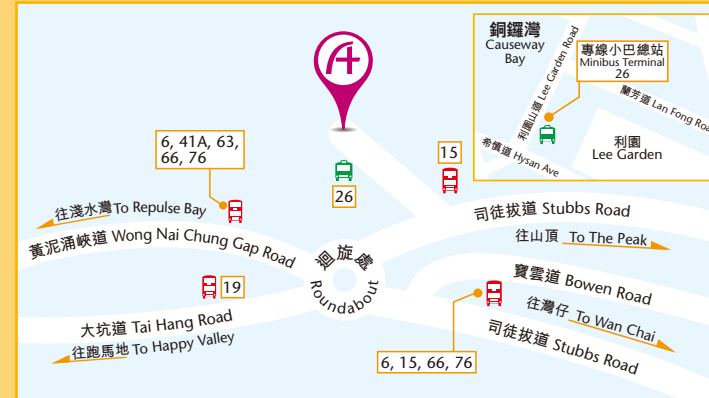
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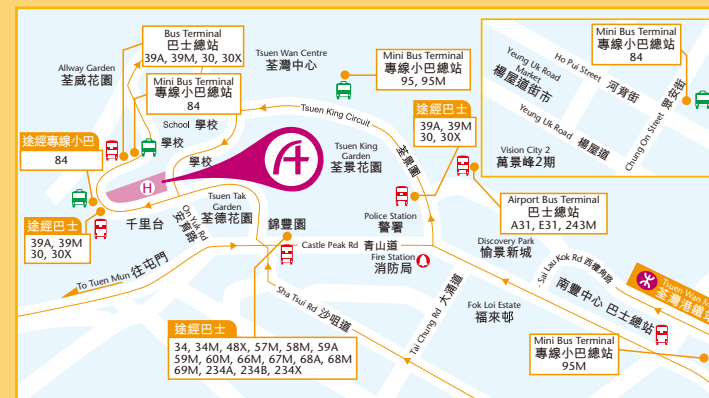
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Map 路線圖



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4 Diabetes Mellitus 糖尿病

Diabetes mellitus (DM), commonly referred to as diabetes, is a group of metabolic diseases that occur when insulin production is inadequate, or if the body cannot properly use the insulin it produces. The condition affects the body's ability to break down carbohydrates in food, resulting in high blood glucose (blood sugar). The glucose is eventually excreted in urine.

糖尿病由內分泌系統失調引致，源於胰島素分泌不足，或身體對胰島素產生抗拒，不能將碳水化合物轉化成能量，導致血液中糖份(葡萄糖)過高，並隨尿液排出體外。

Table 1: Classification of Diabetes 糖尿病的分類

Type 類型	Causes 病因
Type 1 一型	Also known as insulin-dependent diabetes, juvenile diabetes, or early-onset diabetes, type 1 diabetes occurs when the pancreas fails to produce insulin or only produces very little. It is often related to genetic and/or environmental factors, or immune system disorders. 也稱為「胰島素依賴型」，源於身體無法產生足夠的胰島素，往往與遺傳、免疫系統失調或環境因素有關
Type 2 二型	Type 2 diabetes is the most common form of diabetes and occurs when the body develops insulin resistance. It is also associated with bad eating habits, a lack of exercise, obesity, or genetic factors. 最常見的一類，源於身體對胰島素產生抗拒，與不良飲食習慣、缺乏運動、肥胖或遺傳有關

Type 類型	Causes 病因
Gestational Diabetes 妊娠糖尿	Usually temporary, gestational diabetes often occurs from mid-pregnancy onwards due to endocrine changes that increase the body's resistance to insulin, thereby raising blood sugar levels. 通常是短暫性的，在懷孕中期因內分泌變化導致身體對胰島素抗拒，令血糖上升
Secondary 繼發性	Caused by other diseases such as mumps (epidemic parotitis) or pancreas infection, or intake of drugs such as steroids or oral contraceptives. 因其他疾病(如腮腺炎或胰臟感染)，或服用藥物(如類固醇或口服避孕藥物等)引起

4 Symptoms of Diabetes 糖尿病的病徵

- + Frequent urination, excessive thirst, increased hunger
- + Weight loss, fatigue
- + Refractory wounds/infection
- + Skin or genital itching
- + Nausea, vomiting
- + Blurred vision
- + Numbness, tingling, or weakness in feet
- + 小便頻密，常口渴，易饑餓
- + 體重下降，容易疲倦
- + 傷口發炎難癒
- + 皮膚或下體發癢
- + 惡心、嘔吐
- + 視力模糊
- + 足部麻痺、刺痛或無力



4 Risk Factors for Type 2 Diabetes 二型糖尿病的風險因素

- + Family history: having immediate family members with type 2 diabetes
- + Obesity, particularly central (abdominal) obesity
- + Age: risk increases with age
- + History of gestational diabetes, having given birth to a baby weighing more than 4 kg, elderly women, or women with a family history of diabetes
- + Lack of exercise
- + Prediabetes: having a fasting blood sugar level higher than normal and/or impaired glucose tolerance
- + Metabolic syndrome
- + Long-term high sugar intake
- + 遺傳，即直系家屬患有二型糖尿病
- + 肥胖，尤其中央肥胖
- + 隨年齡增加，風險也增加
- + 曾有妊娠糖尿病史、曾誕下超過4公斤重的嬰兒、高齡或有家族糖尿病史的婦女
- + 缺乏運動
- + 前期糖尿病，即空腹血糖值及/或葡萄糖耐量異常
- + 代謝綜合症
- + 長期吃甜食

4 How is diabetes diagnosed? 如何診斷糖尿病?

Blood glucose tests are used to diagnosis diabetes. There are two testing methods:

1. Fasting plasma glucose (sugar) test
2. Oral glucose tolerance test (OGTT): measures blood glucose levels two hours after a meal

通過檢驗血糖水平，可以診斷是否患有糖尿病。檢驗方法有兩種：

- 方法一：空腹血糖水平
方法二：耐糖檢查，即餐後兩小時的血糖水平

Table 2: Standard Blood Glucose Levels (according to the World Health Organization indices in 2006) 血糖值標 (根據2006年世界衛生組織指標)

	Fasting Blood Glucose Level (mmol/L) 空腹血糖值 (mmol/L)	and 及	Glucose Tolerance Test (mmol/L) 耐糖檢查 (mmol/L)
Normal 正常	Lower than 5.5 5.5以下	and 及	Lower than 7.8 7.8以下
Abnormal fasting blood glucose level 空腹血糖值異常	6.1 to 6.9 6.1至6.9	and 及	Lower than 7.8 7.8以下
Impaired glucose tolerance 葡萄糖耐量異常	Above 7.0 7.0以上	and 及	7.8 to 11.1 7.8至11.1
Diabetes 糖尿病	7.0 or above* 7.0或以上*	or 或	11.1 or above 11.1或以上

* Repeat the test another day if you have no diabetes symptoms.
* 如沒有糖尿病病徵，應改天重複測試。

4 Diabetes Management 全面控制糖尿病

If diabetes is not under proper control, blood vessels and nerve tissues may be damaged, causing various complications. Patients should therefore control their blood pressure and lipid levels, maintain a healthy weight, and quit smoking.

糖尿病若控制不善，會破壞體內的血管及神經組織，引致各種併發症。因此患者應控制血壓和血脂，注意體重和戒煙。





A Diet Tips for Diabetics

In addition to taking medication, you can also control your blood sugar levels more effectively with good eating habits:

- + Eat at regular times and in regular amounts. Do not overeat to avoid excessive intake of calories, which can lead to unhealthy weight gain and obesity.
- + Avoid sugary foods and drinks, such as desserts, ice cream, cakes, soft drinks, high-sugar fruits, and dried fruits.
- + Avoid high-fat foods.
- + Eat out less.
- + Patients using insulin injections should eat frequent, smaller meals. In addition to breakfast, lunch, and dinner, morning and afternoon snacks may also be taken between meals, as well as a small snack or refreshment before bed.
- + Maintain a balanced and nutritious diet that includes more high-fiber foods, such as vegetables, fruits, unrefined grains, whole wheat bread, and brown rice.
- + Parents should encourage their children to eat less high-sugar and high-fat foods, and help them develop good eating habits from an early age to reduce the risk of diabetes.

A Carbohydrate Exchange Rules

To effectively manage diabetes through a healthy diet, it is important to allocate carbohydrates appropriately across daily meals and snacks.

Remarks

One serving of carbohydrates = one tablespoon of rice

1 full bowl of rice =	5 tablespoons of rice
	1 bowl of rice noodles
	2 and a half bowls of rice porridge
	1 full bowl of egg noodles

Note: For other diet tips, please refer to "Guidelines for a Diet Low in Cholesterol and Lipids" and "Managing Hypertension with a Low-Sodium Diet".

A 糖尿病飲食貼士

除藥物治療外，若能配合良好的飲食習慣，控制血糖便更事半功倍：

- + 定時定量，不要暴飲暴食，以免攝取過多熱量令身體肥胖
- + 忌吃甜食，如甜品、雪糕、西餅、汽水，和糖份高的鮮果和乾果
- + 避免油膩食品
- + 盡量減少出外進食
- + 接受胰島素注射者宜少食多餐，除早、午、晚三餐外，可加入上、下午茶時間，睡前也可能需要進食小點。
- + 注意營養均衡，多吃高纖維食物，例如蔬菜、水果、未經精製的穀麥類、全麥麵包、糙米等
- + 父母應鼓勵子女少吃高糖份和高脂肪的食物，幫助他們從小培養良好的飲食習慣，減低患糖尿病的風險

A 醣質交換法

為了有效地通過飲食來控制病情，每日三餐和小食宜適當分配醣質。

備註

1份碳水化合物食物 = 1湯匙白飯

1 平碗白飯 =
5 湯匙白飯
1 平碗米粉
2 碗半白粥
1 碗滿的蛋麵

註：其他飲食建議請參閱〈飲食降膽固醇和血脂〉和〈高血壓之低鹽低鈉飲食篇〉。



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