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
+ Avoid alcoholic beverages
+ Maintain a healthy weight, avoid central obesity
+ Exercise regularly
+ Maintain a positive attitude
+ Smoking Cessation

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
+ 避免酒精飲品
+ 維持理想體重，避免中央肥胖
+ 經常運動
+ 保持積極心態
+ 戒煙



Medication 藥物治療

Although medications keep blood glucose 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。

本院特設生活型態醫學診所，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。

Appointment & Enquiries 預約及查詢

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

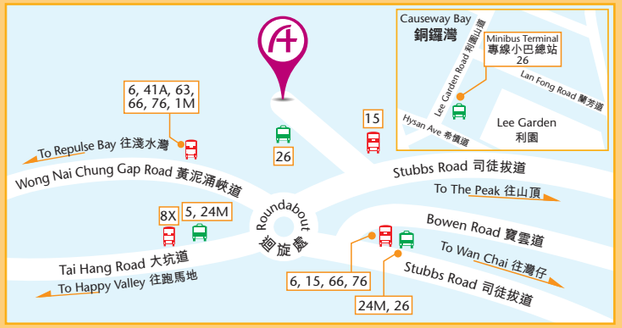
如欲進一步了解上述內容，歡迎與健康生活促進中心職員聯絡，或瀏覽本院網站。

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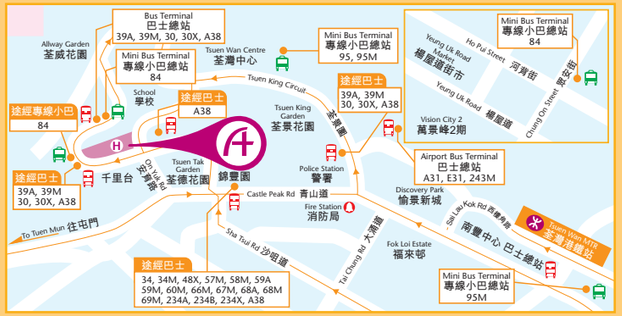
The above are only recommendations. For a more personalized diet plan, please consult a registered dietician.
上述為營養飲食之建議，建議尋找註冊營養師作專業的營養諮詢。

Map 路線圖



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如欲查閱最新資料，請瀏覽本院網站www.twah.org.hk。

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Adventist 港安 Health
Hong Kong Adventist Hospital
香港港安醫院

Diabetes Mellitus
認識糖尿病



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表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 is caused by an autoimmune response against insulin-producing pancreatic beta cells, which leads to insufficient production of insulin. Genetic predisposition is a major risk factor of this disease. 也稱為「胰島素依賴型」，源於自體免疫反應，破壞了胰臟製造胰島素的β細胞，以致無法產生足夠的胰島素。這疾病有遺傳傾向。
Type 2 二型	Type 2 diabetes is the most common form of diabetes and occurs when the body develops insulin resistance. In the early stages, brief postprandial hyperglycemia (an increase in blood glucose levels after eating a meal) may induce beta cell proliferation, though over time, this adaptive mechanism will fail as a result of beta cell dysfunction and death. 最常見的一類，源於身體對胰島素產生抗拒。初期短暫的餐後高血糖可誘發β細胞增生；日久β細胞將喪失功能及壞死，而這降低血糖的補償機制亦告失效。
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 pancreatic 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

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



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，即空腹糖值及/或葡萄糖耐量異常
+ 代謝綜合症
+ 長期吃甜食

How is diabetes diagnosed? 如何診斷糖尿病？

According to HK Reference Framework for Diabetes Care for Adults in Primary Care Settings, for patients with diabetic symptoms, diabetes can be diagnosed when a fasting blood glucose is ≥7mmol/L or random blood glucose is ≥ 11.1mmol/L. Besides, American Diabetic Association(ADA) and World Health Organization(WHO) also adopts HbA1c level ≥6.5% as a diagnostic standard.

根據《香港糖尿病參考概覽—成年糖尿病患者在基層醫療的護理》，對於有症狀的病例，空腹血糖≥7mmol/L或隨機血糖≥11.1mmol/L即可確診。 此外，美國糖尿病協會（ADA）和世界衛生組織（WHO）也採用糖化血紅素≥6.5%作為診斷標準。

Table表2：Here are diagnostic criterions for diabetes according to World Health Organization:
世界衛生組織對於糖尿病診斷標準的建議如下：

Diabetes 糖尿病*	
Fasting plasma glucose空腹血糖值：≥7.0mmol/L 或 2 hours plasma glucose 2小時血糖值#：≥11.1mmol/L 或 HbA1c糖化血紅素：≥6.5%	
Prediabetes 糖尿病前期	
Impaired Fasting Glucose 空腹血糖值異常	Fasting plasma glucose空腹血糖值：6.1 to 6.9mmol/L 2 hours plasma glucose 2小時血糖值#：<7.8mmol/L
Impaired Glucose Tolerance 葡萄糖耐量異常	Fasting plasma glucose空腹血糖值：< 7.0mmol/L 及 2 hours plasma glucose 2小時血糖值#：≥7.8 mmol/L and <11.1mmol/L

* For patients with no diabetic symptoms, diagnosis of diabetes should not be based on a single blood test result. It is necessary to have at least one additional test result on HbA1c or blood glucose test in order to confirm the diagnosis.
無症狀者的糖尿病診斷不應基於單一的血液檢查結果，至少需要一個額外的糖化血紅素或血糖測試結果，才能作出診斷

\# Blood glucose taken 2 hours after ingestion of 75gram of glucose orally
攝取75克口服葡萄糖後2小時的靜脈血糖

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。



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Diet Tips for Diabetics

Eat healthy carbohydrates, such as:

+ Fruits, vegetables, whole grains, and beans

Avoid unhealthy carbohydrates, such as:

+ Refined foods, sweet foods, and sweetened beverages
+ Food and drinks with added fat, sugar, or salt
+ Baked goods, sweets, ice cream, juice, soft drinks, and energy drinks

Eat high-fiber foods

+ Foods rich in fiber increase satiety, reduce the body's demand for insulin, and stabilize blood sugar levels
+ High-fiber foods include: vegetables, fruits, nuts, beans, and whole grains

Replace sweetened drinks with water, and use sugar substitutes if necessary

Choose healthy fats:

+ Monounsaturated and polyunsaturated fats help lower cholesterol levels
+ Foods that contain healthy fats include: avocados, nuts, canola oil, olive oil, grapeseed oil

All fats contain a high amount of calories, so avoid overconsumption

Diabetes increases the risk of heart disease and stroke as blood vessels are blocked or damaged more easily. Avoid foods that are bad for the heart, including:

+ **Saturated fats:** high-fat dairy products and animal proteins, such as butter, beef, hot dogs, sausages, and bacon. Limit consumption of coconut oil and palm kernel oil
+ **Trans fats:** found in processed snacks, baked goods, shortening, and margarine
+ **Cholesterol:** found in high-fat dairy products, high-fat animal proteins, egg yolks, liver, and other internal organs. Daily intake of cholesterol should not exceed 200 milligrams (mg)
+ **Sodium (salt):** daily intake of sodium should not exceed 2300 mg. Doctors may recommend those with high blood pressure to limit their sodium consumption to an even lower level

Avoid fried or greasy foods

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A 糖尿病飲食貼士

宜進食含健康碳水化合物之食物:

+ 例如：水果、蔬菜、全麥五穀類、豆類

避免進食含不健康碳水化合物之食物:

+ 精製加工食品、甜食及加糖的飲料
+ 含添加油脂、糖及鹽份的食品及飲料
+ 例如：烘焙食品、糖果、雪糕、果汁、汽水、運動能量飲料

宜進食高纖維食物

+ 能增加飽足感，並減低身體對胰島素的需求，穩定血糖
+ 例如: 蔬菜、水果、果仁、豆類、全麥五穀類

以清水代替甜味飲料，有需要的話可用代糖來代替糖。

宜進食好的脂肪：

+ 單元不飽和與多元不飽和脂肪，能幫助減低你的膽固醇水平
+ 例如: 牛油果、果仁、芥花籽油、橄欖油、葡萄籽油

由於所有脂肪均含高熱量，切勿過量進食

糖尿病會加速血管堵塞及硬化的形成，增加患上心臟病及中風的風險。以下食物均不利於你實現健康心臟的目標，建議避免進食：

+ **飽和脂肪：**高脂乳製品和動物性蛋白，例如牛油、牛肉、熱狗、香腸和煙肉，以及限制食用椰子油和棕櫚仁油的份量。
+ **反式脂肪：**存在於加工零食、烘焙食品、起酥油和人造牛油之中。
+ **膽固醇：**來源包括高脂乳製品、高脂動物蛋白、蛋黃、肝臟和其他內臟器官，每天的膽固醇攝取量不應超過200毫克。
+ **鈉(鹽份)：**每天的鈉攝取量應少於2300毫克，如果你患有高血壓，醫生可能會建議你再減少攝取量。

避免進食煎炸及油膩的食品

