

All About Pre-Diabetes

關於前期糖尿病

Toolkit No. 1

健康手冊（一）

What is pre-diabetes?

什麼是前期糖尿病？

Pre-diabetes is a condition that comes before type 2 diabetes. Blood glucose (sugar) levels are higher than normal but aren't high enough to be called diabetes. Pre-diabetes is a silent disease, meaning you can have it but not know it. The good news is that cutting back on calories and fat, being physically active, and losing weight can reverse pre-diabetes and therefore delay or prevent type 2 diabetes. **Diabetes doesn't go away once you have it, so it's better to prevent it in the first place.**

前期糖尿病是第 2 型糖尿病出現之前的先兆。這時血液中葡萄糖（血糖）濃度超出正常範圍，但未達到糖尿病的地步。前期糖尿病是沈默的病症，表示患者可能不知道自己已罹患此病。所幸，如果能減少熱量和脂肪攝取、多運動並減重，前期糖尿病就可能好轉，進而延緩或預防第 2 型糖尿病。一旦罹患糖尿病，就很難根治，因此預防將勝於治療。

How can type 2 diabetes be delayed or prevented?

如何延緩或預防第 2 型糖尿病？

In a recent study, people at high risk for type 2 diabetes greatly reduced their risk of getting it by eating less than usual, increasing their physical activity, and losing weight. They

最近一項研究指出，第 2 型糖尿病高風險者可藉由減少食量、增加運動量以及減重等方式，大幅降低罹患糖尿病的風險。具體來說，包括：

- cut down on fat
- cut back on calories
- exercised about 30 minutes a day, 5 days a week, usually by brisk walking
- lost weight — an average of 15 pounds in the first year of the study
- 減少脂肪攝取
- 減少熱量攝取
- 一週五天，每天運動約 30 分鐘，做快走等運動
- 減重 — 此研究的第一年中，受試者平均減重 15 磅

These strategies worked equally well for men and women and particularly well for people aged 60 and older. Several other studies also have shown that type 2 diabetes can be delayed or prevented.

這些方法男女都適用，而且特別適合 60 歲以上的老年人。另外，也有其他幾項研究結果同樣顯示能夠延緩或預防第 2 型糖尿病。

Am I likely to have pre-diabetes?

我可能會罹患前期糖尿病嗎？

As you get older, especially if you're overweight, your chances of having pre-diabetes increase.

Your doctor should check your blood glucose level if you are

隨著年齡漸增，特別是過重者，罹患前期糖尿病的可能性也會增加。如果您有下列情況，應由醫師檢查您的血糖濃度：

- 45 or older and overweight
- under age 45 and overweight and have other risk factors for diabetes.

If you are 45 or older and your weight is normal, ask your doctor if you need to be checked for pre-diabetes.

- 45 歲以上且過重
- 45 歲以下、過重而且伴隨其他糖尿病危險因子

如果您是 45 歲以上，但體重正常，那麼請詢問醫師是否需要做前期糖尿病檢查。



Pre-diabetes is a condition that comes before type 2 diabetes. 前期糖尿病是第 2 型糖尿病出現之前的先兆。

Are you at increased risk for diabetes?

您是否有罹患糖尿病的風險？

You're at risk for diabetes if you

如果您有下列情況，即有罹患糖尿病的風險：

- are overweight
- are physically inactive
- have a parent, brother, or sister with diabetes
- are African American, Native American, Asian American, Pacific Islander, or Hispanic American
- have had a baby weighing more than 9 pounds or have had gestational diabetes
- have high blood pressure (over 140/90 mmHg)
- have low HDL cholesterol (35 mg/dl or lower) or high triglycerides (250 mg/dl or higher)
- 過重
- 沒有運動習慣
- 父母或兄弟姊妹中有糖尿病患者
- 非裔美籍、美國原住民、亞裔美籍、太平洋島裔或拉丁裔美籍
- 新生寶寶超過 9 磅或曾有妊娠糖尿病
- 高血壓（超過 140/90 mmHg）
- HDL 高密度膽固醇濃度低（35 mg/dl 或更低）或有高三酸甘油脂（250 mg/dl 或更高）

How can I find out whether I have pre-diabetes?

如何發現自己是否有前期糖尿病？

Pre-diabetes has no symptoms. You'll need a blood test to check your blood glucose level. Your doctor will use one of these two tests:

前期糖尿病沒有症狀。因此需要驗血來檢查血糖濃度。醫師會使用下列兩種驗血方法：

The **fasting plasma glucose test** measures your blood glucose after you have gone overnight without eating. This test is most reliable when done in the morning. Pre-diabetes is diagnosed when fasting glucose levels are between 100 and 125 mg/dl. These glucose levels are above normal but not high enough to be called diabetes. A fasting plasma glucose of 126 mg/dl or higher means diabetes.

空腹血糖檢測需要您在前夜未進食下測量血糖濃度。在早上進行這項檢測最為可靠。如果空腹血糖值在 100 與 125 mg/dl 之間，就表示有前期糖尿病。這時血糖值雖然超過正常範圍，但還未達糖尿病的程度。空腹血糖值為 126 mg/dl 或以上者，則表示有糖尿病。

The **oral glucose tolerance test** measures your blood glucose after an overnight fast and 2 hours after you drink a sweet liquid provided by the doctor or laboratory. Pre-diabetes is diagnosed when blood glucose is between 140 and 199 mg/dl 2 hours after drinking the liquid. These glucose levels are above normal but not high enough to be called diabetes. A 2-hour blood glucose of 200 mg/dl or higher means diabetes.

口服葡萄糖耐量試驗需要您在前夜禁食後喝下醫師或檢驗室提供的含糖液體，2 小時後再測量血糖值。如果在喝下液體後 2 小時，血糖值在 140 與 199 mg/dl 之間，即表示有前期糖尿病。這時血糖值雖然超過正常範圍，但還未達糖尿病的程度。若 2 小時後的血糖值為 200 mg/dl 或更高，則表示有糖尿病。

How can I reverse pre-diabetes? 我該如何治療前期糖尿病?

To help bring your blood glucose levels back to normal, you can

要讓血糖值恢復到正常範圍，可以這麼做：

- cut back on calories and fat
- increase your physical activity Doing so will make it more likely that you'll lose weight. If you're overweight, losing 5 to 7 percent of your total weight can help you a lot.
- 減少熱量與脂肪攝取
- 多運動，而且這也有助於減重。如果過重，可減少總體重的 5% 至 7%，這將大有助益。

For example, if you weigh 200 pounds, your goal would be to lose 10 to 15 pounds.

比方說，如果體重是 200 磅，目標就是減少 10 至 15 磅。

Cutting Back on Calories and Fat 減少攝取熱量與脂肪

Place a check mark next to steps you'd like to try for cutting down on calories and fat.

下面有幾個步驟可幫助您減少熱量與脂肪的攝取，請在想嘗試的步驟旁邊打勾。

- I'll cut back on my usual serving sizes.
- I'll order the smallest portion size when I'm eating out. Or I'll share an entree.
- I'll try calorie-free drinks or water instead of regular soft drinks and juice.
- I'll try low-fat versions of the foods I usually eat. I'll check the labels to make sure the calories are reduced too.
- When cooking, I'll bake, broil, or grill and use nonstick pans and cooking sprays.
- I'll eat more vegetables and whole grain foods.
- Other steps I'll take to cut down on calories and fat are
- 減少平時的食量。
- 外食時都點最小份，或跟他人分享一份。
- 試著喝無熱量的飲料或白開水，而不喝平常喝的汽水和果汁。
- 吃同樣的食物時，選擇低脂包裝。查看包裝標示，確定熱量確實減少。
- 用烘、焙或烤的方式烹調食物，使用不沾鍋和噴霧油。
- 多吃蔬菜和全穀類食物。
- 其他用來減少熱量和脂肪攝取的步驟：

Increasing Your Physical Activity 多運動

Place a check mark next to the ways you'll try to add physical activity to your daily routine.

下面有幾個方法可幫助您增加每天的運動量，請在想嘗試的方法旁邊打勾。

- I'll take the stairs instead of the elevator.
 - I'll park at the far end of the parking lot.
 - I'll find an activity I enjoy, such as working in the yard or riding a bike.
 - I'll take a walk every day, working up to 30 minutes of brisk walking, 5 days a week. Or I'll split the 30 minutes into two or three walks.
 - I'll try strength training by lifting light weights several times a week.
 - Other ways I'll try to add physical activity to my daily routine are
-
- 不搭電梯，改走樓梯。
 - 將車子停在停車場的最遠一端。
 - 找到自己喜歡的活動，比方說園藝或騎腳踏車。
 - 每天散步，一週五天，每次快走 30 分鐘。或將 30 分鐘分成兩或三次散步。
 - 一週嘗試幾次舉起較輕的物品，訓練自己的耐力。
 - 其他用來增加每天運動量的方法：
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-
-

Are there any medications to treat pre-diabetes?

前期糖尿病有藥物可以治療嗎？

No drug has been approved by the U.S. Food and Drug Administration specifically for prediabetes. However, several medications available by prescription for diabetes or weight loss have been used in studies. Though certain drugs do seem to delay or prevent diabetes, they don't work nearly as well as eating less, being active and losing weight. At this time, experts recommend eating less, increasing physical activity, and losing weight as the best ways to treat pre-diabetes, instead of taking medications.

目前美國食品暨藥物管理局尚未核准任何治療前期糖尿病的藥物。不過，目前已有多種糖尿病或減重處方藥物用於研究試驗。雖然某些藥物的確可以延緩或預防糖尿病，但效果不如少吃、多動和減重。因此，比起服用藥物，專家建議少吃、增加運動量以及減重才是治療前期糖尿病的最佳治療之道。



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