

Getting the Very Best Care for Your Diabetes

糖尿病最佳照護

Toolkit No. 2 健康手冊 (二)

Following guidelines from the American Diabetes Association (ADA) can help people with diabetes live longer, healthier lives. Called the Standards of Care, these guidelines describe basic care for people with diabetes. Getting up-to-date care for diabetes can help you prevent long-term problems such as heart disease, stroke, and eye, foot, or kidney problems.

美國糖尿病協會 (ADA) 提供糖尿病指引，可幫助糖尿病患者延長生命，過更健康的生活。這份指引稱為照護標準 (Standards of Care)，說明糖尿病患者需要哪些基本照護。遵照最新的糖尿病照護指引，將能夠幫助您預防心臟病、中風，以及眼、足或腎臟等方面的長期疾病。

Most of the day-to-day care of diabetes is up to you. You can make choices that will have a positive effect on your diabetes. You choose what, when, and how much to eat. You decide whether to be physically active. You take your medications and keep track of your blood glucose (sugar) levels on your own. Your health care team helps by providing information, teaching you about diabetes care, and checking on your A-1-C, blood pressure, cholesterol, and other measures.

平日要如何照護糖尿病，主控權多半操之在您的手中。您可以自行決定哪些做法是對治療糖尿病有效的。比方說，您可以選擇所吃的食物、進食時間以及份量、決定是否要運動，以及選擇服用藥物並自行追蹤血糖值。而醫護人員則會給予協助，包括提供相關資訊、指導

如何照護糖尿病，以及檢查糖化血紅素 (A-1-C)、血壓、膽固醇和其他檢查。

What should happen during visits to my health care provider?

每次看醫生時，應做哪些檢查項目？

The Standards of Care describe what should happen at your health care provider visits throughout the year. You can use the following sections to make sure your health care team is up-to-date on what you need for good diabetes care.

照護標準指引說明了一整年內的門診應有哪些檢查項目。您可以參閱下面幾節，確定醫護人員能隨時知道您的需求，提供最佳的糖尿病照護。

Check at Every Office Visit 每次門診的檢查項目

Blood Pressure

血壓

Your blood pressure numbers tell you the force of blood flow inside your vessels. When your blood pressure is high, your heart has to work harder. If your blood pressure is not on target, meal planning, physical activity, and medications can help. Work with your health care team to plan your strategy.

血壓值是指血管內的血流壓力。當血壓高時，心臟的負荷就大。如果血壓不在目標值內，可

以藉由飲食、運動和藥物來治療。請諮詢醫護人員，決定接下來該怎麼做。

Weight 體重

Preventing weight gain or losing weight may be part of your diabetes care plan. If you need to lose weight, a 10- to 15-pound loss can help you reach your blood pressure, blood glucose, and cholesterol goals. Work with your health care team to plan your strategy.

避免增加體重或實行減重，可能也屬於糖尿病照護的一部分。如果需要減重，10 至 15 磅便可幫助血壓、血糖及膽固醇達到目標值。請與醫護人員商談，決定接下來該怎麼做。



Your health care team can teach you about diabetes care. 醫護人員能指導您如何照護糖尿病。

Smoking 吸煙

If you smoke, ask your health care provider about a plan to help you quit.

如果您吸煙，請向醫護人員詢問是否有可以幫助您戒煙的計劃。

Check at Least Every 3–6 Months A-1-C 每 3–6 個月至少檢查一次 A-1-C

The A-1-C is the blood glucose check “with a memory.” It tells you your average blood

glucose for the past 2 to 3 months. If your A-1-C is not on target, meal planning, physical activity, and medications can help. Work with your health care team to plan your strategy.

糖化血紅素 (A-1-C) 是「有記憶」的血糖檢查。這項檢查能顯示過去 2 至 3 個月來的平均血糖濃度。如果 A-1-C 不在目標值內，可以藉由飲食、運動和藥物來治療。請諮詢醫護人員，決定接下來該怎麼做。

Check at Least Once a Year 每年至少檢查一次

Cholesterol 膽固醇

Your cholesterol numbers tell you the amount of fat in your blood. Some kinds, like HDL cholesterol, help protect your heart. Others, like LDL cholesterol, can clog your blood vessels and lead to heart disease. Triglycerides are another kind of blood fat that raises your risk for a heart attack or a stroke. If your cholesterol levels are not on target, meal planning, physical activity, and medications can help. Work with your health care team to plan your strategy.

膽固醇濃度是指血液中的脂肪含量。脂肪分為好幾種，其中像是 HDL 高密度膽固醇，可以幫助保護心臟。其他像是 LDL 低密度膽固醇，可能會阻塞血管，進而引發心臟病。三酸甘油脂則是另一種血脂，會增加心臟病或中風的風險。如果膽固醇濃度不在目標值內，可以藉由飲食、運動和藥物來治療。請諮詢醫護人員，決定接下來該怎麼做。

Microalbumin 微白蛋白

The microalbumin test is a check for small amounts of protein in the urine. The results will tell you how well your kidneys function.

微白蛋白檢查是檢測尿液中的微量蛋白。檢查結果將顯示腎臟的功能是否正常。

Foot Exam

足部檢查

Your health care provider can check your feet for signs of nerve damage or other problems. Foot problems can be avoided if detected and treated early. One of the most important foot tests is to see whether you can feel the vibration of a tuning fork or the light touch of a thin wire called a monofilament.

醫師將會檢查您的足部，確定是否有神經受損或其他問題。如果早期發現和治療，可以預防足部病變。最重要的足部檢查之一便是看看您是否能感覺音叉的振動，或是否能感覺一根細鐵絲（稱為單絲）的輕微觸感。

Eye Exam

眼科檢查

Your health care provider can refer you to an eye doctor to check the blood vessels in your eyes for early warning signs of damage. The eye doctor must put drops in your eyes that dilate your pupils in order to do a thorough exam. Treatment can help slow eye disease if it's found early.

醫師會將您轉介給眼科醫師來檢查眼內血管，確定是否有受損的早期徵兆。眼科醫師必須在您的雙眼滴入藥水，等到瞳孔放大時，便可仔細檢查。如果早期發現，可延緩眼疾的病程。

Flu Shot and Pneumonia Vaccine

注射流感及肺炎疫苗

Every year, ask for a flu shot to keep from getting sick. You should get the pneumonia vaccine at least once. When you turn 65, you should get another pneumonia vaccine, unless you have had one within the past 5 years.

請在每一年都要求注射流感疫苗，以預防感冒。肺炎疫苗則應至少接種一次。當您年滿 65 歲，而且未在過去 5 年內接種過肺炎疫苗，則應再接種一次。

Diabetes Education and Nutrition Counseling

糖尿病衛教與營養諮詢

If you need a change in your diabetes management plan, your health care provider should refer you for diabetes education and nutrition counseling.

如果您需要改變糖尿病治療計劃，則醫師會轉介您接受糖尿病衛教和營養諮詢。

How can I take charge of my diabetes care?

我要如何掌握自己糖尿病的治療情況？

Review the following list and place a check mark next to the things you'd like to talk about with your health care team. Take this list with you to your next checkup.

請詳閱下面的清單，然後在想要與醫護人員討論的項目旁邊打勾。等到下次要檢查身體時，把這份清單一起帶去。

- What are the best targets for my A-1-C, blood pressure, and cholesterol?
- What can help me reach my A-1-C target?
- When is my next A-1-C check?
- What can help me reach my blood pressure target?
- What can help me reach my cholesterol targets?
- How can I learn more about taking care of my diabetes?

- 我的 A-1-C、血壓和膽固醇的最佳目標為何？
- 有什麼可以幫助我達到我的 A-1-C 目標？
- 我下一次檢查 A-1-C 應在什麼時候？
- 有什麼可以幫助我達到我的目標血壓值？
- 有什麼可以幫助我達到我的目標膽固醇值？
- 我要怎麼進一步知道如何照護自己的糖尿病？

Tracking Your Targets

The ADA suggests these targets for most people with diabetes. You may have different targets. You can record your targets and your results in the spaces provided here.

What to Do	ADA Targets	My Targets	My Results	
			Date	Date
At Every Office Visit				
Review blood glucose numbers				
Before meals	90–130 mg/dl			
2 hours after the start of a meal	Below 180 mg/dl			
Check blood pressure	Below 130/80 mmHg			
Review meal plan				
Review activity level				
Check weight				
Discuss questions or concerns				
At Least Every 3–6 Months				
A-1-C	Below 7%			
At Least Once a Year				
Physical exam				
Cholesterol				
LDL cholesterol	Below 100 mg/dl			
HDL cholesterol	Above 40 mg/dl (for men)			
	Above 50 mg/dl (for women)			
Triglycerides	Below 150 mg/dl			
Dilated eye exam				
Microalbumin	Below 30 µg/mg creatinine			
Flu shot				
Once				
Pneumonia vaccine				

追蹤自己的目標

ADA 為大多數糖尿病患者建議的目標如下。您可能會有不同的目標，因此可以將自己的目標和結果記錄在下面的空格中。

要做的事/檢查	ADA 目標	我的目標	我的結果	
			日期	日期
每次門診				
檢查血糖值				
餐前	90–130 mg/dl			
開始用餐後 2 小時	低於 180 mg/dl			
檢查血壓	低於 130/80 mmHg			
檢查飲食習慣				
檢查運動量				
量體重				
討論問題或疑慮				
每 3–6 個月至少一次				
A-1-C	低於 7%			
每年至少一次				
身體檢查				
膽固醇				
LDL 低密度膽固醇	低於 100 mg/dl			
HDL 高密度膽固醇	高於 40 mg/dl (男性)			
	高於 50 mg/dl (女性)			
三酸甘油脂	低於 150 mg/dl			
散瞳眼睛檢查				
微白蛋白	低於 30 µg/mg 肌酸酐			
注射流感疫苗				
一次				
肺炎疫苗接種				



American Diabetes Association
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