

Taking Care of Type 2 Diabetes

第 2 型糖尿病照護

Toolkit No. 3 健康手冊 (三)

What is type 2 diabetes? 什麼是第 2 型糖尿病?

Everyone's blood has some glucose (sugar) in it because your body needs glucose for energy. Normally, your body breaks food down into glucose and sends it into your bloodstream. Insulin, a hormone made by your pancreas, helps get the glucose from the blood into the cells to be used for energy. In people with type 2 diabetes, the pancreas doesn't make enough insulin or the insulin doesn't work very well, or both. Without insulin, your blood glucose rises.

每個人的血液內都含有葡萄糖（血糖），這是因為身體需要葡萄糖來產生能量。一般來說，人體會將食物分解成葡萄糖，然後送入血流中。接著，會由胰臟分泌出一種稱為胰島素的賀爾蒙，幫忙將血液中的葡萄糖帶入細胞，以利產生能量。第 2 型糖尿病患者的胰臟則無法分泌足夠的胰島素或胰島素的作用不佳，或是兩種情況都有。沒有了胰島素，血糖濃度就會升高。

How can type 2 diabetes affect me? 第 2 型糖尿病對我有什麼影響?

Type 2 diabetes sometimes leads to problems such as heart disease, stroke, nerve damage, and kidney or eye problems. But the good news is that keeping blood glucose, blood

pressure, and cholesterol on target can help delay or prevent problems.

第 2 型糖尿病有時會引發心臟病、中風、神經受損、腎臟病或眼疾等疾病。所幸，只要將血糖、血壓及膽固醇維持在目標範圍內，就可以幫助延緩或預防疾病。

How is type 2 diabetes managed? 如何治療第 2 型糖尿病?

Most of the day-to-day care of diabetes is up to you. Your plan for taking care of your diabetes will include

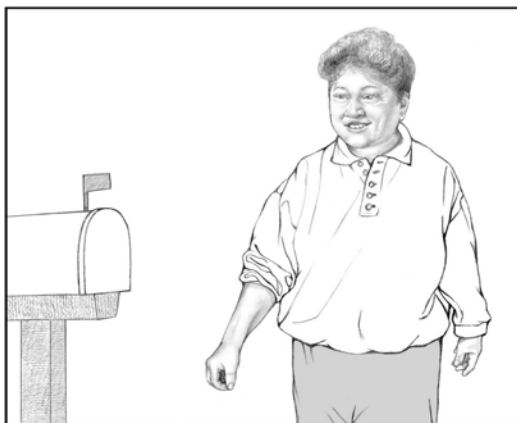
平日要如何照護糖尿病，主控權多半操之在您的手中。照護糖尿病的計劃應包括：

- choosing what, how much, and when to eat
- including physical activity in your daily routine
- taking medications (if needed) to help you reach your blood glucose, blood pressure, and cholesterol target
- 選擇所吃的食物、份量以及進食時間
- 將運動列為每日例行活動
- 在必要情況下服用藥物，幫助達到血糖、血壓及膽固醇濃度目標

What can I do to take care of my diabetes?

我要如何照護自己的糖尿病？

- Choose targets for the ABCs of diabetes care:
 - A: you're A-1-C check for average blood glucose
 - B: your blood pressure
 - C: your cholesterol levels
- Work with your health care team to make a plan that helps you reach your targets.
- Keep track of your numbers.
- If you're not reaching your targets, change your plan as needed to stay on target.
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- 選擇糖尿病照護的 ABC 目標：
 - A: A-1-C 檢查，測量平均血糖值
 - B: 血壓 (Blood Pressure)
 - C: 膽固醇濃度 (Cholesterol Level)
- 與醫護人員商談，制訂計劃來幫助您達到目標。
- 追蹤檢測值。
- 如果沒有達到目標，即視需要更改計劃，以維持在目標範圍內。



Regular physical activity can lower your blood glucose, blood pressure and cholesterol levels. 規律運動可降低血糖、血壓及膽固醇濃度。

Your Blood Glucose 血糖記錄

Targets established by the American Diabetes Association (ADA) are listed below. Your personal targets may differ. Talk with your health care team about the best targets for you.

下面會列出美國糖尿病協會 (ADA) 所訂定的目標。您個人的目標可能會不同。請與醫護人員討論，確定最佳的目標為何。

You'll check your own blood glucose using a blood glucose meter. The meter tells you what your blood glucose is at a particular moment.

您會使用血糖計來檢查自己的血糖濃度。血糖計會顯示特定時間的血糖值。

| ADA Targets for Blood Glucose | My Usual Results | My Targets |
|---|------------------|-----------------|
| Before meals: 90 to 130 mg/dl | _____ to _____ | _____ to _____ |
| 2 hours after the start of a meal: less than 180 mg/dl | less than _____ | less than _____ |

| ADA 的血糖目標 | 平時測量結果 | 我的目標 |
|-----------------------------|---------------|---------------|
| 餐前: 90 至 130 mg/dl | _____ 至 _____ | _____ 至 _____ |
| 開始用餐後 2 小時: 低於 180 mg/dl | 低於 _____ | 低於 _____ |

At least twice a year, your doctor should order an A-1-C check. The results will give your average blood glucose for the past 2 to 3 months.

醫師應每年為您至少做兩次 A-1-C 檢查。檢查的結果能顯示過去 2 至 3 個月來的

平均血糖濃度。

| ADA Target for the A-1-C | My Last Result | My Target |
|--------------------------|----------------|-----------|
| Below 7% | | |

| ADA 的 A-1-C 目標 | 上次的結果 | 我的目標 |
|----------------|-------|------|
| 低於 7% | | |

Your Blood Pressure

血壓記錄

At every office visit, your health care team should check your blood pressure.

每次門診時，醫護人員都應檢查您的血壓。

| ADA Target | My Last Result | My Target |
|-------------------|----------------|-----------|
| Below 130/80 mmHG | | |

| ADA 目標 | 上次的結果 | 我的目標 |
|----------------|-------|------|
| 低於 130/80 mmHG | | |

Your Cholesterol/Triglycerides

膽固醇/三酸甘油脂記錄

Every year, your health care team should check your cholesterol and triglyceride levels.

醫護人員每年都應檢查您的膽固醇與三酸甘油脂濃度。

| Types | ADA Targets | My Last Result | My Target |
|-----------------|--|----------------|-----------|
| 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 | | |

| 類型 | ADA目標 | 上次的結果 | 我的目標 |
|------------|--------------------------------|-------|------|
| LDL 低密度膽固醇 | 低於 100 mg/dl | | |
| HDL 高密度膽固醇 | 男性高於 40 mg/dl 女性高於 50 mg/dl | | |
| 三酸甘油脂 | 低於 150 mg/dl | | |

What do I need to know about meal planning, physical activity, and medications?

對飲食計劃、運動及藥物，我應注意些什麼？

Meal Planning

飲食計劃

Many people think that having diabetes means you can't eat your favorite foods. But you can still eat the foods you like. It's the amount that counts. Ask for a referral to a dietitian who specializes in diabetes. Together, you'll design a personalized meal plan that can help you reach your goals

許多人都以為，罹患糖尿病就表示不能吃最喜愛的食物。但其實還是可以吃喜歡的食物，只是要控制份量而已。請要求與糖尿病營養師面談，然後一起設計個人化的飲食計劃，來幫助您達到目標。

- **Count carbohydrates (also called carbs).** Carbohydrate foods—bread, tortillas, biscuits, rice, crackers, cereal, fruit, juice, milk, yogurt, potatoes, corn, peas, sweets—raise your blood glucose levels the most. Keeping the amount of carbohydrate in your meals and snacks consistent can help you reach your blood glucose targets.

- **Choose foods low in saturated fat.** Cutting down on foods that have saturated fat can help you lower your cholesterol and prevent heart disease. Foods high in saturated fat include meats, butter, whole milk, cream, cheese, lard, shortening, many baked goods, and tropical oils such as palm and coconut oil.
- **Lose weight if needed.** Try to lose weight by cutting back on food portions and increasing your daily activity.
- **Increase the fiber in your diet.** Include high-fiber foods, such as fruits, vegetables, dried beans and peas, oatmeal, and whole grain breads and cereals, in your diet.
- **計算碳水化合物 (carbs)。** 碳水化合物食物包括麵包、玉米片、餅乾、米飯、蘇打餅、麥片、水果、果汁、牛奶、優格、馬鈴薯、玉米、豆子、甜食等，這些都會大幅增加血糖濃度。將三餐和點心的碳水化合物份量盡量控制在一定範圍內，這有助於達到血糖目標。
- **選擇含低飽和脂肪的食物。** 少吃含有飽和脂肪的食物，這有助於降低膽固醇並預防心臟病。含高飽和脂肪的食物包括肉類、奶油、全脂牛奶、牛油、起司、豬油、起酥油、許多烘焙食品以及像是棕櫚油和椰子油等熱帶植物油。
- **視需要減重。** 嘗試減輕體重，包括減少食物份量並增加每天的運動量。
- **多吃纖維性食物。** 在飲食中加入高纖維食物，包括水果、蔬菜、乾豆、燕麥片及全穀麵包與麥片等。

Physical Activity 運動

Regular physical activity helps lower your blood glucose, blood pressure, and cholesterol levels. It also keeps your joints flexible, strengthens your heart and bones,

tones your muscles, and helps you deal with stress. Your health care team may want to check your heart function before you start doing new activities. They can help you plan what kinds of physical activities are best for you. The different kinds of activities include

規律運動可幫助降低血糖、血壓及膽固醇濃度。此外，運動也能保持關節的靈活性、強化心臟與骨骼、強健肌肉以及幫助消除壓力。在開始做新運動前，醫護人員會先檢查您的心臟功能，並幫助決定您最適合做什麼運動。不同的運動包括：

- **Being active throughout the day**
Examples: gardening, taking the stairs instead of the elevator, or walking around while you talk on the phone—working up to about 30 minutes of activity a day
- **Aerobic exercise**
Examples: walking, dancing, rowing, swimming, or riding a bicycle—working up to about 30 minutes a day, 5 days a week
- **Strength training**
Example: lifting light weights several times a week
- **Stretching**
Example: stretching your whole body, especially your arms and legs
- **一整天保持在活動的狀態**
例如：園藝、不搭電梯並改走樓梯、在講電話時四處走動，每天持續運動的時間大約 30 分鐘
- **有氧運動**
例如：走路、跳舞、划船、游泳或騎腳踏車，一週運動五天，每天約 30 分鐘
- **肌力訓練**
例如：每週幾次舉起較輕的物品
- **伸展運動**

例如：伸展全身，尤其是手臂與雙腿

Medications

藥物

Many people need medications along with meal planning and physical activity to reach their blood glucose, blood pressure, and cholesterol targets. If you've had type 2 diabetes for a while, you may need a change in your diabetes pills to reach your blood glucose targets. If you need insulin shots, it doesn't mean that your diabetes is getting worse. It just means that you need a change in how you reach your target numbers. If it's difficult for you to reach your target numbers, talk with your health care team about whether medications can help.

許多人除了飲食計劃和運動外，還需要搭配藥物來達到血糖、血壓及膽固醇目標值。如果您罹患第2型糖尿病已有一段時間，可能需要改服用其他糖尿病藥物來達到血糖目標。如果您需要施打胰島素，並不代表糖尿病的病情惡化，而是需要改變治療方式，以達到理想的目標值。如果難以達到目標值，請與醫護人員討論，看是否要服用藥物來幫助達到目標。



American Diabetes Association
1-800-DIABETES (342-2383) www.diabetes.org
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