

All About Blood Glucose for People with Type 2 Diabetes

第 2 型糖尿病患者的血糖濃度

Toolkit No. 4 健康手冊（四）

Keeping your blood glucose (sugar) in the recommended target range can prevent or delay the long-term health problems caused by diabetes. Most of the steps needed to take care of diabetes are things you do yourself:

若能將血液中葡萄糖（血糖）控制在建議的目標範圍內，可預防或延緩糖尿病所引發的長期病症。要如何照護糖尿病，主控權多半操之在您的手中，例如：

- using a meal plan
 - being physically active
 - taking medications
 - trying to reach your blood glucose targets most of the time
 - keeping track of your blood glucose numbers using a blood glucose meter and the results of your A-1-C checks
- 實行飲食計劃
 - 多運動
 - 服用藥物
 - 嘗試在大多數時間維持血糖目標
 - 使用血糖計和 A-1-C 檢查結果，追蹤記錄血糖值

Why should I try to keep my blood glucose on target?

為什麼我應該試著將血糖維持在目標值？

The closer your blood glucose stays to your target range, the more you'll lower your risk of blindness or diabetic eye disease, kidney disease, foot problems, nerve damage, tooth and gum disease, and skin problems. You may also lower your risk for heart attack or stroke.

血糖濃度愈接近目標範圍，就愈能降低罹患眼盲或糖尿病眼疾、腎臟疾病、足部病症、神經受損、牙齒與牙齦病以及皮膚疾病等風險。此外，也能降低心臟病或中風的風險。

What makes my blood glucose levels rise or fall?

什麼會使我的血糖濃度升高或降低？

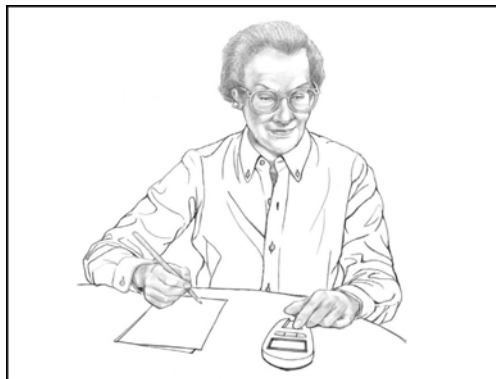
Blood glucose levels rise and fall throughout the day. One key to taking care of your diabetes is understanding why they rise or fall. If you know the reasons, you can take steps to help keep your blood glucose on target.

血糖濃度會在一整天上上下下變化。照護糖尿病的關鍵之一，就是瞭解血糖濃度升高或降低的原因。如果知道原因，即能採取步驟來將血糖濃度維持在目標範圍內。

What can make blood glucose rise?

什麼會使血糖濃度升高？

- a meal or snack with more food or more carbohydrates (carbs) than usual
 - inactivity
 - not enough diabetes medication
 - side effects of other medications
 - infection or other illness
 - changes in hormone levels, such as during menstrual periods
 - stress
- 用餐或點心時吃下比平時更多的食物或碳水化合物
 - 不運動
 - 抗糖尿病藥物不夠
 - 其他藥物的副作用
 - 感染或其他疾病
 - 賀爾蒙濃度改變，例如月經期間
 - 壓力



Many people use a meter to check their blood glucose several times a day.
許多人會使用血糖計來檢查血糖濃度，一天測量數次。

What can make blood glucose fall? 什麼會使血糖濃度降低？

- a meal or snack with less food or fewer carbs than usual
- drinking alcoholic beverages, especially on an empty stomach
- missing a meal or snack
- extra activity
- too much diabetes medication

- side effects of other medications
- 用餐或點心時吃下比平時少的食物或碳水化合物
- 喝含酒精飲料，特別是空腹時喝
- 錯過用餐或點心時間
- 額外的運動量
- 抗糖尿病藥物太多
- 其他藥物的副作用

What are the blood glucose targets for people with diabetes? 糖尿病患者的血糖目標為何？

The targets recommended by the American Diabetes Association (ADA) are listed below. Talk with your health care team about your personal targets.

下面會列出美國糖尿病協會 (ADA) 所訂定的目標。請與醫護人員討論您個人的目標。

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 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 ___

What's the best way to keep track of my blood glucose levels? 有什麼好方法可以追蹤血糖濃度？

Checking your blood glucose will tell you whether you're reaching your blood glucose

targets. There are two ways to do it:
檢查血糖濃度可以知道自己是否達到血糖目標。 檢查血糖濃度的方法有兩種：

- **using a blood glucose meter** to learn what your blood glucose is at a particular moment
- **getting a blood glucose check called an A-1-C** at least twice a year
- 使用血糖計可以知道自己在整天某個時間的血糖濃度
- 做一種稱為 **A-1-C** 的血糖檢查，一年至少兩次

Both ways can be useful to you.

兩種方法都十分有用。

Using a blood glucose meter

使用血糖計

Many people use their meter to check their blood glucose several times a day. Talk with your health care team about when and how often to check your blood glucose. They can give you a record book where you can write down your blood glucose numbers. You can learn how to use this information to make decisions about food, physical activity, and medications.

很多人會使用血糖計來檢查血糖濃度，一天測量數次。請與醫護人員討論，決定每天檢查血糖濃度的時間和次數。醫護人員會提供記錄本，讓您寫下測量的血糖值。而您可以學著如何使用這些資訊，來決定要吃的食物、要做的運動和要服用的藥物。

Your results tell you how well your diabetes care plan is working. You'll be able to look at your record book and see patterns—similar results over and over. Looking at these patterns can help you and your health care

team fine-tune your diabetes care plan in order to reach your targets.

測量的結果可顯示目前糖尿病計劃的成效。您可以從記錄本看出變化的規律，也就是類似的結果會不斷出現。您和醫護人員可以從這些規律來調整糖尿病照護計劃，以利達到目標。

Getting an A-1-C blood glucose check 做 A-1-C 血糖檢查

The A-1-C check is the blood glucose check “with a memory.” It tells you what your average blood glucose level has been for the past 2 to 3 months. If your number is 7% or higher, you may need a change in your diabetes care plan.

糖化血紅素 (A-1-C) 檢查是「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。如果數值為 7% 或更高，那麼糖尿病照護計劃就可能需要做調整。

Translate your A-1-C 解讀 A-1-C 的檢查結果

Find your A-1-C number on the left. Then, check the chart to learn your average blood glucose for the past 2 to 3 months.

請在下表左邊找到自己的 A-1-C 數值。接著，對照右邊的數字，便可知道過去 2 至 3 個月的平均血糖濃度。

A-1-C	Average blood glucose
6%	135
7%	170
8%	205
9%	240
10%	275
11%	310
12%	345

My A-1-C

My last A-1-C was _____.

My target for my A-1-C is _____.

My next A-1-C check will be _____.
(date)

A-1-C	平均血糖濃度
6%	135
7%	170
8%	205
9%	240
10%	275
11%	310
12%	345

我的 A-1-C

我上次的 A-1-C 檢查結果是 ____。
 我的 A-1-C 目標是 ____。
 我下次檢查 A-1-C 的時間是 ____。
 (日期)

What if my blood glucose is frequently too high?

如果我的血糖經常太高，該怎麼辦？

Call your health care provider for an early appointment if your blood glucose numbers are often higher than your targets. Talk with your health care team about recommended changes in your meal plan, your physical activity, or your diabetes medications when high blood glucose occurs.

如果血糖濃度經常超過目標值，請盡快聯絡醫師約診。您可以與醫護人員討論，當出現高血糖時，在飲食、運動或抗糖尿病藥物等方面該做什麼改變。

What if my blood glucose is too low?

如果我的血糖太低，該怎麼辦？

Low blood glucose, also called hypoglycemia, occurs when your blood glucose level drops below 70 mg/dl. Symptoms include hunger, shakiness and nervousness, sweating, lightheadedness, sleepiness, confusion, and anxiety.

低血糖是指血糖濃度低於 70 mg/dl。低血糖的症狀包括飢餓、顫抖與緊張、出汗、頭暈、嗜睡、困惑和焦慮。

If you think your blood glucose is too low, use your meter to check it. If the result is 70 mg/dl or below, follow these treatment guidelines to bring it back up to a safer range. Have one of the items in this list right away to raise your blood glucose:

如果您覺得自己的血糖太低，請使用血糖計來檢查。如果檢查結果是 70 mg/dl 或更低，請按照下列治療指引，將血糖恢復到安全範圍。立即服用下面清單中的任一項目，以提高血糖：

- 2 to 5 glucose tablets
- ½ cup (4 ounces) of fruit juice
- ½ cup (4 ounces) of a regular (not diet) soft drink
- 8 ounces of milk
- 5 to 7 pieces of hard candy
- 2 teaspoons of sugar or honey
- 2 到 5 顆葡萄糖錠
- ½ 杯 (4 盎司) 果汁
- ½ 杯 (4 盎司) 一般 (非低糖) 含糖飲料
- 8 盎司牛奶
- 5 到 7 顆硬糖果
- 2 茶匙糖或蜂蜜

After 15 minutes, check your blood glucose again. If it's still below 70 mg/dl, have another serving. Repeat these steps until your blood glucose is at least 70 mg/dl.

15 鐘後再檢查血糖一次。如果還是低於 70 mg/dl，請再服用一次。重複上述步驟，直到血糖回到至少 70 mg/dl。

What should I do about frequent low blood glucose?

如果血糖老是太低，該怎麼辦？

If your blood glucose is often low, you may need a change in your meal plan, physical activity, or diabetes medications. Keep track of low blood glucose episodes in your record book and note possible causes, such as unexpected physical activity. Then talk it over with your health care team.

如果血糖濃度經常太低，可能在飲食、運動或抗糖尿病藥物方面需要做調整。請在出現低血糖的情況時，記在記錄本上，並寫下可能的原因，例如額外的運動量。然後與醫護人員討論這些情況。



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