資料
糖尿病防治中心

有關糖尿病的一般事實
為你解答有關糖尿病的基本疑問

糖尿病是甚麼？
英文糖尿病這個名詞來自兩個希臘字，意為「水管」（或水龍頭）及「蜂蜜」。在兩千年前，古希臘的醫生就認到患有這種病的人會排出大量的尿（像水龍頭），而且尿的味道是甜的。實際上，糖尿病不是一個單一的疾病。許多別的疾病可以使血糖水平升高到失去控制的程度。這時我們就說他們患了糖尿病（Diabetes Mellitus）。

糖尿病常見的程度如何？
大約有3-5%的人（在美國有一千萬）患有某種糖尿病。

甚麼因素控制人的血糖水平？
人的血糖是從食物的消化中得到的。在飯後葡萄糖進入血液中時，荷爾蒙胰島素從胰腺（胃臟附近的一個器官）細胞中釋放出來。胰島素幫助葡萄糖被肝臟的細胞、肌肉、脂肪和其它組織所吸收並被利用。葡萄糖是身體能量的主要來源。

甚麼原因使血中葡萄糖水平的增高失去控制？
血中葡萄糖失去控制有三條途徑。首先，身體可能停止生產足量的胰島素。其次，有些組織例如肝、肌肉和脂肪可能對胰島素出現抵抗力，因而需要有更多的胰島素才能使血中的葡萄糖維持正常的水平。第三，血中可能有過多的其它荷爾蒙妨礙胰島素執行其功能。
糖尿病主要有哪些类型？

講到糖尿病是易於使人糊塗的。糖尿病有幾種不同的類型，這些不同的類型又有不同的名稱。以下是常見的一些類型。

1 型又稱為胰島素依賴型的糖尿病。它最常見於兒童及青年患者，但是可以發生於任何年齡。發生這一型的原因是，胰腺中産生胰島素的細胞被自身的免疫系統破壞，終於使分泌胰島素的功能完全喪失。有1型糖尿病的患者需要注射胰島素，至少每天一次才能維持健康，使血中葡萄糖水平接近正常水平。他們的生命的確依賴胰島素。

2型又稱為非胰島素依賴型，是在所有各型糖尿病中最常見的。它通常發生於中年或老年人，尤其是體重過重的人。我們並不確切知道產生2型糖尿病的原因是甚麼。這種人的胰腺是能夠生產胰島素的，不過所生產的量少於身體的需要。此外，它們身體中很多的組織對胰島素產生了抵抗力。因此，很多有此非依賴胰島素型的患者還是需要胰島素。有時候，2型的病人需用胰島素補充劑作为他們治療糖尿病的療程，這種情況稱為「需用胰島素」。

「繼發性的」糖尿病 - 如果某人的胰腺有另外的病，也可以產生糖尿病。例如胰腺囊性纖維性變、胰腺炎或胰腺癌，都可使產生胰島素的細胞受到損害，也足以產生糖尿病。如果某人服用類固醇藥物 (例如PREDNISONE) 或者在少見的情況下，患有產生類固醇的腫瘤，體內會有過多的類固醇。在這種情況下，過多的類固醇，會妨礙胰島素發揮作用，導致糖尿病。

懷孕期間的糖尿病 - 有些婦女在妊娠期間發生糖尿病。這時及時作出診斷和治療是非常重要的，以保證良好的結局和嬰兒的健康。雖然生產後糖尿病會自然消失，但有這種情況的婦女，在以後發生2型糖尿病的機會較多。

甚麼人患糖尿病的危險性最大？

某些糖尿病，尤其1型和2型，傾向在家人中「流行」。如果你有一個近親患有糖尿病，你產生糖尿病的危險也就增加。如果你體重過重或者服用類固醇類藥物，你的危險性也增加了。
一個人可以降低患糖尿病的危險嗎？

並沒有證據表明糖尿病是由於糖吃得太多引起的。但是對傾向患2
型糖尿病的人來說，避免體重增加是有益的。患1型糖尿病危險的
人可以作一種血液化驗，即可查明其本人的免疫系統是否在攻擊
自己的胰腺。研究人員現在正在作一種試驗性的治療，以抑制免
疫系統來預防胰腺細胞受損。如果成功，這種類型的治療可能很
快得到廣泛的採用。有患2型糖尿病的人，定期看醫生作檢查可以
發現早期的糖尿病。

糖尿病的常見併發症：

糖尿病可能與身體的幾個部位受損有關連。它雖然在2型糖尿病診
斷成立時就已經有所表現，但最常見於患病多年以後。糖尿病的
併發症可能影響眼、神經、腎臟和大血管。
有疑問嗎？

請致電 206-598-4882

你的問題對我們是重要的。如果你有任何疑問或顧慮，請打電話給你的醫生或健康照顧提供者。UWMC的診所職員在任何時候也可為你提供協助。
General Facts About Diabetes
Your basic questions on diabetes answered

What is diabetes?
The term diabetes mellitus comes from two Greek words meaning “siphon” (or faucet) and “honey-flavored.” Over 2,000 years ago, Greek doctors recognized that people with this disorder passed large quantities of urine (like a faucet) and that the urine was sweet to taste! In reality, diabetes is not a single disease. Several different disorders can cause the glucose level in a person’s blood to rise out of control. When this happens we say they have some form of diabetes mellitus.

How common is diabetes?
About 3 to 5% of the population (over 10 million people in the USA) have some form of diabetes.

What controls a person’s blood glucose level?
People get glucose from the digestion of foods in their diet. When glucose enters the bloodstream after a meal, the hormone insulin is released from cells in the pancreas gland (an organ near the stomach). Insulin helps the glucose to be taken up by cells of the liver, muscle, fat, and other tissues where it is used. Glucose is a major source of energy for the body.

What causes the blood glucose level to rise out of control?
There are three main ways in which glucose control goes wrong. First, the body may stop producing enough insulin. Second, the tissues like liver, muscle, and fat may become resistant to the effects of insulin, so that higher levels of insulin are needed to keep glucose levels normal. Third, there may be an excess of other hormones in the bloodstream which prevent insulin from doing its job.
What are the main types of diabetes?

There are several different types of diabetes, and different terms are used to describe each of them. Here are some of the most common ones.

**Type 1**, or insulin dependent diabetes. This is most common in children and young adults, but can occur at any age. It occurs because the insulin-producing cells in the pancreas are destroyed by the person's own immune system, eventually resulting in a complete loss of insulin secretion. Someone with Type 1 diabetes has to take insulin shots at least once a day to stay healthy and keep the blood glucose levels near normal. Their life is truly dependent on insulin.

**Type 2**, or non-insulin dependent diabetes. This is the most common of all forms of diabetes. It usually occurs in middle aged or elderly adults, especially those who are overweight. We are not sure exactly what causes Type 2 diabetes. People with it do make some insulin but make less than they need. In addition, many of their body tissues become resistant to the effects of insulin. For these reasons, many people with this non-insulin dependent diabetes do require insulin treatment.

Sometimes Type 2 people require supplemental insulin as a part of their diabetes treatment. They are called “insulin requiring.”

**“Secondary” diabetes.** Diabetes can occur if someone has another disease of their pancreas. Diseases such as cystic fibrosis or pancreatitis (inflammation of the pancreas) or pancreatic cancer may destroy enough of the insulin-producing cells to cause diabetes. An excess of steroid hormones in the blood can occur if someone is taking steroid drugs (like Prednisone), or if someone has a steroid-producing tumor. In these situations, the excess steroids prevent insulin from working properly and so cause diabetes.

**Gestational diabetes.** Some women develop diabetes during pregnancy. It is important that this is diagnosed and treated to ensure a good outcome and a healthy baby. Although the diabetes goes away after delivery, women who have gestational diabetes are at increased risk of developing Type 2 diabetes in later life.

Who is most at risk for diabetes?

Certain kinds of diabetes, particularly Type 1 and Type 2, tend to “run in families.” If you have a close relative with diabetes, then you are at increased risk. If you are overweight or taking steroid medication, you are at increased risk.
How can someone lower their risk for diabetes?

There is no evidence that diabetes is caused by "eating too much sugar." However, it is beneficial for people at risk for Type 2 diabetes to avoid excessive weight gain. For those at increased risk for Type 1 diabetes, blood tests can tell whether the person's immune system is attacking his or her own pancreas. Researchers are now testing treatments which may prevent destruction of the pancreatic cells by suppressing the immune system. If successful, this type of therapy may be more widely available soon. For people at increased risk of Type 2 diabetes, regular checkups with a doctor will help detect diabetes at an early stage.

Common Complications of Diabetes

Diabetes can be associated with damage to several parts of the body. This is most common after many years of the disease, although some people with Type 2 diabetes have these complications present at the time of diagnosis. Diabetic complications can affect the eyes, the nerves, the kidneys, and the large blood vessels.
Questions?

Call 206-598-4882

Your questions are important. Call your doctor or health care provider if you have questions or concerns. The UWMC Clinic staff is also available to help at any time.