

認識高血糖

Understanding diabetes

What is diabetes?

Under normal circumstances, the body will convert starchy foods into glucose to serve as fuel for body. Insulin is a hormone produced by the pancreas, which helps glucose enter the cells and provide energy. However, diabetes patients can not produce enough insulin or can not use insulin effectively or produce insulin resistance, so that glucose can not properly enter the cells, leading to rising level of blood glucose level.

Blood glucose

1. Blood glucose is the glucose produced after the human body completes the digestion process of food, to serve as fuel source.
2. The ideal blood glucose level before meal should be controlled in the range of 80~120 mg/dl.
3. Diabetes patients usually will be accompanied by symptoms of blood cholesterol abnormality.

Who can get diabetes easily?

1. Those with a diabetic family history
2. Middle to old aged people above 40 years old
3. Fat or obese people

Symptoms

Diabetes acute symptoms (not apparent during the initial stage, but they will show up gradually)

1. An urge to drink more, urinate more and eat more, and rapid weight loss.
2. Vision loss, tingling hands and feet, weakness and a reduction in resistance.
3. Skin vulnerable to infection and not easy to get better, and poor wound healing.

Principles of treatment

1. In the beginning period of curing diabetes, the keys are diet control, suitable level of exercises, and maintaining normal weight.
2. If blood glucose cannot be controlled, then should drug treatment be considered.



3. Only when oral diabetic medicine leads to poor control should insulin shots be considered.
4. The diabetes patient not only has to control blood glucose level but also should actively control blood cholesterol.

Drug treatment

1. Only when diet and exercises fail to control it well, should medication be used.
2. Need to use medicine under guidance of medical staff, and should not change medicine or adjust the dosage by oneself.
3. If there are adverse reactions after taking medication, should inform medical staff.
4. There should always be a reserve of medicine at home, but in case of sudden needs.
5. Avoid not following instruction of consuming food after taking medicine within regulated time (15-30 minutes) leading to low blood glucose.
6. Low blood glucose may mean that there is an imbalance between the three items of diet, exercise, and medicine, so appropriate adjustments should be made.

Non-medical treatment

1. Quit smoking and losing weight, regular exercises, diet treatment, reducing danger factors, regularly doing re-examination.
2. Must follow instruction of doctor, pharmacist, and nutritionist.
3. Maintain a healthy lifestyle, with good and pleasant emotions and a regular lifestyle.