

Good morning, thank you for coming in today. As I explained to you last time, you have been diagnosed with diabetes, your body can't produce enough insulin to break down the sugar in your body, so the sugar remains in your blood.

早上好，谢谢你今天来。正如我上次向你解释的那样，你被诊断出患有糖尿病，你的身体无法产生足够的胰岛素来分解体内的糖分，所以糖仍留在你的血液中。

但是我还是不明白 我怎么会有糖尿病呢 我不喜欢吃甜食 怎么会有这么多的糖在我体内 还有为什么我最近会觉得有些虚弱 疲倦 而且有时还会头晕

But I still don't understand why do I have diabetes? I don't like sweet food. How can there be so much sugar in my body? Why do I feel weak and tired recently and sometimes dizzy?

Well, how much sugar remains in your body has little to do with how much sweet food you take. Basically, without enough insulin, your body can't break down the sugars in food into a form it can absorb, so the cells are not getting enough energy, which is why you get tired.

这样的，你身体里有多少糖与你吃多少甜食无关。基本上，如果没有足够的胰岛素，你的身体就不能将食物中的糖分解成它能吸收的形式，因此细胞没有获得足够的能量，这就是你疲倦的原因。

我明白了 哪有什么方法可以治吗 有什么药物 还是我必须打打针呢 我有一些朋友也有糖尿病 他们每天吃饭之前都要打针 真是太可怕了

I understand. Is there any way to cure? Is there any medicine or I have to take injection? I have some friends who also have diabetes. They need to take an injection before eating every day. It's terrible.

You have been diagnosed with diabetes type 2, the no way for cure this type of diabetes now. However, you can control it with medications, and you also have to follow a strict healthy diet. If you are careful enough with your diet and you also do exercise, you shouldn't need to take any injections.

您被诊断患的是2型糖尿病，现在还无法治愈这种类型的糖尿病。但是，您可以通过药物控制它，并且必须遵循严格的健康饮食。如果你在饮食上足够谨慎，并且你也做运动，你就不需要进行任何注射。

那我就放心了 那么在饮食上 我都需要注意些什么呢 是不是 一点甜的都不能吃啊

Then I am relieved, so what should I be aware of regarding to the diet? I can't eat any sugar at all, can I?

You need to eat food which has sugar, but it does not taste sweet at all. And release sugar into your body very slowly, and for sugar we are talking about here is not the sugar that you are using for cooking or putting into your coffee

你需要吃含糖的食物，但它吃起来一点也不甜。并且非常缓慢地将糖释放到您的身体中，而且我们在这里说的糖并不是您用于烹饪或放入咖啡的糖

那我怎样才能知道我的血糖指数呢 每次都需要来医院检查吗

Then how can I know my glycemic index? Do I need to come to the hospital every time?

Not really, you can check it with a mometer that you can carry around, it is very easy to use.

不是的，您可以使用可随身携带的测量仪进行检查，它非常易于使用。

我最近 总是感觉很累 所以基本上已经不怎么锻炼了 但是我以前经常打乒乓球和羽毛球 您说 我是不是应该继续呢

I have always felt very tired recently, so I basically haven't exercised very much, but I used to play table tennis and badminton. Should I continue?

Yes of course, these exercises will keep you fit and help you to control your diabetes, just make sure you eaten enough food before doing exercise, so your sugar level wouldn't be too low.

是的，当然，这些练习会让你保持健康并帮助你控制你的糖尿病，只要确保你在运动前吃足够的食物，以至于你的血糖水平不会太低。