

# 糖尿病



糖尿病影响身体吸收营养的能力。具体来说，糖尿病影响血糖。

在美国，十人中会有一个有糖尿病患者。

## 常见症状

- 增强的口渴和排尿感
- 增强的饥饿感
- 无理由的体重降低
- 视力模糊
- 手脚麻木或刺痛
- 伤口愈合变慢
- 身体很累/疲劳



## 并发症

- 心血管疾病 (心肌梗塞, 局部缺血, 等等。)
- 神经损伤
- 肾脏损伤
- 眼睛损伤
- 足部损伤



## 糖尿病有两种

- **一型:** 身体不产生胰岛素 (人体内的胰岛素会降低血糖)
  - 常见于儿童或年轻人。
- **二型:** 身体制作的胰岛素太少，或者制作异常的胰岛素
  - 常见于中年人或老年人



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## 预防糖尿病的方法

- 多吃健康食品
  - 尤其是高纤维的食物 (全麦, 豆子, 糙米)
  - 新鲜水果, 蔬菜
- 经常锻炼身体
  - 尽量每天至少运动30分钟 (比如散步或者快走)
- 尽量保持健康体重
  - 更健康的体重意味着健康的心脏, 更多的能量, 和更高的生活质量

如果你出现任何糖尿病症状, 请去看医生。

如果您的 年龄在35到70岁之间, 又有肥胖病, 医生建议做糖尿病检查。

## 芝加哥诊所:

- Bridgeport Free Clinic: 会提供免费血糖检测 (要求禁食8个小时)
- Mercy to Mankind Clinic: 义工社区诊所, 为没有保险的人们提供免费初级医疗服务
- CommunityHealth: 义工诊所, 帮低收入, 没有保险的人们提供初级医疗服务, 专业医疗, 药品, 化验检测, 心理详谈, 和健康教育

# DIABETES



Diabetes is a condition that affects how your body regulates blood sugar (glucose).

About **1 in 10 people in the U.S.** have it. There are two main types:

- **Type 1:** where the body doesn't produce insulin (often diagnosed in children and young adults)
- **Type 2:** where the body doesn't make enough insulin or doesn't use it properly (more common in middle-aged and older adults).

If you have symptoms, see your doctor, and if you're 35–70 and overweight or obese, screening is recommended.

## Common Symptoms

- Increased thirst and urination
- Increased hunger
- Unexplained weight loss
- Blurry vision
- Numb or tingling feelings in hands or feet
- Sores that heal slowly
- Tiredness



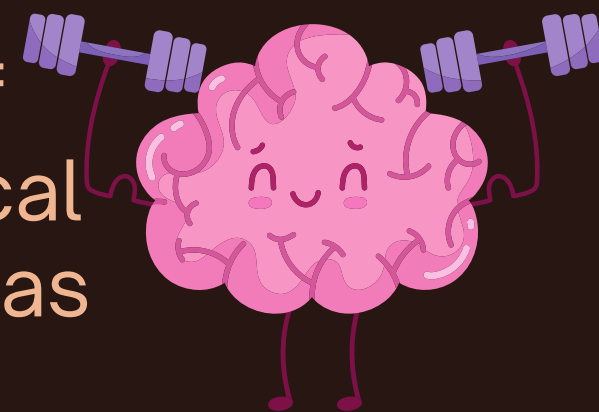
## Prevention

### Eat healthy foods

- Choose foods that are high in fiber. Focus on fruits, vegetables, and whole grains.

### Exercise regularly

- Aim to get 30 minutes of moderate aerobic physical activity most days (such as taking a brisk walk!)



### Keep your weight in a healthy range

- A healthy weight means a healthier heart, more energy, and higher self-esteem

## Blood Sugar Level Chart



|             | A1C (%)      | Fasting plasma glucose (mg/dL) | Oral glucose tolerance test (mg/dL) |
|-------------|--------------|--------------------------------|-------------------------------------|
| Diabetes    | 6.5 or above | 126 or above                   | 200 or above                        |
| Prediabetes | 5.7 to 6.4   | 100 to 125                     | 140 to 199                          |
| Normal      | About        | 99 or below                    | 139 or below                        |

## Resources

- Bridgeport Free Clinic: provides FREE blood glucose testing (8-hour fast required)
- Mercy to Mankind Clinic: A volunteer-driven neighborhood clinic that provides FREE primary medical care for the uninsured
- CommunityHealth: A volunteer-based health center that provides primary and specialty care, medications, lab testing, mental health services, and health education at no charge to low-income, uninsured adults in Chicago



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