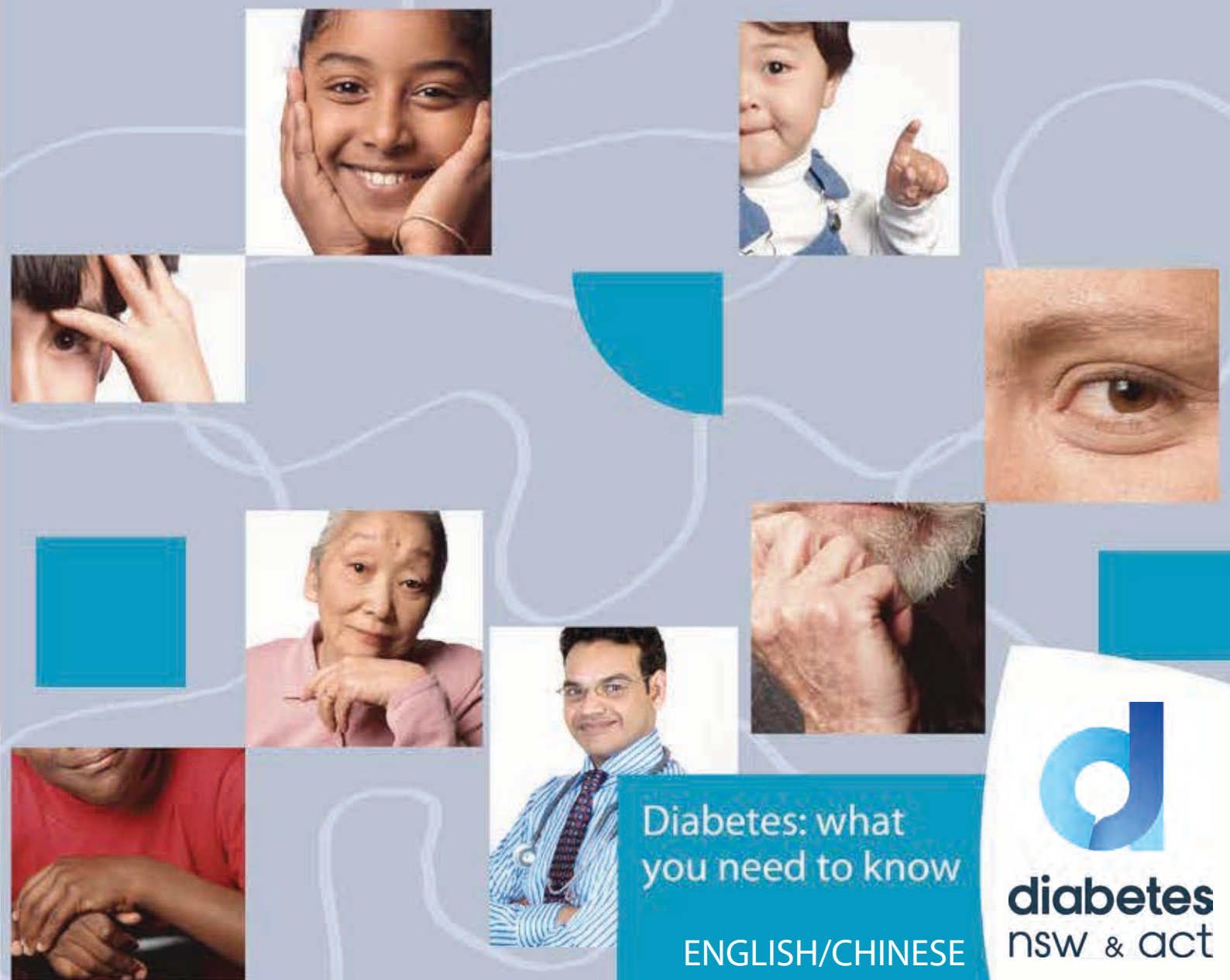




糖尿病

您需要了解什么



Contents

Chapter	Index
	Foreword
	Introduction
1	What is diabetes
2	Types of diabetes
	Type 1 diabetes
	Type 2 diabetes
	Gestational diabetes
3	Risk factors
4	The Diabetes Health Care Team
5	Annual Cycle of Care
6	Healthy Eating for Diabetes
7	What's in food?
8	Common Questions about Food and Diabetes
9	Diabetes and Alcohol
10	Physical activity
11	Oral Medications
12	Insulin
13	Blood Glucose (Sugar) Monitoring
14	Short Term Complications – Hypoglycaemia
15	Short term complications – high blood glucose (sugar) level (hyperglycaemia, DKA, HONK/HHS, and sick days)
16	Chronic complications
17	Diabetes and your feet
18	Diabetes and Pregnancy
19	Diabetes and Your Emotions
20	Diabetes and Driving
21	Diabetes and Travel
22	Need an Interpreter?
23	National Diabetes Services Scheme (NDSS)
24	Diabetes NSW & ACT

内容

主题	索引
	序言
	绪论
1	什么是糖尿病？
2	糖尿病的类型
	1 型糖尿病
	2 型糖尿病
	妊娠糖尿病
3	危险因素
4	糖尿病保健团队
5	年度周期照护
6	糖尿病健康饮食
7	食物中含有什么？
8	关于食物和糖尿病的常见问题
9	糖尿病与饮酒
10	体力活动
11	口服药物
12	胰岛素
13	血糖检测
14	短期并发症 - 低血糖症
15	短期并发症 - 高血糖水平（高血糖症，DKA, HONK/HHS，以及生病的日子）
16	慢性并发症
17	糖尿病与您的双足
18	糖尿病与妊娠
19	糖尿病与您的情绪
20	糖尿病与驾车
21	糖尿病与旅行
22	需要传译员吗？
23	国家糖尿病服务方案 (NDSS)
24	澳洲糖尿病委员会

Foreword

Diabetes –What you need to know has been written for people with diabetes and for people who would like to learn more about the condition.

Health professionals with skills and knowledge in a variety of specialised areas have contributed to the content and presentation.

This book has been reviewed by diabetes educators, dietitians and exercise physiologists.

Diabetes NSW & ACT

ABN 84 001 363 766 CFN 12458

26 Arundel Street, Glebe, NSW 2037
GPO Box 9824, Sydney, NSW 2001

email: info@diabetesnsw.com.au
websites: www.diabetesnsw.com.au
www.as1diabetes.com.au.com.au

© 2012 Copyright Diabetes NSW & ACT

This article/ resource has copyright. Apart from any fair dealing for the purposes of private study, research, criticism or review permitted under the Copyright Act 1968, no part may be stored or reproduced by any process without prior written permission from Australian Diabetes Council.

序言

糖尿病 – 您需要了解什么是为糖尿病患者以及希望了解糖尿病的人而撰写的。

具有各个领域专业技术知识的健康工作者为本书的内容和表现形式提出了见解。

本书已经得到了糖尿病教育人员、营养师和运动生理学家的审阅。

Diabetes NSW & ACT

ABN 84 001 363 766 CFN 12458

26 Arundel Street, Glebe, NSW 2037
GPO Box 9824, Sydney, NSW 2001

电子邮件: info@diabetesnsw.com.au 网
址 : www.diabetesnsw.com.au
www.as1diabetes.com.au.com.au

© 版权所有 澳洲糖尿病委员会2012年2月

本文章/资料来源拥有版权。除了根据版权法令1968用于自学、研究、评论或审查目的合理使用之外，如果没有澳洲糖尿病委员会的书面认可，任何部分均不可以被保存或复制。

Introduction

One in four people in Australia have either diabetes or are at high risk of diabetes. Diabetes prevalence is considerably higher in Aboriginal and Torres Strait Islander and certain culturally and linguistically diverse (CALD) groups.

So far there is no cure for diabetes but with proper management most people can lead a full and active life and delay or prevent long term complications. To ensure best possible health, people with diabetes and their families need to understand a great deal about diabetes.

Being diagnosed with diabetes can be frightening and overwhelming. It's a lot easier when you understand it and develop a lifestyle plan to manage it. For this reason it is very important to have information about food, medicines, exercise, community resources and diabetes self care.

This book has been produced by Diabetes NSW & ACT. It has been written in English and several other languages to explain what you need to know about diabetes.

绪论

在澳洲，每四个人中就有一人患有糖尿病或患糖尿病的风险很高。在土著人和托雷斯岛民以及某些特定的语言文化 (CALD) 人群中，糖尿病的流行明显增高。

至今为止还没有治愈糖尿病的方法，然而如果得到适当的控制，大多数人可以享受完整的、活跃的生活，并且可以延缓或预防长期的并发症。为了确保最佳的健康，糖尿病患者及其家人需要了解大量关于糖尿病的知识。

被诊断患有糖尿病可以令人十分恐慌和备受打击。如果您对糖尿病有所了解并且制定出相应的生活方式计划来应对它，则您会感到容易了许多。因此，了解关于食物、药物、运动、社区资源以及糖尿病自身护理的信息是非常重要的。

本书由澳洲糖尿病委员会 (Diabetes NSW & ACT) 创作。该书用英语和多种其它语言来解释您需要了解的有关糖尿病的知识。

1

What is diabetes?

Diabetes is a condition where the amount of glucose (sugar) in the blood is too high. Glucose is your body's main energy source but when blood glucose is too high over long periods it can damage certain organs.

Glucose comes from carbohydrate foods that are broken down and released into the bloodstream. Carbohydrate foods include bread, rice, potatoes, fruit and milk. The pancreas, a part of the body that is found behind the stomach, releases a hormone called insulin into the blood stream. Insulin allows the glucose to move from the blood stream into certain cells of the body, where it is changed into energy. We use this energy to walk, talk, think, and carry out many other activities.

Diabetes occurs when there is either no insulin, not enough insulin or the insulin that is produced is not working properly to move the glucose out of the blood. .

Currently there is no cure for diabetes.

Symptoms of high blood glucose (sugar)

1. Frequent urination (both night and day)
2. Thirst / dry mouth
3. Tiredness / lack of energy
4. Blurred vision
5. Slow healing of wounds
6. Infections e.g. urine and skin
7. Tingling sensation in feet
8. Itchy skin

2

Types of diabetes

The most common types of diabetes include:

- Type 1 diabetes
- Type 2 diabetes
- Gestational Diabetes (GDM)

1

第1章 - 什么是糖尿病？

糖尿病是血液中葡萄糖水平升高的病症。

葡萄糖是您身体的主要能量来源，但是如果血液中葡萄糖长时间过高将会对某些器官造成损害。

葡萄糖来自于碳水化合物的食物，该种食物降解为葡萄糖并释放入血流。碳水化合物的食物包括面包、米饭、土豆、水果和牛奶。

胰脏是位于胃后方的器官，它将一种称为胰岛素的激素释放入血流。胰岛素可以使葡萄糖从血流中移入身体的某些细胞，在这些细胞中转换为能量。我们用这些能量来行走、谈话、思考以及进行许多其它活动。

当没有胰岛素、没有足够的胰岛素或者胰岛素不能正常地将葡萄糖从血液中移出时，就会发生糖尿病。

目前尚无糖尿病的治愈方法。

高血糖的症状:

1. 尿频（夜间和白天）
2. 口渴/口干
3. 疲乏/精力不足
4. 视力模糊
5. 伤口愈合缓慢
6. 某些感染，例如尿路和皮肤感染
7. 足部针刺感
8. 皮肤瘙痒

2

糖尿病的类型

糖尿病最常见的类型包括:

- 1 型糖尿病
- 2 型糖尿病
- 妊娠糖尿病 GDM

Types of diabetes - continued

Type 1 diabetes

This type of diabetes usually occurs in children and young people, but it can occur at any age. In type 1 diabetes the body's immune (defence) system has destroyed the cells that make insulin. As a result no insulin is produced by the pancreas. The development of type 1 diabetes is NOT linked to lifestyle e.g. eating too much sugar, not exercising enough or being overweight.

Symptoms of type 1 diabetes usually happen very quickly and include:

- Feeling very thirsty
- Passing a lot of urine frequently
- Sudden weight loss (despite normal or increased appetite)
- Tiredness
- Generally feeling unwell
- Abdominal pain, nausea and vomiting
- Mood changes.



If undetected, blood glucose levels become very high. When the body cannot get enough glucose from the blood to use as energy it will begin to breakdown fat. When the body is breaking down too much fat, ketones are produced. High ketone levels and high blood glucose levels are very serious and need immediate medical treatment.

If untreated, the person will become very ill and may develop:

- Rapid or deep breathing
- Dehydration and vomiting, leading to
- Coma.

The treatment for type 1 diabetes is insulin which must be commenced immediately and must be taken for life. The management of type 1 diabetes also includes:

- Balancing exercise, food and insulin
- Regular blood glucose monitoring
- Healthy lifestyle.

1 型糖尿病

此型糖尿病通常发生于儿童和年轻人，但是也可以发生在任何年龄。1型糖尿病患者身体的免疫（防御）系统破坏了产生胰岛素的细胞。因此，胰脏不能生成胰岛素。1型糖尿病的发生与您的生活方式（例如进食过量糖分、运动量不足或超重）无关。

1型糖尿病的症状通常发作非常迅速，包括：

- 感觉异常口渴
- 尿频尿多
- 体重骤减（尽管进食正常或食欲增加）
- 乏力
- 全身感觉不适
- 腹痛、恶心及呕吐
- 情绪改变。



如果没有察觉，血糖会显著升高。如果身体不能从血液中得到足够的葡萄糖来获取能量，身体将会消耗脂肪。身体消耗过多的脂肪时会产生酮体。酮体和血糖水平升高是严重的状况，需要立即进行医疗处理。

如果没有得到治疗，患者将会感到非常不适并可能出现：

- 快速或深度呼吸
- 脱水及呕吐，导致
- 昏迷。

1型糖尿病的治疗为胰岛素，胰岛素治疗必须立即开始并且必须持续终生。1型糖尿病的治疗还包括：

- 运动、饮食和胰岛素的平衡
- 定期监测血糖
- 健康的生活方式

Type 2 diabetes

This type of diabetes is usually diagnosed in people over 40 years of age. However it is now being diagnosed in younger people, including children. Poor lifestyle choices are a major reason for this increase in young people .

Inactivity and poor food choices can result in weight gain, especially around the waist. This prevents the body from being able to use insulin properly (insulin resistance) so blood glucose levels rise. Type 2 diabetes has a slow onset.

Type 2 diabetes runs in families so children and grandchildren are at risk. The good news is that type 2 diabetes can be delayed or prevented when healthy lifestyle choices that focus on increasing physical activity, healthy food choices and weight loss are made. For this reason it is important to know your risk for type 2 diabetes.

Symptoms of type 2 diabetes may include frequent urination, thirst, blurred vision, skin infections, slow healing, tingling and numbness in the feet. Often, there are no symptoms present, or symptoms are not recognised.

Once diagnosed, it is very important to maintain good blood glucose (sugar) levels as soon as possible to avoid complications.

Management should begin with healthy food choices and regular physical activity. However, diabetes is a progressive disease and over time, oral medications and/or insulin may be needed.

2型糖尿病

此型糖尿病通常出现在40岁以上的人中，然而现在年轻人包括儿童也有诊断为2型糖尿病的。不良的生活方式选择是年轻人糖尿病发病增加的主要原因。缺乏运动和不良的食物选择可以导致体重增加，尤其是在腹部。这阻碍身体正常利用胰岛素（胰岛素抵抗），因而血糖水平升高。2型糖尿病发病缓慢。

2型糖尿病具有家族遗传性，因此患者的子孙有患病风险。好消息是当选择了增加体力活动、进食健康饮食和减轻体重的健康生活方式时，2型糖尿病可以得到延缓或预防。基于这个原因，了解2型糖尿病的风险是十分重要的。

2型糖尿病的症状可能包括尿频、口渴、视力模糊、皮肤感染、愈合缓慢、足部针刺或麻木感。通常不出现症状，或者症状没有被认识到。一旦作出诊断应该尽快控制血糖以避免并发症的发生，这是十分重要的。

糖尿病的控制可以从选择健康的食物和进行规律的体力活动开始。然而，糖尿病是一种进行性的疾病，随着时间的推移，可能需要口服药物和/或胰岛素。

Types of diabetes - continued

Type 2 Management Plan

- Be physically active (e.g. walking) – aim for 30 minutes of moderate physical activity every day of the week. Check with you doctor first
- Adopt a healthy eating plan
- Lose weight or maintain a healthy weight
- Reduce salt intake
- Drink plenty of water
- See your diabetes health care team for regular health checks –, blood glucose levels, blood pressure, cholesterol, kidneys and nerve function, eyes and dental health
- Take care of your feet - check daily
- Stop smoking
- Regular dental care to avoid teeth and gum problems.

Encourage your family to adopt a healthy lifestyle



Smoking and diabetes

Tobacco has many unhealthy effects, especially for people with diabetes. People with diabetes who smoke are three times more likely to die of heart disease or stroke than people with diabetes who do not smoke.

Smoking raises blood glucose levels, reduces the amount of oxygen reaching the body's tissues, increases fat levels in the blood, damages and constricts blood vessels and increases blood pressure. All of these contribute to the risk of heart attack and stroke. Smoking can also worsen blood supply to feet.

For those who quit smoking, more frequent monitoring of blood glucose levels is important. This is because blood glucose levels may get lower when they quit smoking and can require changes to medication doses.

It is advisable that people with diabetes discuss with their doctor, the products and services available to help them quit smoking.

2 型糖尿病的控制方案

- 进行体力活动（例如行走） - 目标是一周中每天进行30分钟中等强度的体力活动。您应该先向您的医生进行咨询
- 采用健康的饮食计划
- 减肥或保持健康的体重
- 减少食盐的摄入量
- 大量饮水
- 定期约见您的糖尿病保健团队进行健康检查 - 血糖、血压、胆固醇、肾脏和神经功能、眼睛和牙齿的健康
- 注意照顾您的双脚 - 每天进行查看
- 戒烟
- 定期进行牙齿护理以避免牙齿及牙龈出现问题

鼓励您的家人采用健康的生活方式



吸烟与糖尿病

烟草对健康有害，尤其是对于糖尿病患者。吸烟的糖尿病患者死于心脏病或中风的比率比不吸烟的糖尿病患者高三倍。

吸烟使血糖水平升高，使到达机体组织的氧降低，使血液中的脂肪成分升高，损伤并缩窄血管并且使血压升高。所有这些均为心脏病和中风的危险因素。吸烟还会损害足部的血液供应。

对于那些戒烟的人，更频繁地监测血糖是十分重要的。这是因为戒烟可能造成血糖水平降低，这可能需要更改药物剂量。

我们建议糖尿病患者与医生讨论可以来帮助戒烟的产品和服务。

Gestational Diabetes

This type of diabetes occurs during pregnancy and usually goes away after the baby is born.

In pregnancy, the placenta produces hormones that help the baby to grow and develop. These hormones also block the action of the mother's insulin. As a result, the need for insulin in pregnancy is two to three times higher than normal. If the body is unable to produce enough insulin to meet this extra demand, gestational diabetes develops.

Screening for gestational diabetes occurs around the 24th to 28th week of pregnancy. Gestational diabetes may re-occur at the next pregnancy.

Blood glucose (sugar) levels that remain above target range may result in bigger babies, which can make birth more difficult. It can also increase the risk to the baby of developing diabetes in later life.



What do you need to do if you have been diagnosed with gestational diabetes?

It is necessary to see a diabetes educator, dietitian, endocrinologist and obstetrician. The management includes healthy eating for the mother, moderate exercise plus regular monitoring of blood glucose levels.

It is a good idea to have small frequent meals throughout the day that are nutritious for you and your baby, rather than three big meals. This will ease the insulin demand on the pancreas.

Those most at risk for developing gestational diabetes are:

- Women over 30 years of age
- Women with a family history of type 2 diabetes
- Women who are overweight
- Aboriginal or Torres Strait Islander women
- Certain ethnic groups, in particular Pacific Islanders, people from the Indian subcontinent and people of Asian origin
- Women who have had gestational diabetes during previous pregnancies.

Women who have had gestational diabetes are at increased risk of developing type 2 diabetes. It is strongly recommended to have a follow up Oral Glucose Tolerance Test 6-8 weeks after the baby is born, then every 1-2 years.

妊娠糖尿病

此型糖尿病发生于妊娠期间，并且通常在婴儿出生后消失。怀孕期间，胎盘产生促进胎儿生长发育的激素。这些激素同时也阻碍了母体胰岛素的活动。因此，怀孕期间对胰岛素的需求比正常情况下高两至三倍。如果身体不能产生足够的胰岛素来适应这一额外的需求，则会出现妊娠糖尿病。

妊娠糖尿病的筛查在孕期第24周至28周左右。妊娠糖尿病 在下次怀孕时可能再出现。

血糖水平持续高于目标范围可能会导致胎儿过大，这可以使生产更加困难。这也可能增加婴儿将来罹患糖尿病的风险。

如果被诊断为妊娠糖尿病您应该怎么办？

您有必要去看糖尿病教育人员、营养师、内分泌医生和产科医生。控制的方法为对母亲健康的饮食、进行中等强度的运动以及定期监测血糖水平。

您应该一天之内少食多餐，进食对您和胎儿有营养的食物，而非三顿大餐。这将会减轻对于胰脏的胰岛素需求。

最有风险罹患妊娠糖尿病的人：

- 30岁以上的妇女
- 有2型糖尿病家族史的妇女
- 超重的妇女
- 澳洲土著人和托雷斯海岛居民中的妇女
- 某些种族的人群，尤其是太平洋岛居民、来自印度次大陆的人群和亚裔人群
- 在前一次妊娠时患过妊娠糖尿病的妇女。

许多出现过妊娠糖尿病的妇女罹患2型糖尿病的风险增高。我们极力建议您在婴儿出生后6-8周时以及随后每1-2年进行追踪糖耐量试验。



3

Risk Factors

Risk factors for developing type 2 diabetes include:

- Family history of diabetes
- Overweight and over 45 years of age
- Heart disease, heart attack or stroke
- High blood pressure and over 45 years of age
- Anyone over 55 years of age
- High blood cholesterol
- High blood glucose levels during pregnancy (gestational diabetes)
- Higher than normal blood glucose levels
- Aboriginal, Torres Strait Islander, Pacific Islanders, Indian sub-continent or Chinese cultural background
- Women with Polycystic Ovarian Syndrome.

The Australian Diabetes Risk Assessment Tool (AUSDRISK) should be used to identify your risk of developing type 2 diabetes. You can get this risk assessment tool from your doctor or from www.health.gov.au. Discuss your results with your doctor.

Children and adolescents who are overweight, experiencing increased thirst, urinary frequency, tiredness and/or who may have a family history of diabetes should also be tested for diabetes.

One of the main risk factors for developing diabetes is a family (hereditary) link. This means that if a person has diabetes, there is an increased risk that other members of their family (e.g. brother, sister, children, grandchildren) will develop diabetes.

Your family needs to be aware of the importance of a healthy lifestyle to delay or prevent type 2 diabetes. Regular physical activity and healthy food choices will help reduce the risk of developing type 2 diabetes.

PREVENTION - THE TIME TO ACT IS NOW

People at high risk of type 2 diabetes should be tested by their doctor every year to check for the possible onset of diabetes.

3

危险因素

发展为2型糖尿病的危险因素包括

- 糖尿病家族史
- 超重并且超过45岁
- 心脏病、心脏病发作或中风
- 高血压并且超过45岁
- 任何人超过55岁
- 高血脂
- 妊娠期间血糖水平升高（妊娠糖尿病）
- 血糖水平高于正常
- 澳洲土著人，托雷斯海岛居民，太平洋岛国居民，来自印度次大陆的人或华人
- 患多囊卵巢综合征的妇女

澳洲糖尿病风险评估工具 (AUSDRISK) 应该用于识别您发展为2型糖尿病的风险。您可以从您的医生或从网站www.health.gov.au得到这个风险评估工具。请与您的医生讨论您的结果。

儿童和青少年如果有超重、感觉口渴加重、尿频、乏力或者有糖尿病家族史，也应该进行糖尿病检查。

发展为糖尿病的主要危险因素之一为家族联系（遗传性）。这意味着如果一个人患有糖尿病，家里的其他人（例如兄弟、姐妹、子女、孙子女）有更高的风险将会发展为糖尿病。

您的家人需要了解健康的生活方式来减慢或预防2型糖尿病。规律的体力活动和健康的食物选择将会帮助降低发展为2型糖尿病的风险。

预防 – 现在是行动的时候

有发展为2型糖尿病高风险的人士应该每年由他们的医生检测糖尿病的发病可能。

4

The Diabetes Health Care Team

Diabetes is a lifelong condition. Your health care team is available to support, advise and answer your questions.

The most important member of this team is you!

You are the one who will be at the centre of your diabetes management. Your family, friends and co-workers might also be part of your team.

The Diabetes Health Care Team includes:

- **Your family doctor** who looks after your diabetes and refers you to other health professionals as needed. Your family doctor is responsible for organising your diabetes tests.
- **An Endocrinologist** is a specialist in diabetes. Many people with type 1 diabetes see an endocrinologist. People with type 2 diabetes may see an endocrinologist if they are having

problems with their diabetes management or when insulin therapy is needed.

- **A Diabetes Educator** is usually a registered nurse who has done special training in diabetes. Educators can assist with teaching you about diabetes in many of the important areas such as blood glucose monitoring, medications, insulin, sick days, travel and stress.

- **A Dietitian** can answer questions about healthy eating for you and your family.

- **An Exercise Physiologist** can help to develop a physical activity plan suitable for you - regardless of age, ability or disability.

- **An Optometrist** will do a diabetes eye check and a vision check. Some people with diabetes need to see an Ophthalmologist, a doctor with special training in diseases and problems with the eye.

- **A Podiatrist** is a health professional who deals with the feet. Many podiatrists have advanced training in caring for the 'diabetic foot'.

- **A Dentist** will check your teeth and gums.

Sometimes people with diabetes have trouble coping with the day to day burden of their disease. **Social workers** and **psychologists** can help in this area. Your family doctor or diabetes educator can often refer you to these services.

Other specialists are sometimes needed. Children and adolescents with diabetes should see a **paediatric endocrinologist** or a **paediatrician**.

Women with diabetes who are planning a pregnancy, who are pregnant or women who develop gestational diabetes should see an **obstetrician** and endocrinologist. If complications of diabetes are present, referral to other health professionals may be required.

Pharmacists are also very important in your diabetes management. They have special knowledge of how medicines work and which medications may interact with each other.

Ask your doctor or diabetes health care team about any structured **diabetes education** classes/programs in your area. Diabetes education programs, either individual or as part of a group, will help you set some healthy lifestyle goals and assist you with managing your diabetes.



4

糖尿病保健团队

糖尿病为终生疾患。您的保健团队可以为您提供支持、建议并解答您的问题。在这个团队中最重要的成员是您！

您是糖尿病控制的中心人物。您的家人、朋友和同事也可能成为团队的一部分。

糖尿病保健团队包括：

- **您的家庭医生** 将照护您的糖尿病并在需要时将您转诊给其他健康工作者。您的家庭医生负责安排您的糖尿病检验。
- **内分泌医生** 是糖尿病专家。许多1型糖尿病的患者要看内分泌医生。2型糖尿病的患者如果在糖尿病的控制中出现问题或者需要胰岛素治疗时也可能需要看内分泌医生。
- **糖尿病教育人员** 通常为接受了糖尿病方面特殊培训的注册护士。教育人员可以教授您与糖尿病相关的许多重要领域的知识如监测血糖、药物治疗、胰岛素、生病的日子、旅行和精神压力。

- **营养师** 可以为您和您的家人解答关于健康饮食的问题。
- **运动生理学家** 可以帮助您建立一个适合于您的体力活动方案 – 不管您的年龄、能力或残疾情况如何。
- **验光师** 可以进行糖尿病眼睛检查和视力检查。某些糖尿病患者需要看眼科医生 – 接受了眼科疾病方面特殊培训的医生。
- **足病医生** 是解决足部问题的健康工作者。许多足病医生具有‘糖尿病足’方面的高级培训。
- **牙医** 将为您检查您的牙齿和牙龈。

有时糖尿病患者不能应付疾病给日常生活带来的沉重负担。**社会工作者和心理学家**可以在这些领域帮助您。您的家庭医生或糖尿病教育人员通常可以把您转诊到这些服务。



有时还需要其他专家。儿童和青少年糖尿病患者应该看**儿科内分泌医生或儿科医生**。

计划怀孕或已经怀孕的女性糖尿病患者，或者那些患有妊娠糖尿病的女性应该看**产科医生**和内分泌医生。如果出现糖尿病的并发症，可能需要转诊至其他健康工作者。

药剂师 在您的糖尿病控制中也担任着重要的角色。他们拥有关于药物是如何作用于机体以及药物之间的相互作用方面的专业知识。

请向您的医生或糖尿病保健团队询问在您所在地区的任何有组织的**糖尿病教育**课程/计划。糖尿病教育计划（无论是个人还是群体的一部分）将会帮助您制定一些健康生活方式的目标并且协助您控制您的糖尿病。

5

Annual Cycle of Care

What regular health checks are recommended?

Regular health checks help to reduce your risk of developing diabetes complications.



The recommended health checks are:

What needs to be checked?	How often?	Who do you need to see?
Blood pressure	Every visit to your doctor	Your family doctor
Weight, height and waist circumference Body Mass Index (BMI): if required – this helps determine if you have a problem with your weight	Every six months/ more often if required	Your family doctor
<u>Feet</u>	Daily self check and Six monthly health professional checkups	Podiatrist or family doctor
<u>Kidneys</u> : a blood and urine test, to make sure your kidneys are working well	Once a year/ more often if required	Your family doctor
HbA1c: this blood test shows your average blood glucose level over the past 2 - 3 months	At least six monthly or more often if not on target	Your family doctor
Lipids: blood fats	Once a year/ more often if required	Family doctor
<u>Eyes</u>	At diagnosis and at least every two years/ more often if required	Optometrist / Ophthalmologist
<u>Healthy eating plan</u>	Once a year	Dietitian
<u>Physical activity</u>	Once a year	Your family doctor / exercise physiologist
Medication	Once a year/ more often if required	Your family doctor
Review self care education	Once a year	Diabetes educator
Review smoking status	Once a year	Your family doctor

Your family doctor, with the help of your health care team, should develop a care plan to manage your diabetes. This will allow you to access additional Medicare services for people with chronic conditions.

5

年度周期照护

有哪些建议的健康检查？

定期的健康检查帮助您降低您罹患糖尿病并发症的风险。



建议的健康检查是：

需要检查什么？	多频繁？	您需要去看谁？
血压	每次看医生时	您的家庭医生
体重、身高及腰围 身体质量指数 (BMI)：如果需要—这可以帮助决定您的体重是否有问题	每六个月/如果需要则更频繁	您的家庭医生
足部检查	每天进行自我检查并且每六个月由健康工作者进行检查	足病医生/您的家庭医生
肾脏：一项血液和尿液检验来确保您的肾脏工作正常	每年一次/如果需要则更频繁	您的家庭医生
糖化血红蛋白 (HbA1c)：这项血液检测反映在过去2-3月中您的血糖水平的平均值	如果没有在目标范围内，至少每六个月一次或更频繁	您的家庭医生
血脂：血液中的脂肪	每年一次/如果需要则更频繁	您的家庭医生
眼睛	在诊断时并且每两年一次/如果需要则更频繁	验光师/眼科医生
健康饮食计划	每年一次	营养师
体力活动	每年一次	您的家庭医生/运动生理学家
用药	每年一次/如果需要则更频繁	您的家庭医生
审查自我保健教育	每年一次	糖尿病教育人员
审查吸烟情况	每年一次	您的家庭医生

在您的保健团队的帮助下，您的家庭医生应该制定一个保健计划来控制您的糖尿病。这将使您能够获得Medicare对于慢性病患者的额外服务。

6

Healthy eating for diabetes

Eating does more than just provide food and building materials for the body. Eating is a pleasurable and social experience.

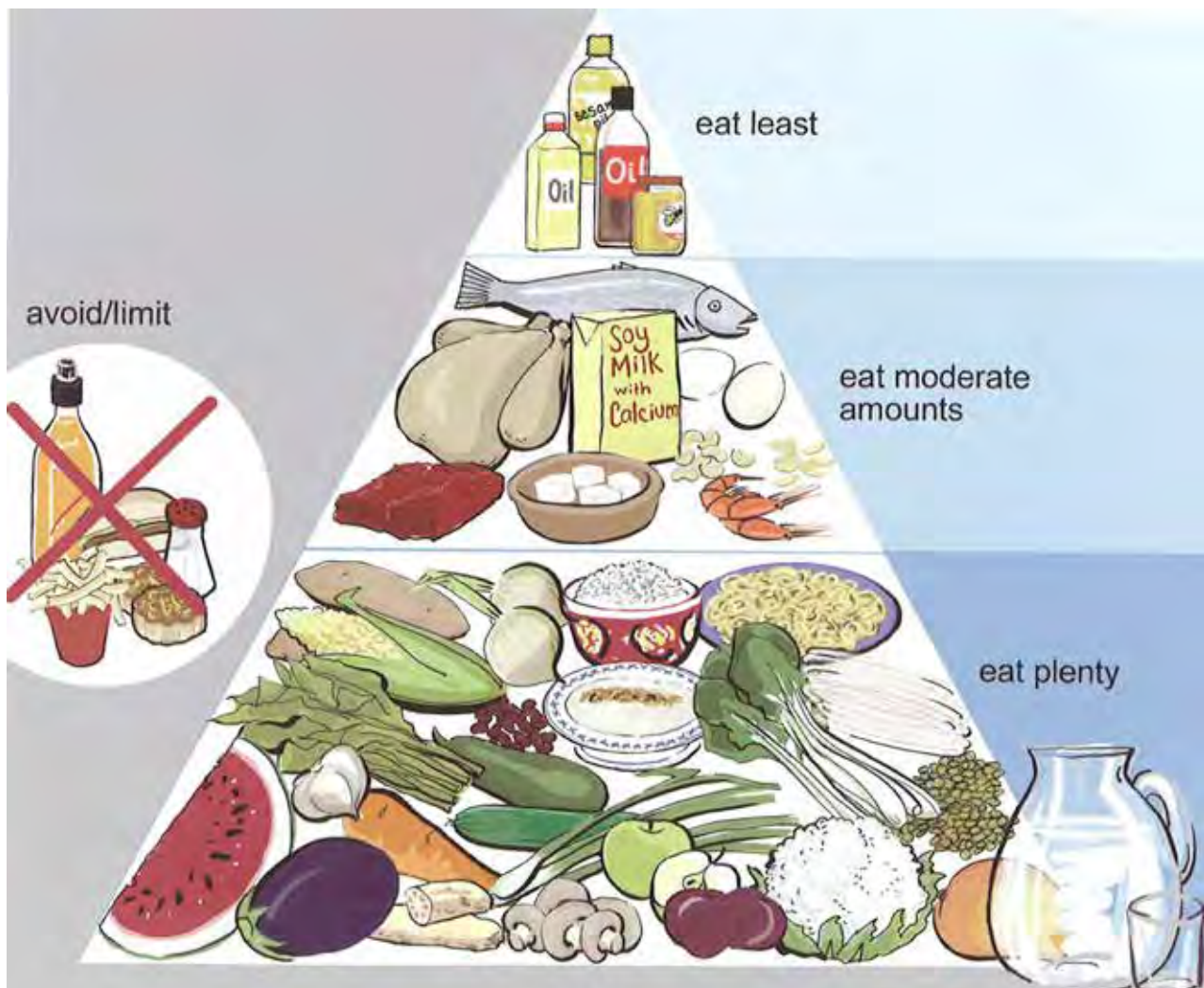
Diabetes should not stop you from enjoying food and eating with friends and family. You can still enjoy special occasions such as family, social, school and religious festivals. Tell your dietitian, diabetes educator and doctor what you eat and when. Your food and diabetes medications can be adapted to suit your lifestyle and normal family routine. However you may need to make changes to your eating habits to keep your diabetes under control and stay healthy.

Why is healthy eating important?

A healthy diet is one of the most important parts of diabetes management.

Eating well can help to manage your blood glucose (sugar) levels, cholesterol and blood pressure. Eating well can also help you to maintain a healthy body weight. Being overweight makes it harder to manage your diabetes. It is therefore important to have a healthy diet to help you lose excess weight and improve your diabetes management.

It is important that any dietary advice is tailored to your needs. That is where your dietitian is helpful.



What is healthy eating for diabetes?

Healthy eating for diabetes is the same as healthy eating for everyone. A healthy eating pattern encourages:

- High fibre cereals including wholegrain breakfast cereals, wholemeal, grainy breads, wholemeal pasta, red rice and brown rice.
- Two serves of fruit and five or more serves of vegetables every day. Include legumes such as as baked beans, soy beans, black eye beans, mung beans, red beans, barley and black beans.
- One to two serves of lean meat, fish, skinless poultry or alternatives each day. Alternatives include legumes, tofu, eggs, nuts and seeds.
- Dairy foods (e.g. milk, cheese and yoghurt) that are low fat or skim for everyone over the age of two. Soy products fortified with calcium are a good alternative for those who cannot have dairy.
- Limit saturated fat (e.g. pastries, fatty meat, skin of the poultry, Chinese sausages, luncheon meat, instant noodles, Dim Sim and buns with meat fillings, lard, butter and coconut-based foods).
- Have a low–moderate fat intake.
- Avoid adding salt to food. Choose low salt or reduced salt foods. Limit salty foods such as salty meat and fish, pickled or preserved vegetables and beancurd) and salty condiments (e.g. fish sauce, oyster sauce and soy sauce), and paste (e.g. assorted bean pastes).
- Eat only moderate amounts of sugars and limit or avoid foods high in added sugars (e.g. sweet soups, soft drinks, sweetened drinks include Asian style milk tea and flavored ice tea, sweets, sweet Asian pastries and cakes).
- Drink plenty of water.
- If you drink alcohol, limit your intake to 2 standard drinks a day. It will also be a good idea to include alcohol free days each week.

How can I keep my blood glucose (sugar) levels in the healthy range?

It is very important that people with diabetes aim to keep their blood glucose levels in target range with regular physical activity, healthy eating and appropriate treatment (medications and/or insulin if required).

You can help to do this by spreading your food intake out over the day, not overdoing your serve sizes and choosing mostly high fibre, low fat and lower glycemic index carbohydrates.

Regular reviews with your dietitian are important to help you get the balance right between your blood glucose levels, the food you eat, exercise and your diabetes medication, if you take them. A dietitian may suggest you make changes to the types of food you eat and how much you eat to help keep you healthy. Your dietitian will try to work within the foods and cooking methods that you traditionally use.

什么是糖尿病健康饮食？

糖尿病的健康饮食与任何人的健康饮食是一样的。健康的饮食方式鼓励：

- 高纤维谷物包括全粒早餐谷物、全麦颗粒面包、全麦意大利面条、红米和糙米。
- 每天两份水果和五份或更多份蔬菜。包括豆类如甜豆、大豆、眉豆、绿豆、红豆、大麦和黑豆。
- 每天进食一至两份瘦肉、鱼、去皮鸡或其它替代品。其它替代品包括豆类、豆腐、蛋、坚果和种子类食物。
- 所有2岁以上的人士进食低脂或脱脂的奶制品（如牛奶、奶酪和酸奶）。对于那些不能进食奶制品的人士，加钙的豆制品是很好的替代品。
- 限制饱和脂肪的摄入（例如面制糕饼、肥肉、鸡皮、香肠、午餐肉、方便面、有肉馅的点和包子、猪油、黄油以及以椰子为主要成分的食品）。
- 低-中等量的脂肪摄入。
- 避免在食物中添加食盐。选择低盐或减盐食品。限制含盐食物（如含盐的肉和鱼、腌制的或防腐处理的蔬菜和豆腐）以及含盐的调味料（如鱼露、蚝油和酱油）以及酱类（如豆瓣酱）。
- 仅进食中等量的糖并且限制或避免添加了大量糖的食物（例如甜汤、软饮料、加糖的饮料如亚洲式的奶茶以及风味冰茶、糖果、甜的亚洲式油酥饼和蛋糕）。
- 大量饮水。
- 如果您饮酒，请将您的饮酒量控制在每天2个标准杯。每周包括无酒日也将是一个好办法。

如何把我的血糖控制在健康范围？

糖尿病患者应该通过规律的体力活动、健康的饮食以及适当的治疗（如果需要，应用药物和/或胰岛素）来使血糖水平控制在目标范围内，这一点十分重要。）

您可以通过把进食分散到一天当中、不过量进食、并且选择大多数为高纤维、低脂、低升糖指数的碳水化合物而做到这一点。

营养师的定期审查十分重要，这可以帮助您获得血糖水平、进食的食物、运动以及糖尿病用药之间的平衡。营养师可能会建议您改变您的食物类型以及您的进食量来保持健康。您的营养师将会尽量维持您传统使用的食物和烹调方法。

What's in food?

You may have heard about:

- Carbohydrates
- Fibre
- Protein
- Fat
- Vitamins and Minerals

These are called nutrients and they help your body to work properly and stay healthy. A nutrient is a substance found in food. You can find more information on each of these nutrients below.

Carbohydrates

Carbohydrates are the best energy source for your body. When they are eaten they breakdown to form glucose in the bloodstream. Eating regular meals and spreading your carbohydrate foods evenly over the day can help to maintain your energy levels without causing blood glucose levels to go too high or too low.

Carbohydrate foods include:

- Breads and cereals (e.g. rice, congees, millets, oats, dumplings, buns, wheat noodles, rice noodles, mung bean noodles, saltine crackers, sago and foods made from corn starch and potato starch).
- Milk and yoghurt, soy milk and soy yoghurt.
- Fruit.
- Starchy vegetables and legumes (e.g. sweet potato, potato, taro, yam, gourd, lotus root, water chestnut, corn, chestnut, mung beans and red beans).
- Sugar and sugary foods (e.g. sweetened drinks, sugar, honey, jam, sweet soups and sweet rice cakes/balls).

Most of these foods, except sugar and sugary foods, also provide other important nutrients to help keep you healthy. It is important to include these foods every day.

Eating a large serve of carbohydrate (e.g. a large bowl of rice or a large plate of noodles) may cause your blood glucose levels to rise too high. Also, eating too much food all the time, even if it is healthy food, will cause you to put on weight. Being overweight makes it harder to manage your blood glucose levels.

As everyone is different, talk to your dietitian about the amount of carbohydrate food you need to eat.

Sometimes testing your blood glucose level two hours after a meal can help you to work out if you ate too much carbohydrate at a meal. If this happens a lot speak to your dietitian or diabetes educator who can give you advice on what to do. Cutting down carbohydrates is not always the answer.

Glycemic Index (GI)

All carbohydrate foods will breakdown to form glucose. Some carbohydrates break down to glucose fast and some break down slowly. The Glycemic Index (GI) is a way of measuring how fast or slow a carbohydrate food affects blood glucose levels.

Low glycemic index foods raise your blood glucose levels more slowly than high glycemic index foods. Eating mostly low glycemic index foods may help people with diabetes to reduce average blood glucose levels, lower blood fats and raise healthy cholesterol. They may also help you feel

7

食物中含有什么？

您可能听说过：

- 碳水化合物
- 纤维
- 蛋白质
- 脂肪
- 维生素和矿物质。

这些称为营养成分，它们帮助您的身体正常工作，保持健康。营养成分是食物中含有的物质。您可以在下述内容中得到更多关于每一种营养成分的信息。

碳水化合物

碳水化合物是您身体的最佳能量来源。进食后它们分解形成葡萄糖而进入血流。规律进餐并且将碳水化合物食物在一天内均匀分散开将有助于维持您的能量水平，同时不会造成血糖水平过高或过低。

碳水化合物食物包括：

- 面包和谷物（例如米饭、粥、小米粥、麦片粥、饺子、包子、面条、米粉、绿豆面条、咸饼干、西米以及由玉米淀粉和土豆淀粉制成的食物）
- 牛奶和酸奶、豆奶和酸豆奶
- 水果
- 含有淀粉的蔬菜和豆类（例如甘薯、马铃薯、芋头、山药、葫芦、莲藕、荸荠、玉米、绿豆和红豆）
- 糖和糖类食物（例如，加糖的饮料、糖、蜂蜜、果酱、甜汤、甜年糕/汤圆）

除了糖和糖类食物外，这些食物中的大多数还提供其它重要的营养成分而有益于您的健康。您应该把这些食物包括在每天的膳食中。

大量进食碳水化合物（例如一大碗米饭或一大盘面条）可能会造成您的血糖水平过高。此外，如果您总是过量进食，即使是健康食物，也会使您的体重增加。身体超重将会使您的血糖控制更加困难。

因为每个人的情况都不一样，您应该与营养师讨论您需要进食多少碳水化合物食物。

有时，在餐后两小时测试您的血糖水平有助于计算出一餐中您是否进食了过量的碳水化合物。如果这种情况经常发生，您应该与您的营养师或糖尿病教育人员进行讨论，他们会为您提出建议。并非任何时候都应该减少碳水化合物的进食量。

升糖指数 (GI)

所有的碳水化合物食物都会分解而形成葡萄糖。某些碳水化合物分解迅速而另外一些则分解缓慢。升糖指数 (GI) 是一种测量碳水化合物食物对血糖水平影响有多么快或多慢的方法。

升糖指数低的食物比升糖指数高的食物使您的血糖水平升高得更慢。主要进食低升糖指数的食物可能会帮助糖尿病患者减低平均血糖水平、降低血脂并且升高健康的胆固醇。它们还可能使您感觉饱的时间更长，这可以帮助您控制体重。不能过量进食仍旧十分重要。

What's in food? - *continued*

fuller for longer which may help with weight control. It is still important to not overdo your serve sizes.

Not all low glycemic index foods are healthy. You still need to consider if the food fits into the healthy eating recommendations listed earlier. Try to eat mostly high fibre low fat and lower glycemic index foods. Including a lower glycemic index food at every meal is a good start.

Some healthy low glycemic index foods include buckwheat noodles, sweet potato noodles, millet, pasta, legumes (dried peas, soy beans, mung beans, black eye beans, barleys and lentils), sweet corn, low fat milk and yoghurt, most fruit, and many high fibre grainy breads or low GI white bread.

Rice is usually a high glycemic index food, in particularly jasmine rice and glutinous rice (sticky rice). However, there are some varieties of rice that have a lower glycemic index. These include Basmati rice, Doongara rice and multigrain rice.

What about Sugar?

Sugar is also a carbohydrate. Eating small amounts of sugar will not affect your diabetes, e.g. 1-2 teaspoons of sugar in your cup of tea or a thin spread of jam on your toast.

Some foods that contain sugar are also healthy foods. For example fruit and milk naturally contain sugar. Other healthy foods have had small amounts of sugar added to them (e.g. some high fibre breakfast cereals and yoghurts). We know these foods are good for us so we can include them in our diet.

However eating or drinking large amounts of foods that are very high in sugar (e.g. sweetened drinks, sweet soups and sweet breads) can cause your blood glucose levels to rise too high. They can also cause you to put on weight. These foods are best eaten in small amounts. Choose diet soft drinks and cordials instead of standard varieties.

If you are using sugar in recipes, think about how much sugar you will end up eating. If the recipe is very high in sugar and you will be having a large serve, try reducing the amount of sugar, have a smaller serve or replace some of the sugar with an alternative sweetener. Try to choose recipes that are low in fat (particularly saturated fat) and contain some fibre.

Fibre

Fibre is important for everyone, including people with diabetes. Fibre can help keep your digestive system healthy and prevent constipation.

Fibre is also very useful for people with diabetes. It can help to lower "bad" cholesterol which helps to keep your heart healthy. Also many foods that are high in fibre have a low glycemic index. This is because some types of fibre can slow down digestion of the food. Eating foods high in fibre can also keep you feeling fuller for longer so may help with weight control.

High fibre foods include whole fruits (not juice), vegetables, legumes, nuts and seeds, grainy and wholemeal breads and high fibre cereals (e.g. Weetbix, oats, brown rice, buckwheat noodles, wholemeal pasta, mixed grains).

Fat

Fat is an essential nutrient. However many of us eat too much fat or eat the wrong types of fat.

Fat is high in kilojoules. Eating too much fat can cause you to put on weight or make it harder for you to lose weight.

Some fats (saturated fats and trans fats) can increase your risk of heart disease and make it harder to manage your diabetes. Avoid these types of fats (e.g. full fat dairy foods, fatty meats and fried foods).

Polyunsaturated fats (e.g. oily fish, safflower, corn and sunflower oils) and monounsaturated fats (e.g.

食物中含有什么？ - 续

并非所有的低升糖指数的食物都健康。您还是需要考虑这些食物是否符合先前列举的健康饮食建议。尽量进食高纤维、低脂和低升糖指数的食物。在每一餐中都包括一种较低升糖指数的食物将是一个很好的开端。

一些健康的低升糖指数的食物包括荞麦面条、甘薯面条、小米、意大利面条、豆类（干豌豆、黄豆、绿豆、眉豆、大麦和小扁豆）甜玉米、低脂牛奶和酸奶、大多数水果以及许多高纤维多谷粒面包或者是低升糖指数的白面包。

大米一般为高升糖指数食物，尤其是泰国香米和糯米（粘米）。然而，某些大米的升糖指数较低。这些米包括Basmati 米， Doongara 米 和多种谷物米。

糖怎么样？

糖也是碳水化合物。进食少量的糖不会影响您的糖尿病，例如在茶中加1-2茶匙糖或者在烤面包上抹一薄层果酱。

某些含糖食物也是健康食品。例如水果和牛奶本身含有糖。其它健康食品添加了少量的糖（例如，某些高纤维的早餐谷物和酸奶）。我们知道这些食品对身体有益，所以可以把它们包括在我们的饮食中。

然而进食或饮用大量高糖食物（例如含糖的饮料、甜汤、甜面包）可以导致您的血糖水平过高。这还可能导致您的体重增加。这些食物最好少量食用。选择低热量的软饮料和兴奋性饮料而非普通的种类。

如果您在食谱中使用糖，那么想一想您将会吃到多少糖。如果食谱中的糖量很高并且您将会吃很多，那么减少糖的用量、少量进食或者使用人造甜味剂来替代一部分糖。尽量选择脂肪（尤其是饱和脂肪）含量低并且含有纤维的食谱。

纤维

纤维对于每一个人都很重要，包括糖尿病患者。纤维有助于您消化系统的健康并且有助于预防便秘。

纤维对于糖尿病患者也是非常有益的。它可以降低“坏的”胆固醇从而有助于保持心脏的健康。此外，许多富含纤维的食物的升糖指数低。这是因为某些类型的纤维可以减慢食物的消化。进食富含纤维的食物还可以使您长久保持饱的感觉因而可能有助于保持体重。

高纤维食物包括整个的水果（而非果汁）、蔬菜、豆类、坚果和种子类食物、多谷粒或全麦面包以及谷物（例如，Weetbix、麦片粥、糙米、荞麦面、全麦意大利面条、多种谷物）。

脂肪

脂肪是重要的营养成分，但是许多人进食太多的脂肪或者错误类型的脂肪。

脂肪的卡路里含量很高。进食过多的脂肪可以导致体重增加或者使您更难减肥。

某些脂肪（饱和脂肪和反式脂肪）可以增加心脏病的风险并且使糖尿病的控制更加困难。请避免这些类型的脂肪（例如全脂奶制品、肥肉和油炸食品）。

多不饱和脂肪（例如油性的鱼、红花油、玉米油和葵花油）以及单不饱和脂肪（例如牛油果、菜籽油、花生油和橄榄油）可以帮助您降低心脏疾病的风险。它们比饱和脂肪更好的选择。这两种脂肪均对您的健康有益，所以您可以选择这类食物。这些脂肪的卡路里含量依然很高，所以如果您超重，请适量进食。

为了帮助您选择正确的脂肪类型并且避免进食过多脂肪；

What's in food? - *continued*

avocado, canola, peanut and olive oils) can help reduce your risk of heart disease. They are better choices than saturated fat. Both of these fats have benefits for your health so vary between them. These fats are still high in kilojoules, so if you are overweight, eat them in moderation.

To help you get the right type of fat and avoid eating too much fat;

Choose:

- Meat trimmed of fat
- Chicken trimmed of fat and skin
- Low fat cooking methods such as barbequing, grilling, dry frying, baking, steaming or poaching
- Low fat dairy foods or soy alternatives
- To eat more fish including oily fish (e.g. tuna, salmon, mackerel, herring, sardines)
- Olive, canola, sesame, peanut, corn, safflower or sunflower oils for cooking, marinades and dressing
- Margarines made from olive, canola, safflower or sunflower oils
- Alternatively, use a plant sterol enriched margarine (i.e. Proactive™ and Logicol™), but speak to your dietitian and/or doctor about it before you decide to use it
- To include small amounts of avocado, nuts and seeds in your diet
- To choose low fat Dim Sim dishes (i.e. steamed, baked and braised dishes) at Yum Cha

Avoid/Limit:

- Fatty or processed meats (e.g. pork belly, luncheon meat, Chinese sausages, Chinese style BBQ pork, soya chicken, Peking duck and roast pork with skin)
- High fat cooking methods such as frying or roasting in fat
- Full fat dairy foods
- Butter, ghee, lard, chicken fat, vegetable shortening, cream, coconut milk and coconut cream
- Palm oil or products made from palm oil
- Fried foods, cakes, pastries, biscuits, crisps and high fat crackers
- Prawn crackers and pork ring (crackle from roast pork)



- Fried instant noodles, fried Dim Sims, fried spring rolls, pan-fried meat buns, moon cakes, sweet pastries, sweet & savory pies and tarts
- Assorted fried rice and noodles (e.g. Yangzhou fried rice, fried assorted noodles (soya noodles, Mai Fun or Hor Fun))

Protein

Protein is essential to your body everyday to repair old or damaged parts. Most people living in Australia already eat

enough protein and do not need to eat more.

Choose protein foods that are also low in fat. Foods that are a good source of low fat protein are lean meat, poultry without the skin, fish and seafood, eggs, low fat dairy products, unsalted nuts, legumes (dried beans, dried peas and lentils) and soy products such as tofu.

Speak to your dietitian if you are not sure if you are eating enough protein.

Vitamins and minerals

Vitamins and minerals are important for a healthy body. Eating a wide variety of foods from all five food groups will help you get all the vitamins and minerals your body needs.

The food groups are:

- Breads and cereals
- Vegetables
- Fruit
- Dairy foods
- Meat or meat alternatives (e.g. poultry, seafood, eggs, legumes, nuts and seeds).

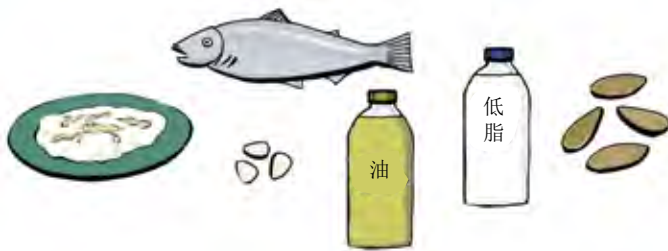
食物中含有什么？ - 续

选择:

- 剔除了肥膘的肉类
- 剔除了肥膘和皮的鸡肉
- 低脂肪烹饪方法，如烤、烧、干炒、烘焙、蒸或煮
- 低脂奶制品或豆类替代品
- 更多地吃鱼，包括油性的鱼（例如，金枪鱼、三文鱼、鲭鱼、鲱鱼、沙丁鱼）
- 用橄榄油、菜籽油、芝麻油、花生油、玉米油、红花油或葵花籽油来烹饪、腌泡和调味
- 食用由橄榄油、菜籽油、红花油或葵花籽油制成的人造黄油
- 另外可以使用植物油浓缩的人造黄油（即Proactive™ 和Logicol™），但是在决定使用前请与您的营养师和/或医生讨论。
- 在饮食中加入少量牛油果、坚果和种子类食物
- 在吃早茶时请选择低脂的点心（即蒸的、烤的和炖的点心）

避免/限制:

- 肥肉或加工肉（例如五花肉、午餐肉、香肠、叉烧肉、油鸡、北京烤鸭和带皮烤肉）
- 高脂肪的烹饪方法如油炸或用动物油烤
- 全脂奶制品
- 黄油、酥油、猪油、鸡油、植物固体油脂、棕榈油或棕榈油制的产品
- 奶油、椰奶和椰子奶油



- 油炸食物、蛋糕、油酥饼、饼干、薯片和高脂薄脆饼干
- 虾片和烤肉圈
- 油炸方便面、油炸点心、油炸春卷、生煎包、月饼、甜酥糕、甜香馅饼
- 各式油炒米饭和面条（如扬州炒饭，各式炒面（粉条，米粉或河粉））

蛋白质

蛋白质每天必不可少，用于修复旧的和损伤的机体成分。在澳洲生活的大多数人进食了足够的蛋白质，不需要进食更多了。

选择含有蛋白质并且低脂肪的食物。低脂蛋白质的良好食物来源包括瘦肉、去皮的家禽、鱼和海鲜、蛋类、低脂奶制品、无盐坚果、豆类（干豆荚、干豌豆和小扁豆）以及豆制品如豆腐。

如果您不能确定是否进食了足够的蛋白质，请与您的营养师讨论。

维生素和矿物质

维生素和矿物质对于身体的健康十分重要。从所有五组食物中选择多种多样的食物将有助于您获得身体所需的所有维生素和矿物质。

食物组别为:

- 面包和谷物
- 蔬菜
- 水果
- 奶制品
- 肉或肉替代品（例如家禽、海鲜³³ 蛋类、豆类、坚果和种子类食物）

8

Common Questions about Food and Diabetes

How often should people with diabetes eat?

It is important for all people with diabetes to eat regular meals over the day. This helps to spread food intake out and prevent blood glucose levels going too high or low.

Some people with diabetes take tablets or insulin to help manage their diabetes. These medications may mean that you need to eat at certain times, eat a small snack between meals or have a snack before bed. Discuss with your dietitian, diabetes educator or doctor whether you need to eat at certain times or need to eat snacks.

If you keep irregular hours (or you do shift work) it is important to discuss this with your dietitian, diabetes educator or doctor as your medications may need to be adjusted to fit in with when you are able to eat. It is important that you do your best to have a regular eating pattern from day to day.

Why is it important to manage my weight?

Being overweight can make it harder to control your blood glucose levels. Carrying too much fat around your middle is especially bad for diabetes and heart disease. If you are overweight, ask your dietitian for advice on how to adjust your food intake to lose weight. Also speak to your doctor or an exercise physiologist about exercise.

Can I eat fruit? What type of fruit can I eat and how much?

Yes, people with diabetes can eat fruit. Fruit is an excellent source of fibre, vitamins and minerals. All fruit can be included as part of a healthy diet for people with diabetes. Fruit contains natural sugar therefore it is important to spread fruit over the day.

The recommendation for fruit is the same as the general population. That is, two servings of fruit each day. 1 serve of fruit equals:

- 1 medium piece of fruit (e.g. 1 apple or 1 orange or 1 pear or 1 peach)
- 2 smaller pieces of fruit (e.g. 2 plums or 2 nectarines or 2 kiwifruit)
- 1 cup chopped or canned fruit (not in syrup)
- 1 small persimmon
- 1 small banana or ½ large banana
- 8 lychee
- 20 grapes
- 1 tablespoon of sultanas or 4 dried apricots*

Fruit juice is high in kilojoules and does not contain fibre. It is much better to eat the whole fruit rather than drink the juice. Drinking too much juice raises blood glucose levels and may contribute to weight gain. If you must drink juice, limit to a maximum of 1 small glass a day.

*Dried fruit contains a lot of natural sugar. If you eat dried fruit limit to a small quantity e.g. 1 tablespoon of sultanas or 4 pitted dates.

8

关于食物和糖尿病的常见问题

糖尿病患者的进食应该多频繁？

所有的糖尿病患者应该在一天之内规律进食，这一点十分重要。这有助于分散食物的摄入并且防止血糖过高或过低。

有些糖尿病患者服用药物或者使用胰岛素来控制糖尿病。使用这些药物可能意味着您需要在特定时间进餐，在正餐之间吃加餐或者在就寝前加餐。请与您的营养师、糖尿病教育人员或医生讨论您是否需要在特定时间进餐或者吃加餐。

如果您生活不规律（或者您倒班工作），您一定要与营养师、糖尿病教育人员或医生进行讨论，因为您的用药可能需要根据您何时能够进餐而作出相应调整。请您尽可能每天保持规律的进餐模式，这一点至关重要。

为什么控制我的体重很重要？

超重可以使血糖水平的控制更加困难。腰腹部脂肪过多对于糖尿病和心脏病尤其有害。如果您的体重过重，请向您的营养师寻求建议来调整食物摄入而减肥。同时也应该向医生或运动生理学家进行锻炼方面的咨询。

我可以吃水果吗？我可以吃什么类型的水果，吃多少？

可以，糖尿病患者可以吃水果。水果是极好的纤维、维生素和矿物质的来源。所有的水果都可以包括在糖尿病患者的健康饮食中。水果中含有天然的糖分，因此应该将水果分散在一天内吃，这十分重要。

糖尿病患者进食水果的建议与对普通大众的建议是一致的。那就是每天进食两份水果。1份水果等于：

- 1 个中等大小的水果（例如1个苹果或1个橙子或1个梨或1个桃）
- 2 个小一些的水果（例如2个李子或2个油桃或2个猕猴桃）
- 1 杯切碎的或罐装的水果（未浸泡在糖浆中）
- 1 个小的柿子
- 1 个小的香蕉或 ½个大的香蕉
- 8 个荔枝
- 20 个葡萄
- 1 汤匙葡萄干或4个干的杏*。

果汁的卡路里很高并且不含纤维。最好吃整个的水果而不是喝果汁。饮用太多果汁可以使血糖升高并且可以导致体重增加。如果您必须要喝果汁，请将其限制在每天最多1小杯。

*干果含有大量天然糖分。如果您吃干果，请将其限制在小量，如1汤匙葡萄干或 4 个去核的枣。

Can I eat unlimited vegetables?

Vegetables provide an excellent source of fibre, vitamins and minerals. Recommendations for vegetables are five or more servings a day. One serve of vegetables is equal to ½ cup cooked vegetables or 1 cup salad or 1 medium potato* or ½ cup cooked legumes*. Most vegetables have very little impact on blood glucose levels and weight. These vegetables are referred to as free foods and can be included in unlimited quantities.

*Starchy vegetables (that is, potato, taro, sweet potato, corn and legumes) do contain carbohydrate. This means they are broken down into glucose to provide the body with energy. Starchy vegetables can be included as part of a healthy eating plan in moderate amounts to help manage blood glucose levels.

Are “diet” foods suitable?

Not all diet foods or foods marked “suitable for people with diabetes” are useful for people with diabetes. Often they can be quite high in kilojoules or may have a lot of fat in them. Also they can often be quite expensive.

Diet foods that you should avoid are:

- Diabetic chocolate. These are usually high in fat.
- Diet or low carbohydrate beer. These beers are still high in alcohol. It is the alcohol that is more of a problem than the carbohydrate content.

Some diet foods are fine for people with diabetes. These are foods that normally may be high in added sugar. Replacing the sugar with a sweetener such as Equal™, Splenda™ and Sugarine™ means you do not have to worry that they will raise your blood glucose level too high. These include:

- Diet soft drinks.
- Diet cordials.
- Diet jellies.

What foods can I eat if I am always hungry?

If you are often hungry, make sure you are not overly restricting how much you eat just to keep your blood glucose levels down. This is especially important for children, adolescents and the elderly. Speak to your dietitian about what is the right amount of food for you.

If you are eating the right amount of food and are still hungry, try to include high fibre, low fat and low glycemic index foods in your meals and snacks. They can help to keep you feeling fuller for longer.

Some foods can be eaten without affecting your blood glucose level or body weight. These are the kind of foods you should aim to eat if you are still hungry. These foods are often called “free” foods. They include:

- Most vegetables except the starchy vegetables (potato, sweet potato, corn, legumes), avocado and olives.
- Some fruits e.g. lemon, lime, cumquats, loquats, passionfruit, berries and rhubarb.
- Black or green tea* (without milk or sugar).
- Herbal teas.
- Coffee* (without milk or sugar).
- Water including soda water and plain mineral water
- Diet soft drinks and cordials
- Clear broth
- Fresh lemon juice

我可以无限制地吃蔬菜吗？

蔬菜是极好的纤维、维生素和矿物质的来源。对于蔬菜的建议是每天五份或更多。一份蔬菜等于½ 杯熟的蔬菜或1杯沙拉或1个中等大小的土豆*或 ½杯熟的豆类*。大多数蔬菜对于血糖水平和体重的影响很小。这些蔬菜被称为自由食物并且其食用量不受限制。

*淀粉类蔬菜（即土豆，芋头，甘薯，玉米和豆类）含有碳水化合物。这意味着它们降解为葡萄糖来为身体提供能量。中等量的淀粉类蔬菜可以包括为健康饮食计划的一部分以帮助控制血糖水平。

“低热量”食物适合吗？

并非所有低热量食物或标有“适合于糖尿病患者”的食物均对糖尿病患者有益。通常它们可能含卡路里较高或者可能含有很多脂肪。此外，它们经常很贵。

您应该避免的低热量食物：

- 糖尿病巧克力。它们经常富含脂肪。
- 低热量或低碳水化合物啤酒。这些啤酒含酒精量依然很高。是酒精而并非碳水化合物成分会产生问题。

某些低热量食物对于糖尿病患者没有问题。这些食物通常可能添加了大量糖分。用人造甜味剂替代糖（例如Equal™、Splenda™ 和Sugarine™），这意味着您不必担心它们会使血糖水平过高。这些包括：

- 低热量软饮料
- 低热量兴奋性饮料

如果我总是感觉饿可以吃什么食物？

如果您经常感觉饿，请确认您没有过分地限制进食量来降低血糖水平。这对于儿童、青少年和老年人尤其重要。请向您的营养师咨询您的正确的进食量。

如果您的进食量正确而仍旧感到饥饿，请在您的正餐和加餐中包括高纤维和低升糖指数食物。它们可能有助于使您感觉饱的时间长一些。

有些食物可以不影响血糖水平或体重。在您仍旧感到饥饿时应该进食这些食物。这些食物通常被称为“自由”食物。它们包括：

- 除淀粉类蔬菜（马铃薯，甘薯，玉米，豆类）、牛油果和橄榄以外的大多数蔬菜
- 某些水果如柠檬、青柠檬、金橘、枇杷、西番莲、浆果、大黄
- 红茶或绿茶*（不加奶或糖）
- 香草茶
- 咖啡*（不加奶或糖）
- 水，包括苏打水和普通矿泉水
- 低热量软饮料和兴奋性饮料
- 清汤

-
- Diet jelly
 - Herbs and spices

* It is best to limit tea and/or coffee to 4 cups a day.

What can I add to food to give it more flavour?

It is important to limit salt and foods containing salt. This is because a high salt intake can cause high blood pressure.

Herbs, spices, chilli, garlic, lemon, lime, vinegar cooking wine, ginger, shallots, green onions and a small amount of sesame oil can all be used to add flavour to food without affecting blood glucose levels or blood pressure. Use your traditional herbs and spices to maintain the traditional flavour of meals (e.g. Szechwan pepper, cloves, cinnamon, star anise, shallots, ginger, five spice powder, chilli powder).

Why should I see a Dietitian?

An Accredited Practising Dietitian is a health professional who can help you manage food and diabetes. Make an appointment to see a dietitian when you are first diagnosed with diabetes. You will need a referral from your doctor. When you are first diagnosed, your dietitian will need to see you a few times. Continue to see a dietitian once or twice a year from then on.

Your doctor might also suggest you see a dietitian if you are prescribed with medications or change your medications. This is because medications can affect the balance between food and your blood glucose levels.

Call Diabetes NSW & ACT on 1300 342 238 for more information.

If you cannot speak English well, call the free Telephone Interpreter Service (TIS) on 131 450 and ask them to help you to speak to a dietitian from Diabetes NSW & ACT.

.

-
- 番茄汁
 - 新鲜柠檬汁
 - 低热量果冻
 - 香草和香料。

*最好将茶和/或咖啡限制在每天4杯。

我可以在食物中添加什么使其香味更浓？

重要的一点是限制食盐和含盐食物。这是因为食盐摄入量高可能导致高血压。

香草、香料、辣椒、蒜、柠檬、青柠檬、醋、料酒、姜、小葱、大葱和少量芝麻油都可以用来为食物增加香味而不会影响血糖水平或血压。请使用传统的香草和香料（例如川椒、丁香、桂皮、八角、葱、姜、五香粉、辣椒粉）来保持膳食的滋味。

我为什么应该看营养师？

执证营养师是可以帮助您控制饮食和糖尿病的健康工作者。一旦您被诊断为糖尿病，请立即预约看营养师。您需要医生的转诊。在最初诊断为糖尿病时，您的营养师需要见您几次。此后，请继续每年一或两次看营养师。

如果您使用处方药或者药物发生了改变，您的医生也可能建议您看营养师。这是由于药物可能会影响食物与血糖水平之间的平衡。

如果您需要进一步的信息，请拨打澳洲糖尿病委员会的电话 1300 342 238。

如果您的英语讲得不好，请拨打免费电话传译服务(TIS)的电话131 450 并要求他们帮助您与澳洲糖尿病委员会的一名营养师通话。

9

Diabetes and Alcohol

Too much alcohol is harmful for everyone, including people with diabetes. However, people with diabetes may still drink some alcohol. If you drink alcohol, drink in moderation and be aware of the following:

- Alcohol can increase body weight, blood pressure and some blood fats. This can make it harder to manage your diabetes and increases your risk of heart disease.
- People who use insulin or take some diabetes tablets can have a very low blood glucose level (hypoglycaemia) after drinking alcohol. Always eat carbohydrate food when drinking alcohol. Ideally drink alcohol with a meal but if this is not possible snack on carbohydrate foods like low fat crackers, pretzels or bread.
- The symptoms of drunkenness and hypoglycaemia are similar. People may not offer you help if they think that you are just drunk. Let the people with you know that you have diabetes and what to do if you have hypoglycaemia.

Drink alcohol in moderation



Moderate drinking means no more than 2 standard drinks for both women and men per day. A standard drink is a 285 ml of full strength beer, 375 ml mid-strength beer, 425 ml of light beer (less than 3% alcohol), 100ml wine or 30ml spirits. It's a good idea to include alcohol free days each week.



To help reduce how much alcohol you drink try diluting it by adding water, soda water or diet soft drink. You could also try alternating between alcoholic and non-alcoholic drinks.

9

糖尿病与饮酒

过量饮酒对任何人均有害，包括糖尿病患者。然而，糖尿病患者仍旧可以喝一些酒。如果您饮酒，请适量饮酒并且了解以下内容：

- 饮酒可以增加体重、血压和某些血脂。这使得您糖尿病的控制更加困难，并且增加您患心脏病的风险。
- 应用胰岛素或者使用某些降糖药的人饮酒后血糖水平可能会很低（低血糖症）。饮酒时请一定同时进食碳水化合物。理想的情况是在进餐时饮酒，然而如果不可能做到这一点，请进食一些加餐如低脂薄脆饼干、椒盐卷饼或面包。
- 醉酒和低血糖的症状相似。如果人们觉得您只是喝醉了可能不会帮助您。请告诉您的同伴您患有糖尿病以及如果您出现低血糖应该做什么。



适量饮酒

适量饮酒是指对于男性和女性每天饮酒不超过2个标准杯。一个标准杯为285毫升浓啤酒，375毫升中度啤酒，425毫升轻度啤酒（酒精度低于3%），100毫升葡萄酒或30毫升烈酒。最好每周有几天无酒日。



您可以通过加水、苏打水或低热量软饮料来稀释酒精从而减低饮酒量。您还可以试着交替饮用酒精和非酒精饮料。

10 Physical activity

Daily physical activity is an important part of maintaining a healthy lifestyle. Everybody receives great benefits from exercise, but for people with diabetes; there are some extra, more significant benefits as well.

Why it is good for you

Regular physical activity can:



- Lower your blood glucose (sugar) levels and improve your blood glucose control
- Help make your tablets and/or insulin work better
- Help you to manage your weight or reduce your weight
- Lower blood pressure and blood fats such as cholesterol
- Improve the health and strength of your heart
- Reduce stress and anxiety
- Reduce your risk of developing diabetes complications
- Help you sleep better
- Improve your balance and coordination
- Make you feel great!

What should I be aiming for?

Regular physical activity plays a large part in helping you to manage and control your diabetes. The amount of activity you should be doing is the same as everybody else!

Following these four simple guidelines can help put you on the path to good health:

- Think of physical activity as an opportunity, rather than an inconvenience
- Be active in as many ways as you can.
Create opportunities for activity within your day. For example, walk to the shops instead of driving, take the stairs over the lift, or get off the bus one stop early and walk the extra distance.

It is also important to make these changes within the workplace. Try walking the longer way to the photocopier, visiting a colleague rather than emailing, stand up when talking on the phone or going for a walk during the lunch break.



- Put together at least 30 minutes of moderate intensity physical activity every day. Guidelines suggest we aim to do a minimum of 30 minutes every day of physical activity; but remember these don't have to be all at once. 30 minutes can be divided into 15 or 10 minute blocks, and they have the same effect. Try exercises that use your whole body in the movement, such as brisk walking, swimming, dancing or cycling. These activities should be performed at a level that makes you breathe harder but that you can still talk.
- If possible, do some regular vigorous exercise for extra health and fitness. Vigorous means that you are now exercising at a level that makes you huff and puff. Only do this type of activity if you have your doctor's okay and are managing your current exercises well.

10 体力活动

每天进行体力活动对于保持健康的生活方式是十分重要的。每个人都从运动中获益，但是对于糖尿病患者来说有更多、更显著的益处。

为什么对我有益？

规律的体力活动可以：



- 降低血糖水平，改善血糖控制
- 促进降糖药和/或胰岛素的作用
- 有助于控制体重或减肥
- 降低血压和血脂，如胆固醇
- 增进心脏健康
- 减轻精神压力
- 降低糖尿病并发症的风险
- 有助于睡眠
- 改善您的平衡及协调能力
- 使您感觉良好！

我的目标应该是什么？

规律的体力活动在帮助您控制糖尿病中扮演着重要的角色。您应该进行的活动量与其他任何人一样！

遵循以下四项简单的方针可以帮助您步入健康的正轨：

- 考虑体力活动是一个机会，而不是一种不便
- 请尽可能做多种形式的运动。
在一天当中创造机会进行运动。例如，步行去商店而不是驾车，走楼梯而不是乘电梯，或者提前一站下车步行剩余的路程。
在工作场所做出这样的改变也是很重要的。尽量绕远道去复印机，亲自到同事那里去而不是发电子邮件，打电话时站起来或者在午餐休息时出去散步。
- 每天进行总共至少30分钟中等强度的体力活动
指导方针建议目标是每天至少进行30分钟体力活动，但是请记住您不必一口气做到。30分钟可以被分成15或10分钟的时段，这样也可以起到同样的效果。尽量在活动时进行全身运动。例如快步行走、游泳、跳舞和骑车。在做这些运动时应该达到一种呼吸有所加重但仍可以继续说话的水平。
- 如果可能，作一些剧烈的运动增进健康。
剧烈运动意味着您的运动水平使您感到气喘。只有在您的医生同意并且对于目前的运动程度控制得很好时才可以进行这一类的运动。



What about Resistance Training?

You should also aim to include some kind of weight or resistance training during the week. Resistance training means any exercise or activity where you use your body to lift something or to work against a weight, force or gravity. Resistance training is great for helping you to keep active and independent for longer and has additional benefits for people with diabetes.

Resistance training can:

- Improve the way your body uses and stores insulin
- Increases your muscle mass. This increases how much energy you burn which helps with weight loss/ management and improving blood glucose control.
- Decrease your risk of falling and the risk of fractures
- Improve strength, power, balance and coordination

How much resistance training do I need to be doing for good health?

- Try to lift weights (e.g. cans of food, hand weights) two - three times a week
- Include exercises that target all of your large muscle groups including your arms and legs
- Aim to do each exercise eight - twelve times (repetitions), and perform two - three lots (sets) of each exercise
- Start at a light weight till you learn the correct technique. After you have mastered this weight, try lifting a heavier weight
- Ideally, aim to lift a weight that only allows you to do eight - twelve repetitions each time.



Precautions to take before initiating an exercise program:

If you plan to start an exercise program for the first time, or you are doing something new, visit your doctor for medical clearance before you begin.

It is also important to understand how your medications work together with physical activity. Exercise works like insulin and lowers your blood glucose levels (sugar). In people who are taking insulin or some oral medications the combined effect with exercise can cause hypoglycemia. To avoid this, it is important to regularly test your blood glucose levels (sugars) before, sometimes during, immediately after and again a couple of hours after exercise, so you understand how your body responds to different activities. If you find that your blood glucose is falling too low, you may need to alter your diabetes medication or eat extra carbohydrates to account for this effect. However, consult with your doctor, diabetes educator or dietitian before making these changes.

There are also some times when you should avoid exercise; if your blood glucose levels (sugars) are above 15 mmol/L, if you are feeling unwell or lightheaded (dizzy) or if you are unsure how to perform an exercise correctly.

Most important!

Enjoy the activities you chose. Be active in as many ways as you can, every day and remember you don't have to take it seriously, just regularly.

Always speak with your doctor before beginning a new physical activity program. If you require more guidance or advice about exercising with diabetes, speak with an accredited exercise physiologist.

耐力训练怎么样？

您应该力争在一周之内包括一些负重训练或耐力训练。耐力训练是指任何需要使用您的身体来抬举物体或反抗某种重物、外力或重力的锻炼或活动。耐力训练对于您长久保持活力和自理能力有益，并且对于糖尿病患者益处更多。

耐力训练可以：

- 改善机体对胰岛素的利用和储存
- 增加肌肉量。这可以提高身体对能量的利用，因而有助于减轻体重/控制和改善血糖水平。
- 降低摔倒和发生骨折的危险
- 提高力量、强度、平衡力和协调力。

为了健康我应该做多大量的耐力训练？

- 练习举重物（例如食品罐头、哑铃）每周二至三次
- 请包括那些使用所有大肌肉群（包括上肢和下肢）的锻炼
- 目标是每项运动做八至十二次（重复），并且每项运动完成二至三组（套）。
- 从轻的重物开始，直至您掌握了正确的技巧。当您征服了这个重量后，试着举更重一些的重物。
- 理想的情况是，致力于举起一定量的重物，其重量只能让您每次举八至十二次。



在开始一项运动计划前的注意事项：

如果您打算第一次开始一项运动计划，或者您正在做一些新的事情，在开始前请您到您的医生那里就诊获得体检合格证明。

此外了解药物如何与体力活动共同作用也是十分重要的。锻炼的功能类似于胰岛素，可以降低血糖水平。对于注射胰岛素或服用某些口服药物的人来说，与运动的共同作用可以导致低血糖症。为了避免这种情况的发生，在锻炼之前、有时在锻炼之中以及锻炼刚刚结束时和锻炼过后两个小时都要定时检测血糖水平，这样您就可以了解您的血糖水平以及您的身体对锻炼的反应如何，这一点十分重要。如果您发现您的血糖水平降得过低，您可能需要改变您的降糖药或者额外进食碳水化合物来应对这种影响。然而，在改变前请向您的医生、糖尿病教育人员或营养师咨询。

另外还有一些情况您应该避免运动：如果您的血糖水平高于15 mmol/L，或者您感觉不舒服或者头晕（头昏眼花）或者您不确定如何正确地运动。

至关重要！

尽情享受您选择的活动。每天尽可能多地参加活动，并且请记住您不必运动得过强，只需有规律。

在开始一项新的运动计划之前请一定要与您的医生讨论。如果对于糖尿病的锻炼您需要进一步的指导或建议，请向一位执证的运动生理学家咨询。

11

Oral Medications

Type 2 diabetes is a progressive disease. Even though you can be doing all the right things to manage your diabetes, it may be necessary to start medication to keep healthy blood glucose (sugar) levels.

When starting new medication you need to ask your doctor and pharmacist:



- How many tablets you should take
- How often you should take your tablets
- What time of the day you should take your tablets - whether before food, with food or after food
- How your tablets work
- The side effects
- How your tablets affect or are affected by other medications you are taking.

Over time your medications may not work as well. For this reason it is recommended to have your medications reviewed by your doctor every year.

Your local pharmacist can also help you understand your medications.

Do not stop, decrease or increase your medication without first discussing it with your doctor or diabetes educator.

Do not share your medications with anyone else.

Certain diabetes medication can increase the risk of a low blood glucose level (hypoglycaemia). It is essential to know how to recognise and treat low blood glucose or hypoglycaemia. Ask your doctor, pharmacist or diabetes educator if this applies to you. If you are having frequent episodes of hypoglycaemia it is very important to speak with your family doctor or diabetes health care team.

Further assistance with your medications:

Home Medication Review:

If you are taking five or more different medicines, talk to your doctor about arranging a home medication review by your local pharmacist.

National Prescribing Service:

For information over the phone regarding the expert use of any of your medications you can contact the National Prescribing Service consumer enquiry line "Medicines Line" on 1300 633 424.

11

口服药物

2型糖尿病是一种进行性疾病，因而尽管您尽一切努力控制糖尿病，仍旧有必要开始服药来保持健康的血糖水平。

当您开始使用新的药物时，您需要向您的医生和药剂师询问：



- 您应该吃多少药
- 您应该多长时间吃一次药
- 您应该在一天当中的什么时间吃药 – 是在饭前、吃饭时还是在饭后吃药
- 药物如何作用
- 副作用
- 它们对您所服用的其它药物的作用或者其它药物对它们的影响

随着时间的推移您的药物可能不如以前有效。基于这个原因，建议您的医生每年审查一下您的用药。

您的药剂师也可以帮助您了解您的药物。

如果没有与您的医生或糖尿病教育人员讨论，请不要停用、减少或增加您的药物剂量。请勿与别人分享您的用药。

某些降糖药可以增加血糖水平降低（低血糖症）的风险。了解如何识别以及应对血糖降低或低血糖症是至关重要的。如果这种情况适合于您，请向您的医生、药剂师或糖尿病教育人员询问。

如果您频繁出现低血糖症，请您务必与您的家庭医生或讨论。

对于您用药的进一步帮助：

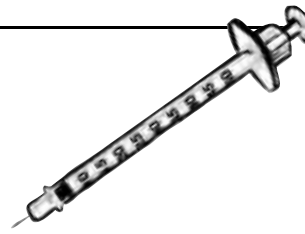
家庭用药审查 (Home Medication Review):

如果您服用五种或更多不同的药物，请与您的医生讨论安排一名您所在地区的药剂师进行家庭用药审查。

国家处方服务 (National Prescribing Service):

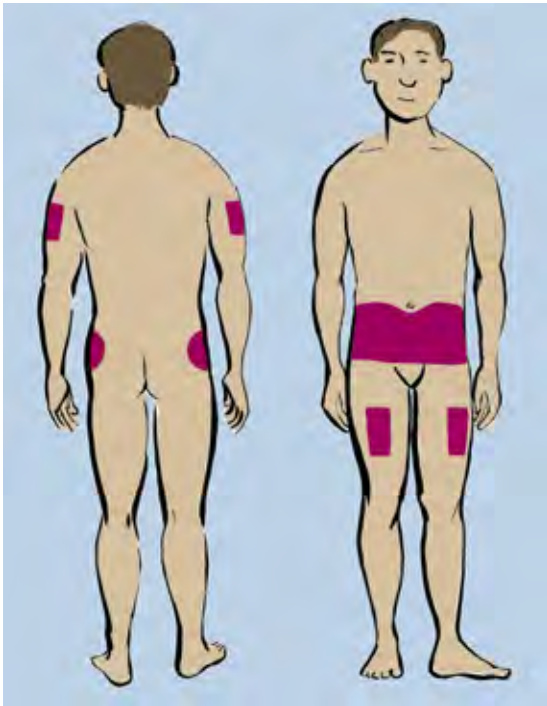
如果您想通过电话获得关于任何您所用药物的专业用药方法，您可以与国家处方服务消费者咨询热线“Medicines Line”1300 633 424联络。

12 Insulin



The pancreas is a part of the body situated behind the stomach that produces a hormone called insulin.

Without insulin, the cells in our bodies would not be able to use the glucose (sugar) to provide energy.



In type 1 diabetes the pancreas does not make any insulin and glucose levels build up in the blood. Insulin by injection or by insulin pump is required for life. A person with type 2 diabetes or gestational diabetes may also require insulin to keep their blood glucose levels within the recommended range.

Your doctor may decide that insulin is needed as well as oral medications, or that insulin may be better than oral medications. This does not mean that you have failed in your diabetes management. It has been decided that insulin is necessary to maintain good diabetes management.

All insulins lower blood glucose levels. Low blood glucose or hypoglycaemia can be a side effect of insulin treatment. It is essential to know how to recognise and treat low blood glucose or a hypoglycaemic episode.

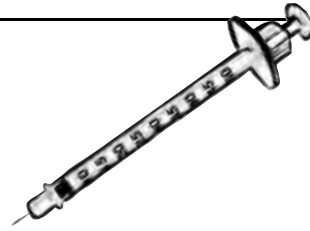
There are many types of insulins available, you and your doctor will discuss which is right for you. If you have any questions or concerns about starting on insulin you can also contact your diabetes educator.

Key points to know are:

- Type and amount of insulin to be used
- Time to take your insulin and when to eat
- The time your insulin has it's greatest effect and how long it stays in your body
- When to test your blood glucose (sugar) level
- When to contact your doctor or diabetes health care team.

Tell your doctor or diabetes educator of any changes in your lifestyle, working hours, physical activity or meal times. They will advise you if you need to change your insulin treatment .

12 胰岛素

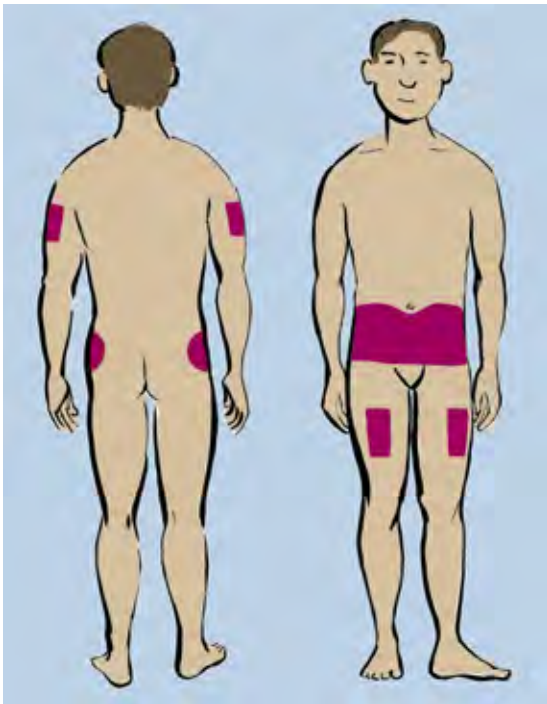


胰腺是位于胃后方的一个器官，它可以分泌一种称为胰岛素的激素。

没有胰岛素，我们体内的细胞将不能用葡萄糖来提供能量。

对于 1 型糖尿病，胰腺不能生成任何胰岛素，血液中葡萄糖水平升高。需要终生注射或泵入胰岛素。2 型糖尿病或妊娠糖尿病的患者可能也需要使用胰岛素来使血糖控制在建议的范围内。

您的医生可能会决定您需要应用胰岛素及口服降糖药，或者胰岛素可能优于口服药。这并不意味着您的糖尿病控制失败了，而是决定了胰岛素对于良好地控制糖尿病是必要的。



所有胰岛素均降低血糖水平。血糖降低或低血糖症可以是胰岛素治疗的一个并发症。如何识别和处理血糖降低或低血糖症的发作是至关重要的。

有许多种类型的胰岛素可供选择，您的医生将会与您讨论哪一种适合于您。如果您有任何问题或者对于开始应用胰岛素有顾虑，您还可以与您的糖尿病教育人员联系。

您需要记住的要点：

- 您应用的胰岛素类型和剂量
- 注射胰岛素和进食的时间
- 您所用胰岛素达到最高效力的时间及其效力的持续时间
- 什么时间测试您的血糖水平
- 什么时候与您的医生或糖尿病保健团队联络。

如果您的生活方式、工作时间、体力活动以及进餐时间发生了任何变化，请告诉您的医生或糖尿病教育人员。他们会向您建议您的胰岛素疗法是否需要更改。

Sharps disposal

What are “community sharps”?

Community sharps are medical devices that penetrate the skin and are used in the home.

They include:

- Needles – used to give injections, draw blood or insert insulin pump tubing
- Syringes (even if needle removed)
- Pen needles for insulin pens
- Blood glucose or finger pricker lancets.

Your used sharps must be secured in a strong puncture resistant container, Australian Standard Sharps containers (available from the Diabetes NSW & ACT and some pharmacies) or a puncture resistant plastic container with a screw top lid are suitable.



Sharps must NOT be placed in any rubbish or recycling bins.

How do I dispose of my community sharps?

Place sharps in an appropriate container. Dispose of containers only into community sharps disposal facilities found at:

- Public hospitals
- Participating pharmacies
- Community sharps disposal bins
- Needle and syringe program outlets.

For a list of sharps disposal facilities in your area contact your local council or phone the Diabetes NSW & ACT on 1300 342 238.

尖利物品的处置

什么是“社区尖利物品（community sharps）”？

什么是“社区尖利物品（community sharps）”？
社区尖利物品是在家中使用的可以刺破皮肤的医疗器具。
它们包括：

- 针头 - 用于注射、抽血或插入胰岛素泵管
- 注射器（即使针头已经去掉）
- 胰岛素笔上的笔式针头
- 血糖或手指刺血针

您使用过的尖利物品必须妥善丢弃在坚固的防刺容器、澳洲标准尖利物品容器（可以从澳洲糖尿病委员会和某些药房得到）或者带有旋盖的防刺塑料容器中。

尖利物品一定不能放在任何普通垃圾或可回收垃圾箱中。

我怎样丢弃社区尖利物品？

将尖利物放入适当的容器中。只可以将该容器丢弃于社区尖利物品丢弃设施中，它们位于：

- 公立医院
- 参加的药房
- 社区尖利物品投放箱
- 针头与注射器计划的批发商店

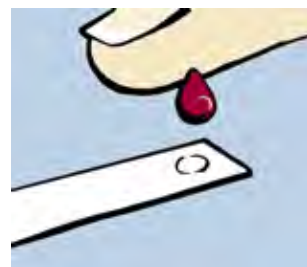
您可以与您的地区委员会（local council）联系或致电澳洲糖尿病委员会1300 342 238来获得您所在地区的尖利物品丢弃设施的清单。



13 Blood Glucose (Sugar) Monitoring

Monitoring blood glucose levels is important to help you manage your diabetes. Self blood glucose testing is a way of measuring how much glucose is in your blood.

A drop of blood is obtained by pricking the finger with a needle called a lancet. The blood is applied to a test strip, and inserted into a blood glucose machine (meter). The blood glucose(sugar) level is then displayed.



There are many types of meters available. Ask your doctor or diabetes educator which meter suits you. You will also need to be shown how to use your meter.

Why you should monitor your blood glucose (sugar) level

Blood glucose levels respond to food, particularly carbohydrates. Other factors like physical activity, diabetes medication, changes in your daily routine, stress and illness will also cause blood glucose levels to go up or down.

Visits to a doctor or health professional may be weeks or months apart. It is important to know and understand the readings/blood glucose levels and make some self-management decisions in between doctors visits.



The benefits of using a meter include:

- Seeing if your blood glucose level is too high or too low
- Gives you a picture of your day to day diabetes management
- Shows you whether your blood glucose levels are within your recommended target range
- Shows you the effects of food, physical activity and medication on your blood glucose (sugar) level
- Gives you confidence to self-manage your diabetes.

This gives you and your diabetes health care team the information needed to help you manage your diabetes.

When you should monitor your blood glucose (sugar) level

Blood glucose monitoring is usually done before meals or two hours after the start of a main meal. Ask your doctor or diabetes educator for advice on when and how often you need to check your blood glucose level.

It is safe practice to check your blood glucose level before driving and on long journeys, especially for those people who are at risk of hypoglycaemia.

Monitor your blood glucose level more often:

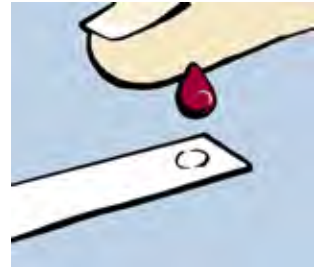
- If you are sick
- When adjusting tablets or insulin doses
- When blood glucose levels are high -for example over 15 mmol/L
- After exercise
- After alcohol intake.

13 血糖检测

监测血糖水平对于帮助您控制糖尿病是十分重要的。自我血糖检测是一种检测血液中葡萄糖含量的方法。

使用刺血针刺破手指取一小滴血。将血滴滴在测试条上然后插入血糖测试机器（血糖仪）中。血糖水平即可显示出来。

血糖仪的种类繁多。请向您的医生或糖尿病教育人员咨询哪种最适合您。他们也需要向您演示如何使用血糖仪。



您为什么应该监控您的血糖水平

血糖水平随着食物，尤其是碳水化合物而变化。其它因素如体力活动、降糖药、日常生活规律的改变、精神压力和疾病也会引起血糖水平的升降。

您可能要在几周或者几个月以后才能去拜访您的医生或其他医务工作者，所以您需要了解血糖仪上的读数/血糖水平，并且在就诊期间自己做出决定。

使用血糖仪的益处包括：



- 查看血糖水平是否过高或过低
- 为您提供日常糖尿病控制情况的全貌
- 指示您是否将血糖水平控制在理想范围
- 指示食物、体力活动和药物对于血糖水平的影响
- 给予您自我控制糖尿病的信心

它为您和您的保健团队提供控制糖尿病所需要的信息。

什么时候应该测试血糖水平

血糖的监测通常是在餐前和正餐开始两个小时之后。请向您的医生和糖尿病教育人员咨询什么时候以及需要多么频繁地测试血糖。

在驾车和长途旅行之前检测血糖水平是安全的方法，尤其是对于那些有低血糖风险的人。

更频繁地监测您的血糖水平：

- 如果您生病
- 调整降糖药或胰岛素剂量时
- 血糖水平升高时—例如超过15 mmol/L
- 运动后
- 饮酒后

What my blood glucose levels should be?

For most people with type 2 diabetes the recommended range for blood glucose levels is 6 to 8 mmol/L fasting/before meals and 6 to 10 mmol/L two hours after the start of a main meal.

Your doctor will advise you on what blood glucose level will be best for you.

The Glycated Haemoglobin (HbA1c) Blood Test

Blood glucose monitoring with a meter gives you a picture of your day to day diabetes management. There is another important blood test called glycosylated haemoglobin – more commonly known as HbA1c. This blood test gives you a picture of your blood glucose control over the last two to three months and is arranged by your doctor.

The generally recommended HbA1c target level in people with type 2 diabetes is 7% or less. Your HbA1c should be checked at least every 6 months.

If your HbA1c is greater than 7% it should be checked every three months. You will need to speak to your diabetes health care team about your diabetes management goals and possible changes to your diabetes management and treatment.

我的血糖水平应该是多少？

对于大多数2型糖尿病患者建议的血糖范围是空腹/餐前6至8mmol/L，正餐开始两个小时之后6至10 mmol/L。

您的医生将会建议您什么血糖水平最适合您。

糖化血红蛋白（HbA1c）检验

使用血糖仪监控血糖为您提供一个控制糖尿病的日常概况。还有另外一项血液检测称为糖化血红蛋白 - 更熟知的名称为HbA1c。这项血液检验为您提供在过去二至三个月内血糖的控制情况，它是由您的医生安排的。

通常建议 2型糖尿病患者HbA1c 的目标水平为7% 或更少。
您应该至少每6个月检查一次 HbA1c 。

如果您的HbA1c 高于7% ， 您应该每三个月检查一次。您需要与您的糖尿病保健团队讨论您的糖尿病控制目标以及对您的糖尿病控制和治疗的可能的改变。

14 Short Term Complications – Hypoglycaemia

Hypoglycaemia (low blood glucose levels)

Hypoglycaemia is when the blood glucose (sugar) level drops below 4 mmol/L. It can happen very quickly.

Hypoglycaemia can occur in people who take certain oral diabetes medication or use insulin.

Ask your doctor or health care team if this applies to you.

It is essential to know how to recognise the signs and symptoms of having low blood glucose (sugar) and how to treat it.



Blood glucose levels can be low because of:

- Delayed or missed meals
- Not enough carbohydrate in the meal
- Extra activity or more strenuous activity
- Too much diabetes medication
- Alcohol.

Signs and Symptoms

These can vary from person to person and may include:

- Dizziness/light headedness
- Sweating
- Headache
- Weakness, shaking
- Tingling around the lips and fingers
- Hunger
- Mood changes, irritable/tearful
- Confusion/lack of concentration

If you feel any of these signs and symptoms, test your blood glucose level if possible.

Treatment for low blood glucose levels (hypos) in a person who is conscious, cooperative and able to swallow.

If you are unable to test, treat anyway.

Treatment for low blood glucose levels (Hypos)

Step 1

Take quickly absorbed carbohydrate such as:

- Half a glass of juice OR
- 6 to 7 jellybeans OR
- Half a can of regular (not diet) soft drink OR
- 3 teaspoons of sugar OR honey

Retest the blood glucose level after 10 - 15 minutes.

If still below 4 mmol/L repeat Step 1

低血糖症（血糖水平降低）

低血糖症是指血糖水平低于4 mmol/L。它可以发生得很快。

低血糖症可以发生于口服某些降糖药或应用胰岛素的患者。

如果这种情况适用于您，请向您的医生或保健团队询问。

如何识别低血糖的症状和体征以及如何进行治疗是至关重要的。

以下原因可以造成血糖水平降低：

- 进餐延迟或漏掉
- 膳食中碳水化合物含量不足
- 额外的活动或更激烈的活动
- 胰岛素或降糖药物用量过大
- 饮酒。

症状和体征

每个人的症状均有不同，可能包括：

- 头昏眼花 / 头晕
- 汗出
- 头痛
- 虚弱，颤抖
- 唇周及手指有针刺感
- 饥饿
- 情绪变化，易怒 / 流泪
- 精神错乱 / 注意力不集中。

如果您感觉到任何这些症状和体征，如果可能的话请测试血糖水平。

如果您不能进行测试，则不管怎样马上进行治疗。

血糖水平降低（低血糖）的治疗

第1步

进食吸收迅速的碳水化合物如：

- 半杯果汁或
- 6至7个胶质软糖或
- 半罐普通（并非低热量）软饮料或
- 3茶匙糖或蜂蜜

10-15分钟后再次测试血糖水平。

如果仍低于4 mmol/L，则重复第1步。



Step 2

If your next meal is more than 20 minutes away, follow up with more slowly absorbed carbohydrate such as:

- 2 plain biscuits e.g. 2 Arrowroot or 2 milk coffee biscuits OR
- 1 slice of bread OR
- 1 glass of milk or soy milk OR
- 1 piece of fruit
- 1 tub of low fat yoghurt.

If not treated the blood glucose levels can continue to drop, resulting in:

- Loss of coordination
- Confusion
- Slurred speech
- Loss of consciousness/fitting.

THIS IS AN EMERGENCY !!

Instructions for the person present during this emergency:

If the person having a hypo is unconscious they must not be given anything by mouth.

- Place the person in the 'recovery position' or on their side
- Make sure the airway is clear
- Ring 000 or if using a mobile ring 112 for an ambulance stating "diabetic emergency"
- An unconscious person must NOT be left alone
- If you are able and trained, give a Glucagon injection



Important points for the person at risk of hypoglycaemia

- Always carry 'hypo' food with you if you are on insulin or at risk of hypoglycaemia. Ask your doctor if this applies to you.
- Carry identification to say you have diabetes
- Test before driving, before and after exercising and after alcohol intake



短期并发症 – 低血糖症 – 续

第2步

如果您的下一餐需要等20分钟或更久，请随后进食吸收缓慢的碳水化合物如：

- 两片普通饼干如2片Arrowroot 或2片milk coffee 饼干或
- 一片面包或
- 一杯牛奶或豆奶或
- 一片水果或
- 一小杯低脂酸奶。

如果不进行治疗，血糖水平可以继续降低从而导致：

- 丧失协调性
- 精神错乱
- 言语不清
- 意识丧失/虚脱。

这是紧急情况!!

紧急情况时对患者的处理指示：

发生低血糖的患者出现意识丧失时一定不可以给予任何口服物。

- 将患者放置于‘恢复体位’或侧卧
- 请确保气道通畅
- 拨打000或用手机拨打112叫救护车，并声明为“糖尿病急症”
- 意识丧失的病人一定不能无人照管
- 如果您能够做并且经过训练，请给予胰高血糖素注射



对于有低血糖症风险患者的要点

- 如果您应用胰岛素或者有发生低血糖症的风险，请随身携带‘低血糖’食品。 请向您的医生询问这是否适合您。
- 携带显示您患有糖尿病的身份证明
- 驾车前进行测试，锻炼前后以及饮酒后进行测试



15 Short term complications – high blood glucose (sugar) level (hyperglycaemia, DKA, HONK/HHS, and sick days)

Hyperglycaemia or high blood glucose levels is when the blood glucose (sugar) levels are much higher than recommended – above 15mmol/L.

Blood glucose levels go high because of:

- Eating too much carbohydrate
- Not taking enough insulin or oral diabetes medications
- Sickness or infection
- Emotional, physical or mental stress
- Certain tablets or medicines, (including cortisone or steroids)
- A problem with your blood glucose meter, strips or testing technique
- Lumps present at the injection site (if on insulin)
- Fingers not clean when testing your blood
- Testing too soon after eating. (Check your blood glucose two hours after the start of a main meal).

Signs and Symptoms

You may feel:

- Tired
- Thirsty
- Pass urine more frequently
- Blurred vision
- Generally unwell.

If feeling unwell

- Test your blood glucose levels more often: at least every 2 – 4 hours
- Drink fluids and continue to eat normally if possible
- Treat the cause of the illness
- Tell someone and have them check on you.

Test for ketones if advised to do so by your doctor

When do I need to call my doctor?

Contact your doctor for advice during illness if:

- You can't eat normally
- You are not well enough to monitor your blood glucose levels
- Your blood glucose level is higher than 15 mmol/L for more than 12 hours
- Vomiting or diarrhoea continues for more than 12 hours
- You continue to feel unwell or become drowsy.

It is important to have a written sick day management plan prepared before you get sick or unwell. Talk to your diabetes health care team to arrange this.

Ketone Testing and Diabetic Ketoacidosis (DKA)

Ketones are chemicals in the blood which are produced from the breakdown of fat. If the body has no insulin present, glucose (sugar) can't be used for energy. Therefore the body makes ketones to provide a different source of energy. This may occur due to poor control of diabetes, not enough insulin or missed insulin doses, illness or infection.

15

第15章 - 短期并发症 - 高血糖水平 (高血糖症, DKA, HONK/HHS, 以及生病的日子)

高血糖症或血糖水平升高是指血糖水平远远高于建议值时 - 超过 15mmol/L。

以下原因可以造成血糖水平升高:

- 进食了过多的碳水化合物
- 胰岛素或口服降糖药用量不足
- 患病或感染
- 情绪、体力或精神上的压力
- 某些药物 (包括可的松或类固醇)
- 您的血糖仪、测试条或测试方法有问题
- 如果您应用胰岛素, 可能在注射部位出现团块
- 测试血糖时, 您的手指可能不干净
- 在餐后过早地测试血糖。(您应该在正餐开始后两小时测血糖)。

症状和体征

您可能会感觉:

- 乏力
- 口渴
- 尿频
- 视力模糊
- 全身不适

如果您感觉不适:

- 更频繁地测试血糖: 至少每2-4小时
- 如果可能, 饮用液体并且继续正常进食
- 针对病因进行治疗
- 告诉别人并让他们对您进行检查

如果您的医生建议则测试酮体

我什么时候需要给我的医生打电话?

生病的时候如果出现以下情况请联络您的医生:

- 您不可以正常进食
- 您身体不适以至于不能够检测血糖水平
- 您的血糖水平高于15 mmol/L超过12小时
- 呕吐或腹泻持续超过12小时
- 您持续感觉不适或者变得嗜睡

在您生病或感觉不适之前请准备好一个书面的生病处理计划是非常重要的。请与您的糖尿病保健团队讨论来进行安排。

酮体检测与糖尿病酮症酸中毒 (DKA)

酮体是血液中的化学物质, 是脂肪的降解产物。如果身体中没有胰岛素存在, 葡萄糖就不能作为能量来使用。因此, 身体制造酮体来提供另一种形式的能量。这可能出现于糖尿病控制不良、胰岛素不足或胰岛素漏用、生病或感染时。

酮体的蓄积可以导致酮症酸中毒的状况, 需要紧急医疗救护。糖尿病酮症酸中毒 (DKA) 是一种危及生命的情况, 通常只发生于1型糖尿病患者。它可以导致脱水和血液中酸性物质的堆积。这可以导致呕吐和嗜睡加重。

A build up of ketones can lead to a condition called ketoacidosis, requiring urgent medical attention. Diabetic ketoacidosis (DKA) is a life threatening condition that usually only occurs in people with type 1 diabetes. It causes dehydration and a buildup of acids in the blood. This results in vomiting and increased drowsiness.

DKA IS AN EMERGENCY AND REQUIRES URGENT MEDICAL ATTENTION

In very rare cases ketoacidosis can occur in people with type 2 diabetes and is usually caused by a serious infection.

With type 2 diabetes it is not usually necessary to test for ketones. Discuss with your diabetes health care team if you need to check for ketones.



There are two methods of testing for ketones – testing urine and testing blood :

Urine Ketone Test

Urine test strips are available to check for ketones. Ask your pharmacist about the types of urine ketone strips available and carefully follow the directions for testing. Urine ketone tests must be timed exactly using a watch or clock with a secondhand.

Blood Ketone Test meter

There are meters available to test blood for ketones. The same drop of blood to be tested for glucose can be used to test for ketones. Different test strips are used for testing glucose and ketones. Ketone test strips are not subsidised by the National Diabetes Services Scheme at present.

Seek URGENT medical attention if:

- The urine ketone test shows medium or high levels of urine ketones.
- The blood ketone test result is higher than 0.6 mmol/L.

Hyperosmolar Hyperglycaemic Syndrome (HHS) - previously known as Hyper Osmolar Non Ketotic coma (HONK)

HHS is a complication of type 2 diabetes that involves extremely high blood glucose (sugar) levels without the presence of ketones. This medical emergency occurs in anyone with type 2 diabetes, regardless of treatment.

When blood glucose levels are very high, the body tries to get rid of the excess glucose (sugar) in the urine. This significantly increases the amount of urine and often leads to dehydration so severe that it can cause seizures, coma and even death.

The main causes of HHS/ HONK are:

- Undiagnosed type 2 diabetes
- A current illness or infection e.g. pneumonia and urinary tract infection
- Other major illnesses e.g. stroke, heart attack
- Persistent physical or emotional stress
- Certain medication. This is another reason you need to talk to your diabetes health care team about the medications you are taking.

Signs and Symptoms include:

- Severe dehydration
- Shock
- Changes in consciousness
- Coma.

HHS/HONK requires URGENT medical attention.

DKA 是紧急情况需要紧急医疗救护

在极少的情况下酮症酸中毒可以发生于2型糖尿病患者并且通常由严重的感染引起。

2型糖尿病通常不必要测试酮体。请与您的糖尿病保健团队讨论您是否需要检测酮体。

有两种检测酮体的方法 – 尿液检测和血液检测：

尿液酮体检测

尿液测试条可以检测酮体。请向您的药剂师询问可以得到的尿液酮体测试条的类型并且认真遵照检测指示。尿液酮体检测必须使用有秒针的手表或钟表来严格计时。



血液酮体检测

有测试血液酮体的测试仪。用于测试血糖的同一滴血可以用来测试酮体。血糖和酮体的检测使用不同的测试条。目前，酮体测试条不受[国家糖尿病服务方案](#)的资助。

寻求紧急医疗救护，如果：

- 尿液酮体检测显示中或高水平的尿酮体。
- 血液酮体检测结果高于 0.6 mmol/L。

高血糖高渗性综合征(HHS) – 既往称为高渗性非酮症性昏迷(HONK)

HHS 是2型糖尿病的一种并发症，表现为血糖极度增高而不出现酮体。这种医疗急症发生于任何2型糖尿病患者（无论治疗与否）。

当血糖水平很高时，机体试图将葡萄糖从尿液中排出。这大大增加了尿量并通常引起严重脱水从而可能导致抽搐、昏迷甚至死亡。

HHS/ HONK 的主要原因：

- 未经诊断的2型糖尿病
- 正在患病或感染，例如肺炎和尿路感染
- 其它严重的疾病，如中风、心脏病发作
- 持续的体力或精神压力
- 某些药物。这是您需要与糖尿病保健团队讨论您的用药的另一个原因。

症状和体征包括：

- 严重的脱水
- 休克
- 意识状态的改变
- 昏迷

HHS/HONK 需要紧急医疗救护。

16 Chronic complications

Blood glucose (sugar) levels that remain high for long periods of time can cause diabetes related complications such as eye disease, kidney disease, nerve damage as well as heart disease and circulation problems. High blood glucose levels also increase the risk of infection and slow down recovery from infection. For these reasons it is very important that you try and keep your blood glucose levels within the ranges recommended by your doctor or diabetes health care team.

Diabetes and eye disease:

Damage can occur to the back of the eye (retina) where there are very fine blood vessels important for vision. This is called diabetic retinopathy. The development of retinopathy is strongly related to how long you have had diabetes and how well the blood glucose levels have been controlled.

High blood pressure, high cholesterol levels and kidney failure can also affect the severity of diabetic retinopathy.

Vision loss or blindness is preventable through early detection and treatment. The treatment for diabetic retinopathy can be laser therapy or surgery.

Glaucoma and cataracts can occur at an earlier age and more often in people with diabetes. Cataracts affect the eye's lens causing it to become cloudy with a loss of vision. The treatment for cataracts is surgery.

Glaucoma occurs when the pressure inside the eye becomes very high, causing damage to the optic nerve. The treatment for glaucoma can be eye drops, laser therapy or surgery.

Diabetes and kidney disease:

Your kidneys help to clean your blood. They remove waste from the blood and pass it out of the body as urine.

Over time diabetes can cause damage to the kidneys. If the kidneys fail to work properly, waste products stay in the body, fluids build up and the chemical balance is upset. This is called diabetic nephropathy.

You will not notice damage to your kidneys until it's quite advanced, however early signs of kidney problems can be detected through a urine test.

Finding out about early kidney damage is simple and painless and should be checked every year from the time of diagnosis of diabetes. Treatment at this time can prevent further damage.

In severe kidney disease dialysis treatment or a kidney transplant may be needed.

People with diabetes are also at increased risk of infection of the bladder, kidneys and urinary tract.

The good news is that the risk of developing kidney problems can be reduced by: stopping smoking if you smoke, managing your blood glucose levels, having regular kidney and blood pressure checks and leading a healthy lifestyle.

16 慢性并发症

血糖水平长时间升高可以导致许多与糖尿病相关的并发症如眼部疾病、肾脏疾病、神经病变以及心脏疾病和循环障碍。高血糖还会增加感染的风险并且会减慢感染的恢复。鉴于这些原因，您应该尽量把血糖控制在医生或糖尿病保健团队建议的范围之内。

糖尿病与眼部疾病：

病变可以发生在眼睛的后部（视网膜），这里有非常细的血管，它们对于视力至关重要。这称为糖尿病性视网膜病变。视网膜病变的发展与糖尿病病程以及血糖控制的情况密切相关。

高血压、高脂血症和肾功能衰竭也会影响糖尿病性视网膜病变的严重程度。

早期发现和治疗可以防止视力丧失或失明的发生。

糖尿病性视网膜病变的治疗可以为激光疗法或手术。

青光眼和白内障在糖尿病患者中发病更早并且更常见。

白内障影响眼睛的晶状体使之混浊而造成视力丧失。白内障的治疗为手术。

青光眼发生于眼内压显著升高时导致视神经的损害。青光眼的治疗为眼药水，激光疗法或手术。

糖尿病与肾脏疾病：

您的肾脏帮助血液的净化。它将血液中的废物清除并以尿液的形式排出体外。

随着时间的推移，糖尿病可以造成肾脏损害，如果肾脏不能正常工作，则废物在体内蓄积，液体储留，化学平衡被打乱。这称为糖尿病性肾病。

肾脏的损害在发展到很深的程度之前不会被察觉，然而肾脏问题的早期表现可以通过尿液检查检测出来。

肾脏受损的早期发现简便而且无任何痛苦，应该从诊断为糖尿病开始后每年进行检查。在这个阶段的治疗可以防止肾脏进一步受损。

严重的肾脏疾病可能需要透析治疗或肾脏移植。

糖尿病患者罹患膀胱、肾脏和尿路感染的风险也会增高。

好消息是发展为肾脏疾患的风险可以通过以下途径降低：如果您吸烟请戒烟，控制您的血糖水平，定期检查肾脏和血压，保持健康的生活方式。

Diabetes and nerve disease:

Diabetes over time can cause damage to nerves throughout the body. This damage is referred to as diabetic neuropathy.

Neuropathy leads to numbness, changes in sensation and sometimes pain and weakness in the , feet, legs, hands and arms. Problems may also occur in the digestive tract, heart and sex organs.

Diabetic neuropathy also appears to be more common in people who have:

- Problems controlling their blood glucose levels
- High levels of blood fat
- High blood pressure
- Excess weight
- An age greater than 40
- Had diabetes for a long time.

Signs and symptoms of nerve damage may include:

- Numbness, tingling, or pain in the toes, feet, legs, hands, arms, and fingers
- Muscle wasting of the feet or hands
- Indigestion, nausea, or vomiting
- Diarrhoea or constipation
- Feeling dizzy or faint due to a drop in blood pressure when standing
- Visual problems
- Problems with urination
- Erectile dysfunction (impotence) or vaginal dryness
- Sweating and palpitations
- Weakness
- Dry skin
- Dry mouth, eyes, nose.

Neuropathy can also cause muscle weakness and loss of reflexes, especially at the ankle, leading to changes in the way the person walks. Foot deformities may occur. Blisters and sores may appear on numb areas of the foot because pressure or injury goes unnoticed, leading to the development of an ulcer. If foot injuries or ulcers are not treated quickly, the infection may spread to the bone, and in extreme circumstances, may result in amputation. Due to neuropathy and its effect on daily living the person may lose weight and is more likely to suffer with depression.

The best way to minimise your risk for developing neuropathy is to keep your blood glucose levels as close to the recommended range as possible. Daily foot care is of great importance to reduce complications.

Treatment of neuropathy includes pain relief and other medications as needed, depending on the type of nerve damage. Discuss the options with your health care team.

Diabetes and heart disease/stroke:

People with diabetes are at increased risk of heart disease and stroke. Higher than recommended blood glucose and cholesterol levels and high blood pressure over long periods of time damage the large blood vessels. This can lead to heart disease (coronary artery disease), damage to the brain (cerebral artery disease) and other blood vessel disease (peripheral artery disease).

Blood vessel disease is progressive and causes hardening and narrowing of the arteries due to a gradual build up of plaque (fatty deposits).

糖尿病与神经病变：

随着时间的推移，糖尿病可以造成全身神经的损害。这种损害被称为糖尿病性神经病变。

神经病变造成脚、下肢、手和上肢麻木、感觉异常以及有时疼痛和无力。问题也可能发生在消化道、心脏和生殖器官。

糖尿病性神经病变在下列患者中发生也更为频繁：

- 血糖控制不良
- 血脂水平增高
- 高血压
- 体重超标
- 年龄超过40岁
- 患有糖尿病多年

神经病变的症状和体征可能包括：

- 脚趾、脚、下肢、手、上肢和手指麻木、针刺感或疼痛
- 手或脚的肌肉萎缩
- 消化不良、恶心或呕吐
- 腹泻或便秘
- 体位性低血压造成头晕或昏倒
- 视觉障碍
- 排尿异常
- 勃起障碍（阳痿）或阴道干燥
- 汗出和心悸
- 虚弱
- 皮肤干燥
- 口、眼、鼻干燥

神经病变还可以造成肌肉无力以及反射丧失，尤其是在脚踝部，从而导致行走方式的改变。可能会发生足部变形。由于不能察觉到压力或损伤，足部感觉麻木的区域可能出现水泡和伤口，从而导致溃疡的形成。如果足部的损伤或溃疡未能得到及时治疗，感染可以扩展到骨头，在极端的情况下足部可能需要截肢。

由于神经病变及其对于日常生活的影响，患者可能出现体重减轻并且更容易罹患抑郁症。

将进展为神经病变的风险减小到最低的最好的办法是尽可能保持血糖水平接近建议的范围。每天进行足部护理对于减少并发症至关重要。

神经性病变的治疗包括止痛以及其它所需的药物治疗，这将取决于神经损害的类型。请与您的保健团队讨论这些选择。

糖尿病与心脏病/中风：

糖尿病患者患心脏病和中风的风险增高。血糖及胆固醇水平长时间高于建议值以及血压长时间增高对大血管造成损伤。这可以导致心脏病（冠状动脉疾患）、脑部损伤（脑动脉疾患）以及其它血管疾病（外周动脉疾患）。

血管的病变是进行性的，并且由于斑块（脂肪性沉积物）的逐渐堆积而导致动脉硬化和狭窄。

冠状动脉疾病是最常见的心脏病。血液运载氧和其它重要营养物质到心脏。脂肪性沉积物可以使通向心脏的血管部分或全部堵塞。当为心脏供氧的血流减少或阻断时会出现胸痛（心绞痛）或心脏病发作。

随着时间的推移，冠状动脉疾病可以使心肌衰弱并导致心衰，从而阻碍心脏将血液向各身体部位正常泵出。这也可以导致异常的心率。

Chronic complications - *continued*

Coronary artery disease is the most common form of heart disease. Blood carries oxygen and other important nutrients to your heart. Blood vessels to your heart can become partially or totally blocked by fatty deposits. Chest pain (angina) or a heart attack occurs when the blood flow supplying oxygen to your heart is reduced or cut off.

Over time, coronary artery disease can weaken the heart muscle and lead to heart failure preventing the heart from pumping blood properly to the rest of the body. This can also lead to abnormal beating rhythms of the heart.

A stroke occurs when blood supply to part of your brain is interrupted and brain tissue is damaged. The most common cause is a blocked blood vessel. Stroke can cause physical problems such as paralysis, problems with thinking or speaking, and emotional problems.

Peripheral artery disease occurs when blood vessels in your legs are narrowed or blocked by fatty deposits causing reduced blood flow to your legs and feet.

Many people with diabetes and peripheral artery disease do not have any symptoms.

Other people may have the following symptoms:

- leg pain, particularly when walking or exercising, which disappears after a few minutes of rest
- numbness, tingling, or coldness in the lower legs or feet
- sores or infections on feet or legs that heal slowly.

Certain exercises, such as walking, can be used both to treat peripheral arterial disease and to prevent it. Medications may help relieve symptoms. In advanced cases treatment may involve surgical procedures.

You can lower your risk of blood vessel damage by keeping your blood glucose, blood pressure and cholesterol in the recommended range with healthy eating, physical activity, and medication. Quitting smoking is essential to lower your risk.

Diabetes and infection:

High blood glucose levels can lower your resistance to infection and can slow the healing process.

Oral health problems and diabetes

When diabetes is not controlled properly, high glucose levels in saliva may increase the amount of bacteria in the mouth and may also cause dryness of the mouth. Blood glucose (sugar) levels that stay high for long periods of time reduces the body's resistance to infection, and the gums are likely to be affected.

Periodontal diseases are infections of the gums and bones that hold your teeth in place. Even if you wear dentures, you should see your dentist at least once a year.

Signs and symptoms of oral health problems include:

- Gums that are red and swollen, or that bleed easily
- Persistent bad breath or bad taste in the mouth
- Any change in the fit of dentures.

Fungal infections /Thrush

Thrush is the term used for a common infection caused by a yeast-like fungus.

Yeast infections are often associated with diabetes, especially when the blood glucose level is very high. Persistent cases of thrush may sometimes be an early sign of diabetes.

Thrush can occur in the mouth, throat, digestive tract, vagina or on the skin. It thrives in the moist areas of the body.

慢性并发症 - 续

中风出现在脑部的某一部分血液供应中断并且脑组织出现损害时。最常见的原因是血管阻塞。中风可以引起身体的障碍如瘫痪、思维或言语障碍以及情绪异常。

外周动脉疾病发生于腿部的血管由于脂肪物质的堆积而出现狭窄或阻塞时，这可以造成足部和腿部的血流减少。

许多糖尿病和外周动脉疾病的患者没有任何症状。

其他人可能有以下症状：

- 腿部疼痛，尤其是在行走或锻炼时，休息几分钟后可以消失
- 小腿或足部麻木、针刺感或发冷
- 足部或腿部的溃疡或感染愈合缓慢

某些锻炼（例如行走）对外周动脉疾病有治疗和预防作用。药物可能有助于缓解症状。某些严重病例的治疗可能需要包括手术程序。

您可以通过健康饮食、体力活动和药物治疗将血糖、血压和血脂控制在建议范围内从而降低血管疾病的风险。戒烟对于降低风险也至关重要。

糖尿病与感染：

血糖水平升高可以降低您对感染的抵抗力并且会延缓愈合进程。

口腔健康问题与糖尿病

当糖尿病没有得到适当控制时，唾液中的高血糖水平可以增加口腔中的细菌量并且可以引起口干。血糖水平长时间增高可以降低身体对感染的抵抗力，牙龈很容易受到影响。

牙周疾病是牙龈和牙槽骨的感染。即使您配戴假牙，您也应该至少每年看一次牙医。

口腔问题的症状和体征包括：

- 牙龈红肿或易出血
- 持续的口臭或口味异常
- 假牙的某些部分变得不合适

真菌感染/鹅口疮

鹅口疮是指由一种酵母菌样的真菌引起的常见感染。

酵母菌感染通常与糖尿病有关，尤其是血糖水平极高时。反复发作的鹅口疮有时是糖尿病的早期征象。

鹅口疮可以发生于口腔、咽部、消化道、阴道或皮肤上。多发于身体的潮湿部位。

Chronic complications - *continued*

Oral thrush, a fungal infection in the mouth, appears to occur more frequently among people with diabetes including those who wear dentures. Thrush produces white (or sometimes red) patches in the mouth. It may cause a painful, burning sensation on your tongue. It can affect your ability to taste foods and may make it difficult for you to swallow.

In women, vaginal thrush is a very common infection. A common symptom is itching and soreness around the vagina.

Urinary tract infections are more common in people with diabetes. They are caused by micro-organisms or germs, usually bacteria.

Signs and symptoms include:

- Wanting to urinate more often, if only a few drops
- Strong smelling and cloudy urine
- Burning pain or a 'scalding' sensation on urination
- A feeling that the bladder is still full after urination
- Blood in the urine.

It is important to see your doctor immediately if any infection is suspected.

慢性并发症 - 续

口腔部的鹅口疮，即口腔的真菌感染，常见于糖尿病患者，包括那些配戴假牙的人。鹅口疮在口腔内产生白色的（或者有时为红色的）斑块。这可能引起舌部疼痛或烧灼感。鹅口疮可以影响您的味觉并且可能会使您吞咽困难。

阴道鹅口疮常见于妇女。常见的症状为阴道周围瘙痒和疼痛。糖尿病患者更易患尿路感染。其原因为微生物，尤其是细菌感染。症状和体征包括：

- 尿频，点滴尿出
- 尿液有臭味且尿液混浊
- 排尿时灼痛或有烧灼感
- 排尿不尽的感觉
- 血尿。

如果怀疑有感染，请您务必看医生。

17 Diabetes and your Feet

Diabetes may affect the feet in two ways.

Firstly, nerves which allow you to feel pain, temperature and give an early warning of possible injury, can be damaged.

Secondly, the blood supply to the feet can be reduced due to blockage of the blood vessels. Damage to the nerves and blood vessels is more likely if you have had diabetes for a long time, or if your blood glucose (sugar) levels have been too high for too long.

It is recommended that people with diabetes should be assessed by a podiatrist or doctor at least every six months. They will advise a common sense, daily care routine to reduce the risk of injuries and complications.

It is also essential to check your feet every day for any problems.

Caring for your feet

- Maintain blood glucose levels within the range advised by your doctor
- Help the circulation to your feet with some physical activity like walking
- Know your feet well
 - Look at your feet daily. Use a mirror if you need to. Check between your toes
 - Wash your feet daily in warm (not hot) water, using a mild soap. Dry gently and thoroughly
 - Never soak your feet
 - Use a moisturiser to avoid dry skin
 - Only cut your toenails if you can do so safely. Cut straight across – not into the corners – and gently file away any sharp edges.
- Choose footwear which is appropriate for your activity. Smooth out wrinkles in socks
- Check your shoes regularly for excess wear on the outside and for any rough spots on the inner lining
- Avoid foot injuries by wearing shoes or slippers around the house and footwear at the beach or pool
- Avoid contact with very hot or cold items, such as hot water bottles, heaters, electric blankets, hot sand/pathways and hot bath water
- Wear insulated boots to keep feet warm on cold days
- Corn cures and medicated pads can burn the skin. Do NOT treat corns yourself - see your podiatrist
- Get medical advice early if you notice any change or problems with your feet.



17 糖尿病与您的双足

糖尿病可以在两方面对您的双脚产生影响。

首先，使您感觉疼痛、温度以及对可能的伤害作出反应的神经有可能受到损害。

其次，血管的阻塞导致足部的血流供应降低。

如果您长时间患有糖尿病或者您的血糖水平长时间过高，这种神经和血管的损伤更易出现。

我们建议糖尿病患者应该由足病医生或医生进行评定，至少每六个月一次。他们会向您介绍一些常识，建议日常的护理常规来降低足部受伤和并发症的风险。

您应该每天检查自己的双脚，这也至关重要。

护理您的双脚

- 将血糖水平保持在医生建议的范围内
- 通过一些体力活动（如行走）来帮助您双脚的血液循环
- 了解您的双足
 - 每天查看自己的双脚。如果需要可以使用镜子。检查脚趾的间隙
 - 每天用温水（而不是烫水）洗脚，使用温和的肥皂，轻轻地彻底擦干
 - 请勿泡脚
 - 使用滋润霜来防止皮肤干燥
 - 只有在您可以安全地剪脚趾甲时才这样做。平直地剪脚趾甲-不要剪趾甲的拐角处-并且轻轻挫平尖利的边缘
- 选择适合于您活动的鞋。捋平袜子的皱褶
- 定期检查鞋的外部是否有过度磨损，鞋的内衬是否有任何粗糙的地方
- 在住房外面活动时请穿上鞋子或拖鞋，在海滩或游泳池边请穿上鞋以避免足部受伤
- 避免接触过热或过冷的物体，如热水瓶、加热器、电热毯、热的沙子/路面以及烫的洗澡水
- 在寒冷的日子里穿上保温的靴子使足部保暖
- 鸡眼药膏和药物鞋垫可能会灼伤皮肤。请不要自己治疗鸡眼 - 去看您的足病医生
- 如果您发现双脚有任何改变或出现问题，请尽早寻求医生的意见。



18 Diabetes and Pregnancy



The key to a healthy pregnancy for a woman with diabetes is planning. Before you become pregnant discuss your target blood glucose levels or other pregnancy issues with your doctor or diabetes educator.

Note: the target blood glucose levels are tighter during pregnancy. You will need a diabetes management plan that balances meals, physical activity and diabetes medication (usually insulin). This plan will change as your body changes during your pregnancy.

If your pregnancy is unplanned it is important to work with your medical team as soon as you know you are pregnant.

Why you need to keep your blood glucose levels within the recommended range for pregnancy

Having good blood glucose management reduces the risk of the baby having any abnormalities when all of its organs are being formed in the first 12 weeks of pregnancy. As your pregnancy progresses, it is very important that you maintain good blood glucose levels otherwise extra sugar in your blood will pass to the baby who can then become big. Delivery of big babies can cause problems.

Who will help you before, during and after your pregnancy?

Apart from your diabetes health care team, other health professionals that will support you are:

- an obstetrician (a specialist doctor that looks after pregnant women)
- a neonatal paediatrician (a specialist doctor that looks after babies)
- a midwife (a nurse, who assists women in childbirth).

Exercise, especially for people with type 2 diabetes, is a key part of diabetes management before, during and after pregnancy.

Discuss your exercise plans with your diabetes health care team.

In general, it's not a good idea to start a new strenuous exercise program during pregnancy. Good exercise choices for pregnant women include walking, low-impact aerobics or swimming.



18 糖尿病与妊娠



患有糖尿病的妇女健康妊娠的关键是计划。在您怀孕前请与您的医生或糖尿病教育人员讨论您的目标血糖水平或其它有关怀孕的问题。

注：怀孕期间的目标糖尿病水平更为严格。您需要建立一个糖尿病控制计划使饮食、体力活动和糖尿病用药（通常为胰岛素）得到平衡。这个计划将会随着您怀孕期间身体的变化而变化。

如果您的怀孕并不是按计划的，一旦您知道自己怀孕，请立即与您的医疗团队合作，这一点很重要。

为什么需要保持血糖水平在妊娠的建议值范围内
怀孕最初的12周是胎儿器官形成的时期，良好地控制血糖可以降低婴儿出现任何异常的风险。随着怀孕的发展，保持良好的血糖水平非常重要，否则血液中过高的糖分将会传给胎儿从而使之生长过大。产下巨大的婴儿可能会造成许多问题。

怀孕前、怀孕期间和产后有谁会帮助您？

除了您的糖尿病保健团队，其他为您提供支持的健康工作者有：

- 产科医生（照护怀孕妇女的专科医生）
- 新生儿儿科医生（照护婴儿的专科医生）
- 助产士（一名护士，是帮助妇女生小孩的人）

锻炼，尤其对于2型糖尿病患者，是怀孕前、怀孕期间以及怀孕后糖尿病控制的关键。请与您的糖尿病保健团队讨论您的锻炼计划。

一般来说，在怀孕期间不应该开始一项新的、高强度的锻炼。对于怀孕妇女适合的锻炼方式包括步行、小量的有氧运动或游泳。



19 Diabetes and your emotions



Chronic diseases such as diabetes can have a major impact on your emotions because they affect every aspect of your life. The physical, mental or emotional reactions to the diagnosis of diabetes and the ability to cope may impact on your diabetes, your family, your friends and your work colleagues.

When a person is diagnosed and living with diabetes there can be many emotions that may be experienced. These include:

- Guilt
- Frustration
- Anger
- Fear
- Anxiety
- Depression

Many people do not like the idea that they may have mental or emotional problems. Unfortunately, they find it embarrassing or

view it as a weakness. Having diabetes increases your risk of developing depression. Tell your doctor how you feel. If you feel you are more comfortable talking with other members of your diabetes health care team such as a diabetes educator or podiatrist, talk to them.

You need to tell someone. Then you will be referred to the right person who can help you move in the right direction.

Recommended websites:

www.diabetesnsw.com.au
www.beyondblue.org.au
www.diabetescounselling.com.au
www.blackdoginstitute.org.au
www.as1diabetes.com.au.com.au



19 糖尿病与您的情绪



像糖尿病这样的慢性疾病对一个人生活的各个层面都会产生作用，因而对情绪可以产生巨大影响。

糖尿病的诊断所造成的体力、精神或情绪方面的反应以及对于糖尿病的应对能力将会对糖尿病患者及其家人、朋友和同事造成影响。

当一个人被诊断为糖尿病以后，他会经历许多情绪的变化。这包括：

- 内疚
- 受挫
- 愤怒
- 恐惧
- 焦虑
- 抑郁。

许多人不喜欢自己出现精神或情绪方面的问题。不幸的是，他们觉得很难堪或者把这看作是软弱的表现。患有糖尿病增加您发展抑郁症的风险。告诉医生您的感受。如果您感觉更愿意与糖尿病保健团队的其他成员如糖尿病教育人员或足病医生进行讨论，那么请和他们交谈。

您需要与某个人谈谈这个问题。这样您就会被转诊到能帮助您步入正轨的人那里去。

推荐的网站：

www.diabetesnsw.com.au
www.beyondblue.org.au
www.diabetescounselling.com.au
www.blackdoginstitute.org.au
www.as1diabetes.com.au.com.au



20 Diabetes and driving

High or low blood glucose (sugar) levels in people with diabetes can affect their ability to drive safely. People with diabetes may have developed complications such as vision problems, heart disease or nerve damage, which also can affect driving ability. It is vital that people with diabetes know what to do in order to keep themselves and others safe while on the road.



Austroads, the road transport and traffic safety authority for Australia and New Zealand, has developed guidelines for doctors to help assess their patient's fitness to drive. Diabetes and cardiovascular disease are just two of the many conditions for which there are specific medical standards and guidelines which must be met for licensing and insurance.

The main concern when driving is a low blood glucose (sugar) level. It can affect a driver's ability to react and concentrate. Low blood glucose can also cause changes in consciousness which could lead to losing control of the vehicle. People who are taking certain diabetes medication and/or insulin are at risk of hypoglycaemia.

Ask your doctor or diabetes educator if you are at risk.

Hyperglycaemia or high blood glucose levels can also affect driving ability as it can cause blurred vision, fatigue and decreased concentration.

Medical Standards for Licensing

Private and Commercial – People with diabetes who are managed without medication do not need to notify the Drivers Licensing Authority and may drive without license restriction. However, they should be reviewed regularly by their doctor for progression of the disease.

Private Licence – People with diabetes who are managed with medication, but **not insulin**, and do not have any diabetes complications do not need to notify the Drivers Licensing Authority. They need to be reviewed every five years (meeting all other Austroads criteria). If you do have any acute or chronic complications a conditional licence may be granted after review by your treating doctor.

Commercial Licence – People with diabetes who are managed with medication, but **not insulin**, need to notify the Drivers Licensing Authority in person. A conditional driver's licence may be granted subject to the opinion of the specialist, the nature of the driving task and at least an annual review (meeting all other Austroads criteria)

Private Licence – People with diabetes who are managed **with insulin** need to notify the Drivers Licensing Authority in person. A conditional licence may be granted subject to the opinion of the specialist/treating doctor, the nature of the driving task and at least a two yearly review (meeting all other Austroads criteria)

20 糖尿病与驾车

血糖水平升高或降低都会影响糖尿病患者的安全驾车能力。糖尿病患者可能出现视力障碍、心脏病或神经损害等并发症，这些也可能影响驾车的能力。为了保证自己和他人的行车安全，糖尿病患者务必要了解应该做什么。

澳洲和新西兰道路运输和交通安全机构“Austroads”建立了为医生评估患者驾车健康状况的指南。许多疾病必须满足特殊的医疗标准和方针才能够获得驾驶执照和保险，糖尿病和心血管疾病只是其中的两种。



驾车时最值得关注的问题是**低血糖**。它可以影响司机的反应能力和集中注意力的能力。低血糖还可以造成意识改变，这可以导致车辆失去控制。服用某些降糖药和/或应用胰岛素的患者可能会出现低血糖发作。

向您的医生或糖尿病教育人员询问您是否有风险。高血糖症或血糖水平升高也可以影响驾车能力，这是由于高血糖可以引起视力模糊、乏力和注意力不集中。

驾驶执照的医疗标准

私家车和商业用车 - 不需要药物控制的糖尿病患者不必通知驾驶执照管理机构，其驾驶执照可以不受限制。然而，他们应该定期接受医生的检查以了解病情的发展。

私家车驾驶执照 - 使用降糖药物而**不应用胰岛素**并且没有糖尿病并发症的糖尿病患者不需要通知**驾驶执照管理机构**。他们需要每五年接受一次审查（符合所有其它Austroads的标准）。如果您有任何急性或慢性并发症，在您的医生对您进行检查后可能会发给您一个有条件的执照。

商业用车驾驶执照 - 使用降糖药物而**不应用胰岛素**的糖尿病患者需要亲自通知**驾驶执照管理机构**。根据专家的意见和驾驶工作的性质可以颁发有条件的驾驶执照，并且至少每年进行一次审查（符合所有其它Austroads的标准）。

私家车驾驶执照 - **应用胰岛素**控制血糖的糖尿病患者需要亲自通知**驾驶执照管理机构**。根据专家/主治医生的意见和驾驶工作的性质可以颁发有条件的驾驶执照，并且至少每两年进行一次审查（符合所有其它Austroads的标准）。

商业用车驾驶执照 - **应用胰岛素**控制血糖的糖尿病患者需要亲自通知**驾驶执照管理机构**。根据糖尿病专家的意见和驾驶工作的性质可以颁发有条件的驾驶执照，并且每年进行一次审查（符合所有其它Austroads的标准）。

Diabetes and driving - *continued*

Commercial Licence – People with diabetes who are managed **with insulin** need to notify the Drivers Licensing Authority in person. A conditional licence may be granted subject to the opinion of the diabetes specialist, the nature of the driving task and annual review (meeting all other Austroads criteria).

Other factors can affect your driver's licence. Ask your doctor. Otherwise contact the Drivers Licensing Authority in your State:

- Australian Capital Territory - Department of Urban Services
Phone: (02) 6207 7000
- New South Wales - Roads and Traffic Authority NSW
Phone: (02) 9218 6888
- Northern Territory - Department of Planning and Infrastructure
Phone: (08) 8924 7905
- Queensland - Queensland Transport
Phone: 13 23 80
- South Australia - Department of Transport, Energy and Infrastructure
Phone: (08) 8343 2222
- Tasmania - Department of Infrastructure Energy and Resources
Phone: 13 11 05
- Victoria - VicRoads
Phone: (03) 9854 2666
- Western Australia - Department for Planning and Infrastructure
Phone: 13 11 56
(08) 9427 8191

If you require further information access the Austroads website
<http://www.austroads.com.au/aftd/index.html>

糖尿病与驾车 - 续

还有其它因素可以影响您的驾驶执照。请向您的医生咨询。另外，您可以联系您所在州驾驶执照管理机构：

- 澳洲首都领地 - 城市服务部
Phone: (02) 6207 7000
- 新南威尔士 - 道路与交通管理局NSW
Phone: (02) 9218 6888
- 北领地 - 计划与基础设施部
Phone: (08) 8924 7905
- 昆士兰 - 昆士兰运输
Phone: 13 23 80
- 南澳 - 运输、能源与基础设施部
Phone: (08) 8343 2222
- 塔斯马尼亚 - 基础设施、能源和物资部
Phone: 13 11 05
- 维多利亚 - 维多利亚道路（VicRoads）
Phone: (03) 9854 2666
- 西澳 - 计划与基础设施部
Phone: 13 11 56
(08) 9427 8191

如果您需要进一步信息，请访问Austroads的网站

<http://www.austroads.com.au/aftd/index.html>

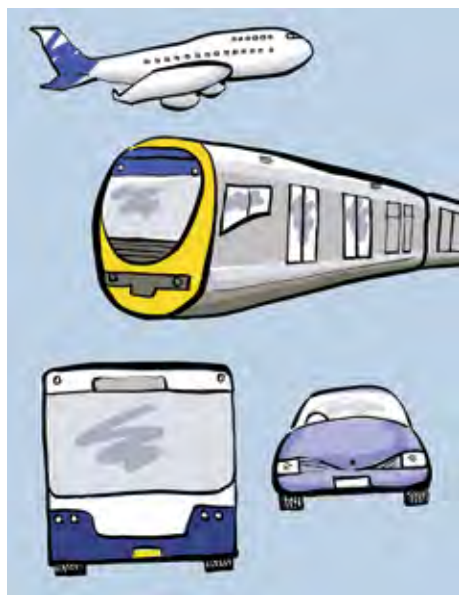
21 Diabetes and travel

Having diabetes does not mean your travelling days are over. To ensure you have a safe and enjoyable trip, be sure to plan ahead. Good preparation may seem time consuming but it will help to ensure you get the most out of your holiday.

- Discuss your travel plans with your doctor or diabetes educator. Also discuss medication adjustments for situations you may encounter such as crossing time zones, or when experiencing diarrhoea and/or nausea
- Carry several copies of a typed, signed letter from your doctor outlining your diabetes management plan, medications, devices you use to give medication (if applicable) and equipment needed to test your blood glucose level. You will also need to carry scripts for all medications (clearly detailing your name), doctors contact details, and both the name and type of medication, emergency contacts and your National Diabetes Services Scheme card



- Always wear some form of identification that says you have diabetes
- Pack more test strips, insulin, syringes, pens and other diabetes equipment than you will need for the trip. If possible, pack a spare meter in case of loss or damage
- Depending on your journey and destination, you may need to consider taking an insulated travel pack for your insulin
- Take a small approved sharps container for used lancets and syringes. Some airlines, hotels and airports offer a sharps disposal service
- Keep insulin, syringes/pens and testing equipment in your hand luggage. Do not place insulin in your regular luggage that will be placed in the cargo hold because it is not temperature controlled. The insulin may be damaged or lost

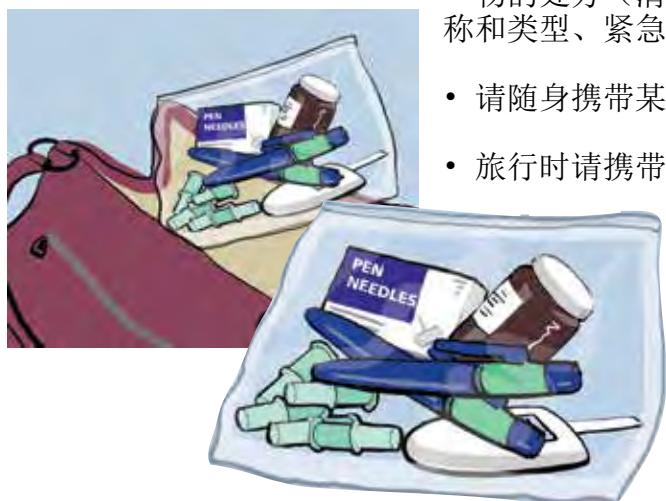


- When flying, check with the airline in advance for specific security guidelines as these are subject to change
- Customs regulations vary from country to country so it is advisable to contact the embassy of the country you're visiting before travelling
- When visiting some countries certain vaccinations are recommended. Information in regard to vaccinations can be obtained from your doctor
- The anticipation/stress of a trip or changes in routine may affect your blood glucose (sugar) levels, so you may need to check your blood glucose level more often
- Contact your airline about meal times and food available during your flight. It is also recommended that you carry your own supply of portable carbohydrates in case of unexpected meal delays or if

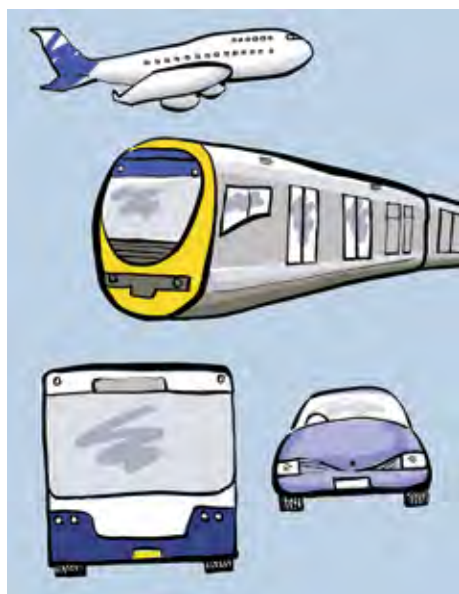
21 糖尿病与旅行

患有糖尿病并不意味着您从此就不能旅行了。为了确保您的旅行安全愉快，请您务必提前做好计划。充分的准备工作可能要花一些时间，但是这有助于您尽情享受您的假期。

- 请与您的糖尿病医生或糖尿病教育人员讨论您的旅行计划。此外还应该讨论药物的调整方法以应对可能会遇到的情况，例如跨时区旅行，或者出现腹泻和/或恶心的情况
- 请携带几封打印好并签好字的医生信件，信中概述您的糖尿病控制计划、所用的药物、用药所需的器具（如果适用）以及测试血糖所需的器材。您还需要携带所有药物的处方（清楚地写明您的姓名）、医生的联络方式、药物的名称和类型、紧急联络方式以及您的国家糖尿病服务方案卡



- 请随身携带某种形式的显示您患有糖尿病的身份证件
- 旅行时请携带比所需量多一些的测试条、胰岛素、注射器、注射笔和其它糖尿病应用的器具。如果可能，携带一个备用的血糖仪以防丢失或损坏
- 根据您的旅程和目的地，您可能需要考虑携带一个隔热旅行包来携带胰岛素
- 请携带一个小的经认可的尖利物品容器用来装刺血针和注射器。某些航空公司、饭店和机场提供尖利物品丢弃服务
- 请将胰岛素、注射器 / 注射笔和测试器具放在手提行李中。由于无法控制行李舱的温度，请勿将胰岛素放在托运行李中。否则胰岛素可能发生损坏或丢失
- 航空旅行时，您应该提前与航空公司联系以了解特殊的安全规则，这些规则可能会发生变化



- 每个国家的海关规则均有不同，所以在旅行前您最好与到访国的大使馆联系
- 在某些国家旅行，我们建议您接受特定的疫苗接种。您可以从您的医生那里获得有关疫苗接种的信息
- 对于旅行的期待/精神压力或日常生活规律的变化可能会影响您的血糖水平，因此您可能需要更频繁地测血糖
- 请与航空公司联系了解供餐时间和所提供的食品。我们建议您自己携带一些碳水化合物食品以防意外的供餐延迟或者您不喜欢所提供的膳食。如果您在进餐时需要注射胰岛素，在食物送来之前请不要注射胰岛素

Diabetes and travel - *continued*

you dislike the meal offered. If you take insulin with meals, do not give your insulin until your meal arrives.

- To help prevent blood clots move about the cabin at regular intervals and do chair based exercises. Drink plenty of water. Your doctor may advise you to wear support stockings
- If you are driving long distances make sure you stop regularly and take your blood glucose levels before and during your trip
- Carry a small first aid kit with you in case of minor illness or injury.

Useful websites are **www.dfat.gov.au** and **www.health.gov.au**

Travel insurance is highly recommended. Make sure it covers situations which may arise in relation to diabetes. The Australian Government has arrangements with some countries providing benefits similar to Medicare, if needed. Remember to take your Medicare card with you.

For more information, call Medicare Australia on 132 011 or visit: www.medicareaustralia.gov.au

At your destination

- Differences in activity, routines, food and stress may affect your blood glucose levels, check your blood glucose levels more often
- Food options may differ from home. It is important to maintain carbohydrate intake. If you are going to a different country do some research before you leave to help you make appropriate food choices
- Take care with food and drink choices, particularly in developing countries where food hygiene may not be adequate. Bottled water is preferable even for brushing teeth
- Protect your skin from sun burn
- Do not go barefoot. Be careful of hot sand and pavements. Check feet daily.

糖尿病与旅行 - 续

- 请定时起来在机舱内活动并且在座位上进行锻炼来预防血栓的发生。请大量饮水。您的医生可能会建议您穿着有支持作用的长袜
- 如果您驾车进行长途旅行，请确保在途中定时停车休息，并且在出发前和途中测试血糖水平
- 请携带一个小的急救包以防出现轻度的不适或受伤。

有用的网址为 www.dfat.gov.au 和 www.health.gov.au

我们极力推荐**旅行保险**。请确认保险包括可能出现的与糖尿病相关的状况。澳州政府已经与某些国家做出安排，如果需要则可以提供与Medicare类似的福利。请您随身携带Medicare卡。

请拨打澳洲Medicare的电话132 011或浏览网站www.medicareaustralia.gov.au以了解更多信息

在您的目的地

- 活动、生活规律、食物和精神压力的差异可以影响您的血糖水平，请您更频繁地检测血糖水平
- 食物的选择可能有别于在家时。请优先保证碳水化合物的摄入。如果您要到异国旅行，出发前应该做些调查以助于对食物做出适当的选择
- 请当心食物与饮料的选择，尤其是在发展中国家，食物的卫生条件可能不尽人意。即使是刷牙，也最好使用瓶装水
- 请保护您的皮肤免于晒伤
- 请不要赤足。要当心烫的沙子和路面。每天查看您的双脚。

22 Need an Interpreter?

A free telephone interpreter service is available for people who may have difficulty in understanding or speaking English. This service is available through the Translating and Interpreting Service (TIS) of the Department of Immigration and Multicultural and Indigenous Affairs (DIMIA).



TIS have access to professional interpreters in almost 2000 languages and dialects and can respond immediately to most requests.

Accessing an interpreter:

Simply ring the Translating and Interpreting Service on 131 450

Explain the purpose for the call e.g. wanting to talk to an educator/dietitian at Diabetes NSW & ACT.

The operator will connect you to an interpreter in the required language and to an Diabetes NSW & ACT health professional for a three-way conversation.

This free service has been set up by the Diabetes NSW & ACT and will be promoted with assistance from the Australian Government Department of Health and Ageing.

22 需要传译员吗？

对于理解或讲英语有困难的人可以使用免费的电话传译服务。移民及多元文化与土著人事务部 (DIMIA) 的翻译及传译服务 (TIS) 机构为您提供这种服务。

TIS拥有几乎2000种语言和方言的专业传译员，对大多数要求可以提供即时服务。



使用传译员：

只需拨打131 450接通电话传译服务。

解释打电话的目的，如希望与澳洲糖尿病委员会的教育人员/营养师交谈。

接线员将会为您接通所需语言的传译员和澳洲糖尿病委员会的健康工作者来进行三方会谈。

这项免费服务是由澳洲糖尿病委员会设立并且将在澳洲政府健康与老龄部的协助下推广。

23 National Diabetes Services Scheme (NDSS)

The NDSS is a federal government funded program, administered on behalf of the government by Diabetes NSW & ACT.

The NDSS provides free syringes and needles for those requiring insulin, as well as blood and urine testing strips at subsidised prices to those who are registered. Registration is free and you are only required to register once unless your treatment changes to require insulin.

You do not need a doctor's prescription to purchase NDSS products for diabetes management.

Registering for the NDSS

Once you have been diagnosed with diabetes, your doctor or credentialled diabetes educator can register you with the NDSS. If you are not sure whether you are registered with the NDSS, or want more information, call Diabetes NSW & ACT on 1300 342 238.

Where to buy NDSS products

You can buy products at Diabetes NSW & ACT offices or through pharmacy sub agents. You can also order your products from Diabetes NSW & ACT by phoning 1300 342 238 or visiting www.diabetesnsw.com.au.

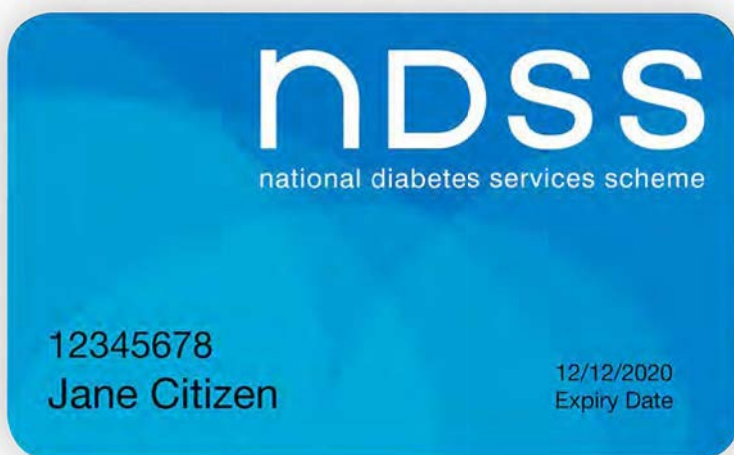
Your products will be mailed to you free of charge.

Who should register for the NDSS?

Australian residents that have been diagnosed with diabetes by a doctor and who hold a current Australian Medicare card or Department of Veteran Affairs file number should register.

If you are a visitor to Australia and from a country with a Reciprocal Health Care Agreement, you may be entitled to temporary registration to the NDSS.

Please call Diabetes NSW & ACT on 1300 342 238 for further information.



23 国家糖尿病服务方案 (NDSS)

NDSS是一项由联邦政府资助的计划，该计划由澳洲糖尿病委员会代表政府执行。

NDSS为那些注册接受资助的糖尿病患者提供免费的注射器和针头，并且以优惠的价格提供血液和尿液测试条。这种注册是免费的，并且您只需注册一次，除非您的治疗发生了改变需要应用胰岛素。

购买NDSS控制糖尿病的产品不需要医生的处方。

在NDSS注册

一旦您被诊断为糖尿病以后，您的医生或有资格的糖尿病教育人员可以为您在NDSS注册。如果您不能确定自己是否已在NDSS注册，或者您需要了解更多的信息，请拨打澳洲糖尿病委员会的电话1300 342 238。

在哪里购买 NDSS 产品

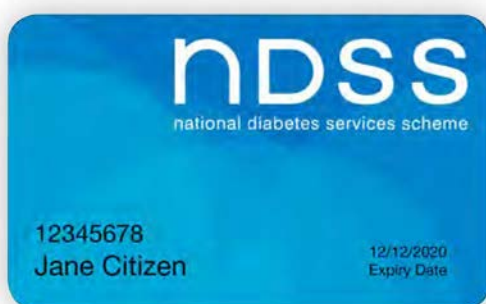
您可以在澳洲糖尿病委员会的办事处或通过药房代理商购买。您还可以打电话至澳洲糖尿病委员会1300 342 238或浏览网站 www.diabetesnsw.com.au 订购产品。订购的产品将会免费邮寄给您。

谁应该注册NDSS?

被医生诊断患有糖尿病、持有有效的澳洲Medicare卡或者退伍军人事务部 (Department of Veteran Affairs) 档案号码的澳洲居民应该注册。

如果您是到澳洲访问并且是来自有互惠保健协议的国家，您可能有权在NDSS临时注册。

请拨打糖尿病澳洲糖尿病委员会的电话1300 342 238了解进一步的信息。



24 Diabetes NSW & ACT

Australian Diabetes Council is a non-profit, non-government charity dedicated to helping all people with diabetes. It provides:

- education programs
- conducts public awareness campaigns
- funds research into diabetes management and the search for a cure
- advocacy, (protecting the rights of people with diabetes).

Diabetes NSW & ACT has a network of branches and support groups to provide support and encouragement for people affected by diabetes.

Our Customer Care Line has diabetes educators, dietitians and exercise physiologists available to provide personalised and practical assistance to benefit people with diabetes and their carers.

To find out about all the benefits of becoming a member of the Diabetes NSW & ACT contact 1300 342 238.

24 澳洲糖尿病委员会

澳洲糖尿病委员会是一个非赢利性、非政府性的慈善机构，致力于帮助所有的糖尿病患者。它提供：

- 教育计划
- 举办提高公众意识的活动
- 资助糖尿病控制和寻求治愈方法的研究
- 提倡保护糖尿病患者的权益

澳洲糖尿病委员会拥有分部和支持团体的网络为糖尿病患者提供支持和鼓励。

我们的客户服务热线有糖尿病教育人员、营养师和运动生理学家为您提供个性化的、实用的帮助从而使糖尿病患者及其照护者受益。

请您拨打电话1300 342 238查询成为澳洲糖尿病委员会成员的所有利益。

*a Shared
Voice*
FOR DIABETES

For more information call us on

1300 DIABETES
1300 342 238

australiandiabetescouncil.com



STREET ADDRESS
26 Arundel Street
Glebe NSW 2037

POSTAL ADDRESS
GPO Box 9824
Sydney NSW 2001

CUSTOMER CARE LINE
1300 DIABETES
1300 342 238

PHONE +61 2 9552 9900
FAX +61 2 9660 3633