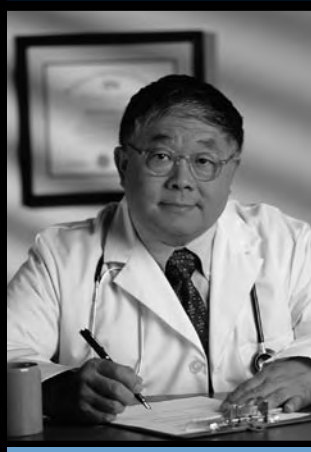
4 Steps to Control Your Diabetes for Life

控制糖尿病的4個步驟。一生相伴。



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CDC SAFER · HEALTHIER · PEOPLE™
NDEP National Diabetes Education Program

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4 Steps to Control Your Diabetes. For Life.

This booklet presents four key steps to help you manage your diabetes and live a long and active life.

Step 1: Learn about diabetes.

Step 2: Know your diabetes ABCs.

Step 3: Manage your diabetes.

Step 4: Get routine care to avoid problems.

控制糖尿病的 4 個步驟。一生相伴。

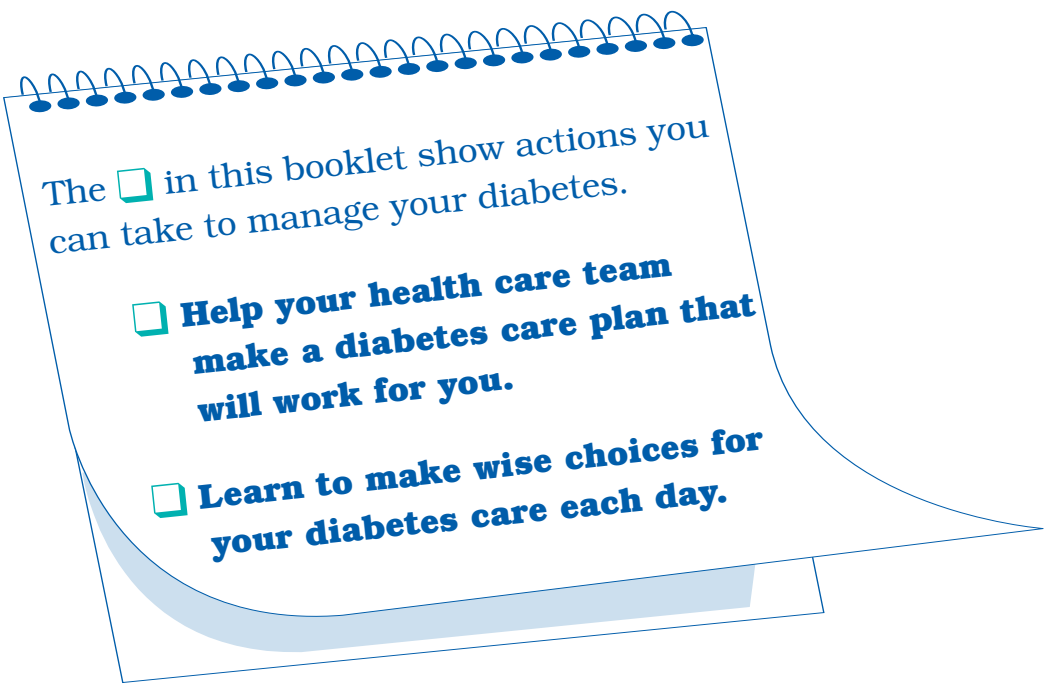
本手冊為您提供四個關鍵步驟，來協助您控制糖尿病，並擁有長壽且充滿活力的人生。

1. 瞭解糖尿病。
2. 瞭解您的糖尿病的基本情況。
3. 控制您的糖尿病。
4. 獲得常規護理以避免疾病。

Diabetes is a serious disease. It affects almost every part of your body. That is why a health care team may help you take care of your diabetes:

- doctor
- dentist
- diabetes educator
- dietitian
- eye doctor
- foot doctor
- mental health counselor
- nurse
- nurse practitioner
- pharmacist
- social worker
- friends and family

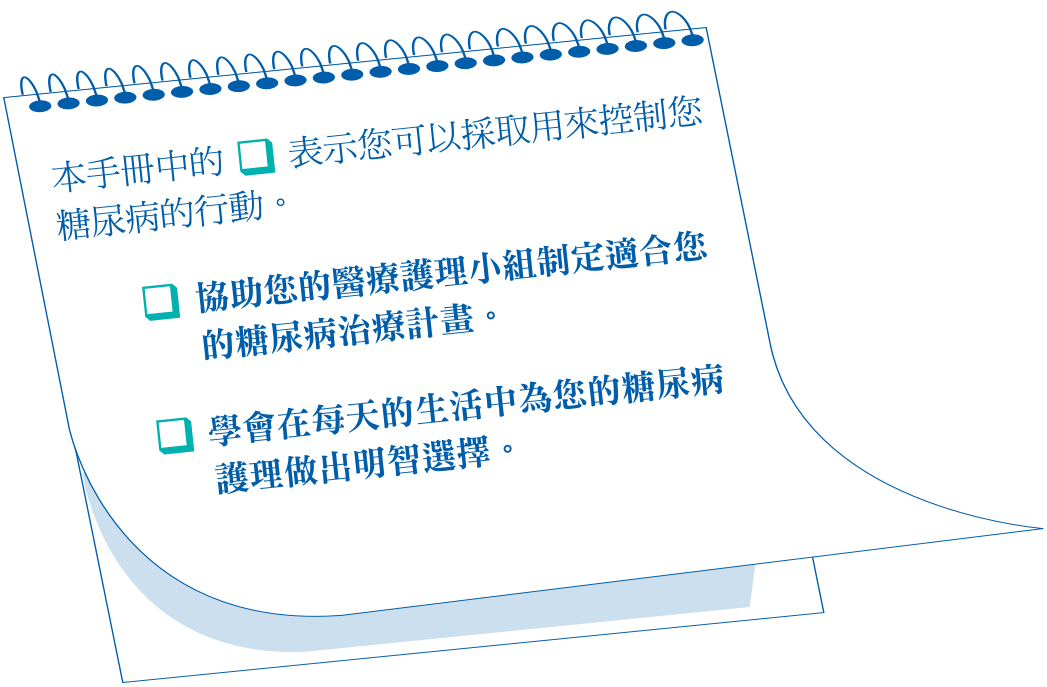
You are the most important member of the team.



糖尿病是一種嚴重的疾病。它幾乎影響到您身體的每個部位。那就是為什麼會有一醫療小組人員來協助照顧您的糖尿病的原因：

- 醫生
- 牙醫
- 糖尿病健康教育員
- 營養師
- 眼科醫生
- 腳科醫生
- 心理輔導員
- 護士
- 護理診斷師
- 藥劑師
- 社工
- 朋友和家人

您是控制糖尿病最重要的成員。



Step 1:
Learn about diabetes.

Diabetes means that your blood glucose (blood sugar) is too high. Here are the main types of diabetes.

Type 1 diabetes—the body does not make insulin. Insulin helps the body use glucose from food for energy. People with type 1 need to take insulin every day.

Type 2 diabetes—the body does not make or use insulin well. People with type 2 often need to take pills or insulin. Type 2 is the most common form of diabetes.

Gestational (jes-TAY-shon-al) diabetes mellitus (GDM)—occurs when a woman is pregnant. It raises her risk of getting another type of diabetes, mostly type 2, for the rest of her life. It also raises her child's risk of being overweight and getting diabetes.

第一步：
瞭解糖尿病。

糖尿病就是您的血葡萄糖（血糖）太高。以下是糖尿病的主要類型。

1 型糖尿病 — 身體不產生胰島素。胰島素協助身體將食物中的葡萄糖用作能量。患 1 型糖尿病的人每天都需要獲取胰島素。

2 型糖尿病 — 身體不能很好地產生或利用胰島素。患 2 型糖尿病的人需要經常服藥或攝取胰島素。2 型糖尿病是最常見的一種糖尿病。

妊娠糖尿病 (GDM) — 發生於婦女懷孕時。這會提高婦女在下半生罹患另一類型糖尿病（主要是 2 型糖尿病）的風險。這也會增加她的孩子體重過重及罹患糖尿病的風險。

Diabetes is serious.

You may have heard people say they have “a touch of diabetes” or that their “sugar is a little high.” These words suggest that diabetes is not a serious disease. That is not correct. Diabetes is serious, but you can manage it!

All people with diabetes need to make healthy food choices, stay at a healthy weight, and be active every day.

Taking good care of yourself and your diabetes can help you feel better and avoid health problems caused by diabetes such as:

- heart attack and stroke
- eye problems that can lead to trouble seeing or going blind
- nerve damage that can cause your hands and feet to hurt, tingle, or feel numb. Some people may even lose a foot or a leg.
- kidney problems that can cause your kidneys to stop working
- gum disease and loss of teeth

糖尿病是嚴重的疾病。

您可能曾經聽人們說他們「有點排尿過多」或他們是「血糖偏高」。這些話表示糖尿病不是一種嚴重的疾病。那是不正確的。糖尿病是嚴重的，但您能控制它！

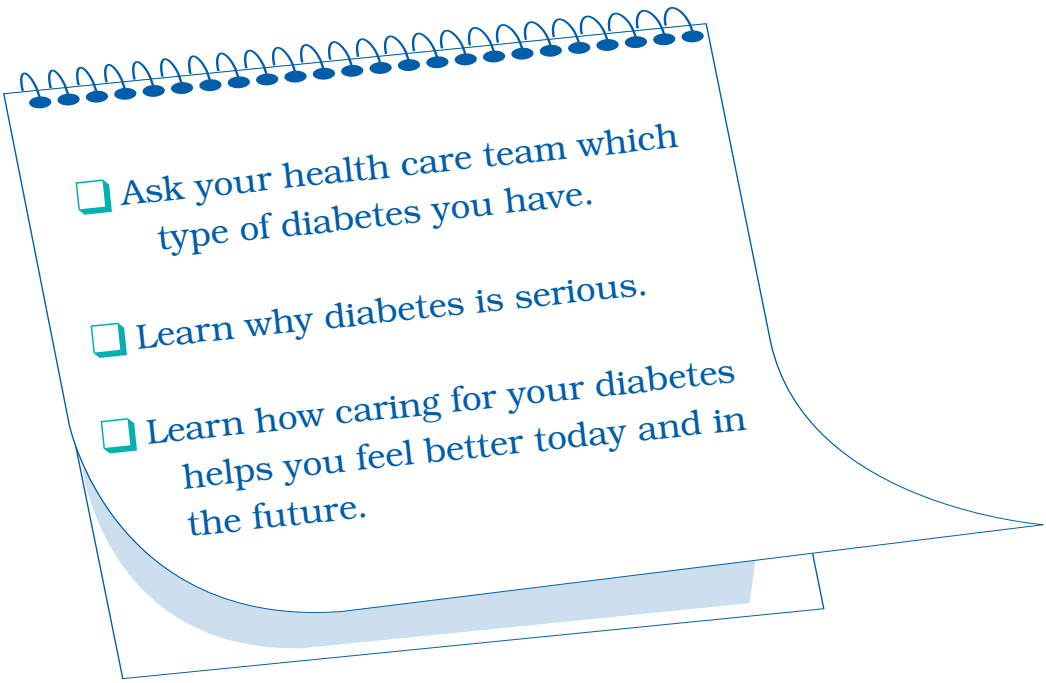
所有罹患糖尿病的人都必須選擇健康的飲食、保持健康的體重，且每天要活動。

照顧好您自己及糖尿病能讓您感覺良好，並避免因糖尿病引起的健康問題，這些問題包括：

- 心臟病發作和中風
- 導致視覺障礙或失明的眼部疾病
- 導致您的雙手和雙腳感到疼痛、刺痛或麻木的神經損傷。有些人甚至可能失去一隻腳或一條腿。
- 導致您的腎臟不起作用的腎臟問題
- 牙周病和牙齒脫落

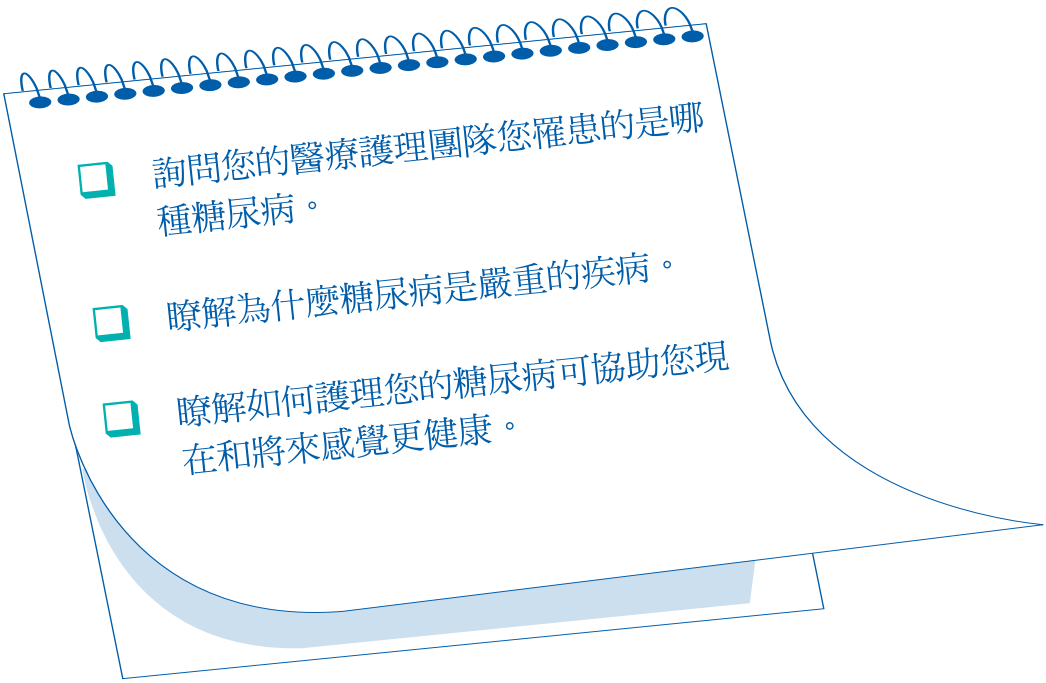
When your blood glucose is close to normal you are likely to:

- have more energy
- be less tired and thirsty and urinate less often
- heal better and have fewer skin or bladder infections
- have fewer problems with your eyesight, skin, feet, and gums



當您的血糖接近正常水平時，您可能：

- 更有精力
- 比較不會疲勞和口渴，且不會頻尿
- 傷口癒合更快，且皮膚或膀胱感染更少
- 您的視力、皮膚、雙腳和牙齦問題更少



Step 2:
Know your diabetes ABCs.

Talk to you health care team about how to control your A1C, Blood pressure, and Cholesterol. This can help lower your chances of having a heart attack, stroke, or other diabetes problem. Here's what the ABCs of diabetes stand for:

A for the A1C test (A-one-C).

It shows you how your blood glucose has been over the last three months. The A1C goal for most people is below 7.

High blood glucose levels can harm your heart and blood vessels, kidneys, feet, and eyes.

B for Blood pressure.

The goal for most people with diabetes is below 130/80.

High blood pressure makes your heart work too hard. It can cause heart attack, stroke, and kidney disease.

C for Cholesterol.

The LDL goal for most people is below 100.
The HDL goal for most people is above 40.

LDL or "bad" cholesterol can build up and clog your blood vessels. It can cause a heart attack or a stroke. HDL or "good" cholesterol helps remove cholesterol from your blood vessels.

第二步：
瞭解您糖尿病的基本情況。

與您的醫療護理團隊討論如何控制你的糖化血色素 AIC、血壓和膽固醇。這將有助於降低您患有心臟病、中風或其他糖尿病問題的機率。以下是糖尿病的 ABC 所代表的意義。

A 是糖化血色素測試 (A-one-C)。

它顯示了您最近三個月的血糖水平。大多數人的 A1C 目標低於 7。

高血糖水平可能有害您的心臟和血管、腎臟、雙腳和眼睛。

B 表示血壓。

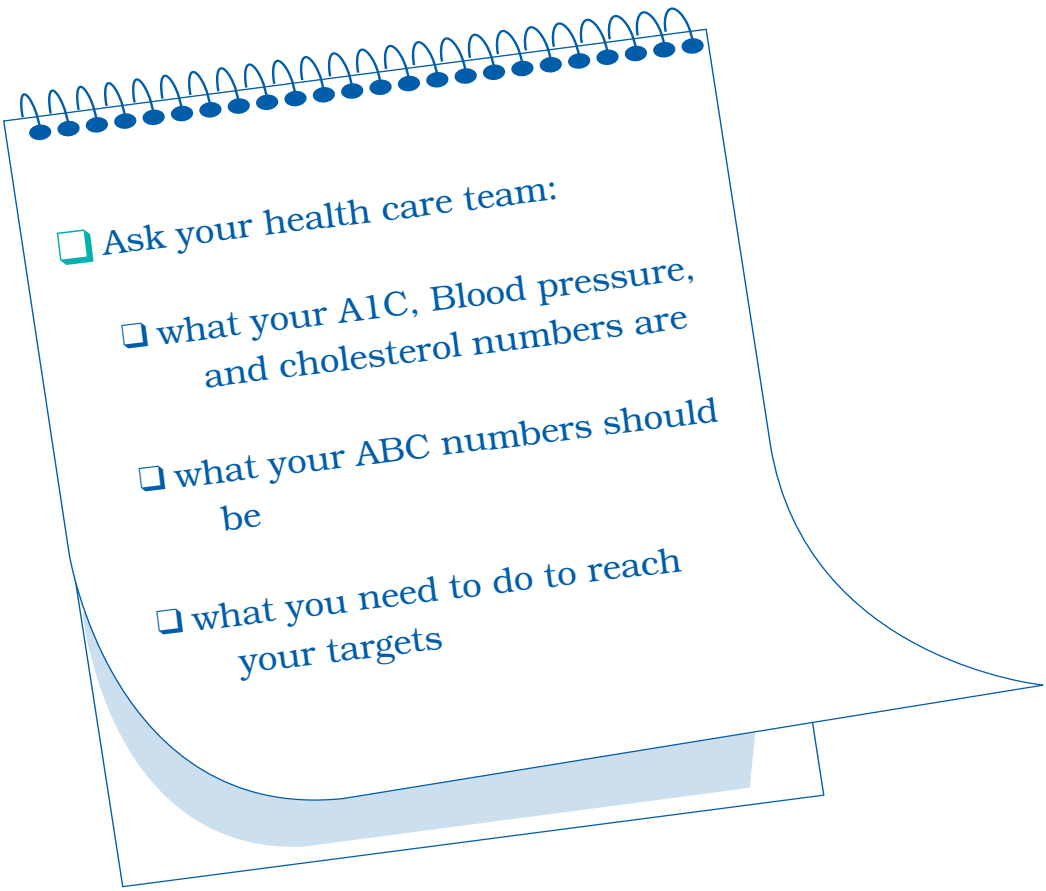
大多數罹患糖尿病的人血壓目標值低於 130/80。

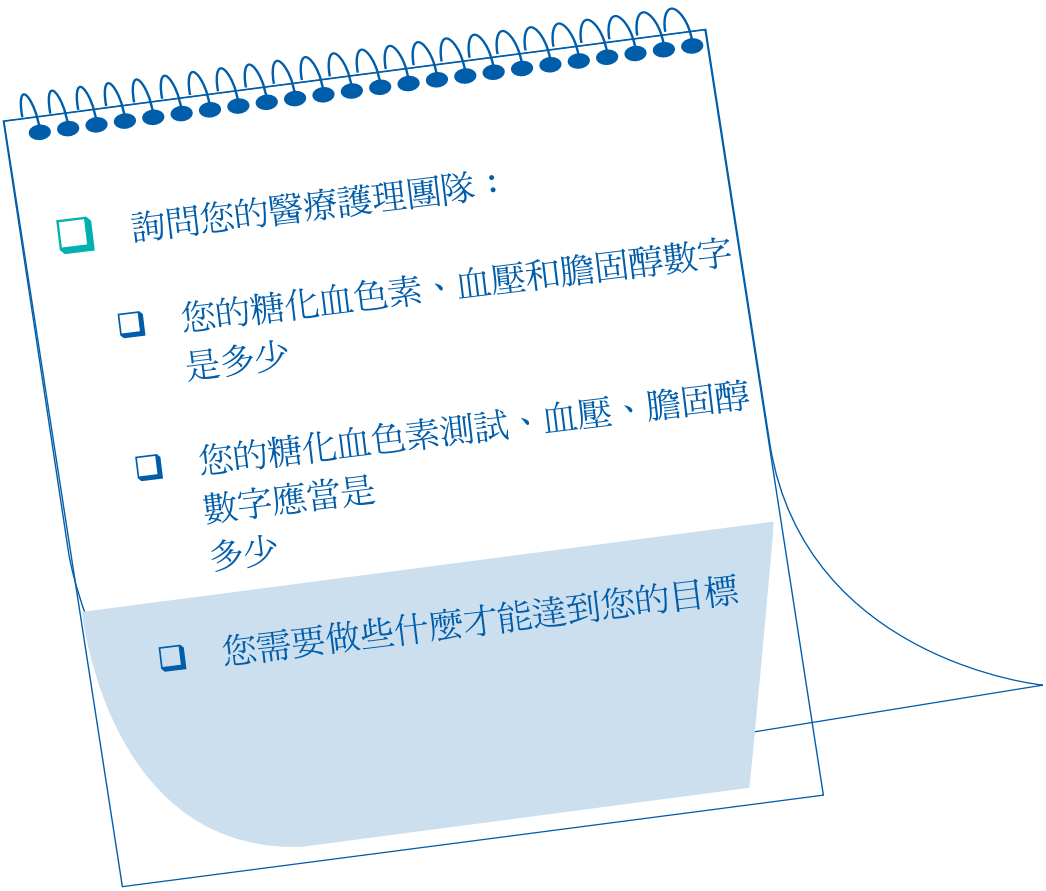
高血壓會使您心臟的負擔過重。它可導致心臟病發作、中風和腎臟疾病。

C 表示膽固醇。

大多數人的低密度脂蛋白（LDL）目標是低於 100。而大多數人的高密度脂蛋白（HDL）目標高於 40。

低密度脂蛋白（LDL）或「不良」膽固醇會累積並堵塞您的血管。這有可能導致心臟病發作或中風。高密度脂蛋白（HDL）或「有益」膽固醇有助於消除您的血管中的膽固醇。


❑ Ask your health care team:
❑ what your A1C, Blood pressure, and cholesterol numbers are
❑ what your ABC numbers should be
❑ what you need to do to reach your targets


詢問您的醫療護理團隊：
您的糖化血色素、血壓和膽固醇數字是多少
您的糖化血色素測試、血壓、膽固醇數字應當是多少
您需要做些什麼才能達到您的目標

Step 3:
Manage your diabetes.

Many people avoid the long-term problems of diabetes by taking good care of themselves. Work with your health care team to reach your ABC goals. Use this self-care plan.

- **Use your diabetes food plan.** If you do not have one, ask your health care team for one.

  - Eat healthy foods such as fruits and vegetables, fish, lean meats, chicken or turkey without the skin, dry peas or beans, whole grains, and low-fat or skim milk and cheese.

  - Keep fish and lean meat and poultry portions to about 3 ounces (or the size of a pack of cards). Bake, broil, or grill it.

  - Eat foods that have less fat and salt.

  - Eat foods with more fiber such as whole-grain cereals, breads, crackers, rice, or pasta.

第三步：
控制您的糖尿病。

許多人都能透過照顧好自己，來避免罹患糖尿病這種長期疾病。請與您的醫療護理團隊合作以實現您的糖化血色素測試、血壓、膽固醇目標。應用下列自我護理計畫。

- **應用您的糖尿病飲食計畫**。如果您沒有這樣的計畫，請您的醫療護理團隊制定一份。

  - 食用健康食物，如水果和蔬菜、魚、精肉、去皮雞肉或火雞、乾豆或蠶豆、全穀和低脂或脫脂奶和乳酪。

  - 將魚和精肉及家禽的份量維持在 3 盎司（或一副紙牌大小）。烘、焙或烤它。

  - 食用脂肪和鹽份含量較少的食物。

  - 食用高纖維的食物，如全粒穀、麵包、餅乾、米或麵食。

- **Get 30 to 60 minutes of physical activity on most days of the week.** Brisk walking is a great way to move more.

- **Stay at a healthy weight** by making healthy food choices and moving more.

- **Ask for help if you feel down.** A mental health counselor, support group, member of the clergy, friend, or family member will listen to your concerns and help you feel better.

- **Learn to cope with stress.** Stress can raise your blood glucose. While it is hard to remove stress from your life, you can learn to handle it.

- **Stop smoking.** Ask for help to quit.

- **Take medicines even when you feel good.** Ask you doctor if you need aspirin to prevent a heart attack or stroke. Tell your doctor if you cannot afford your medicine or if you have any side effects.

- **每週的大多數日子裡，做 30 到 60 分鐘的體能活動**。散步是增加運動量的好方法。

- 透過選擇食物和多活動來**保持健康的體重**。

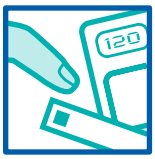
- **如果感覺心情低落，則請求幫助**。心理輔導員、支援小組、神職人員、朋友或家人會傾聽您的憂慮並協助讓您的心情好轉。

- **學會應付壓力**。壓力會使您的血糖升高。儘管生活中的壓力很難消除，但您可以學習控制它。

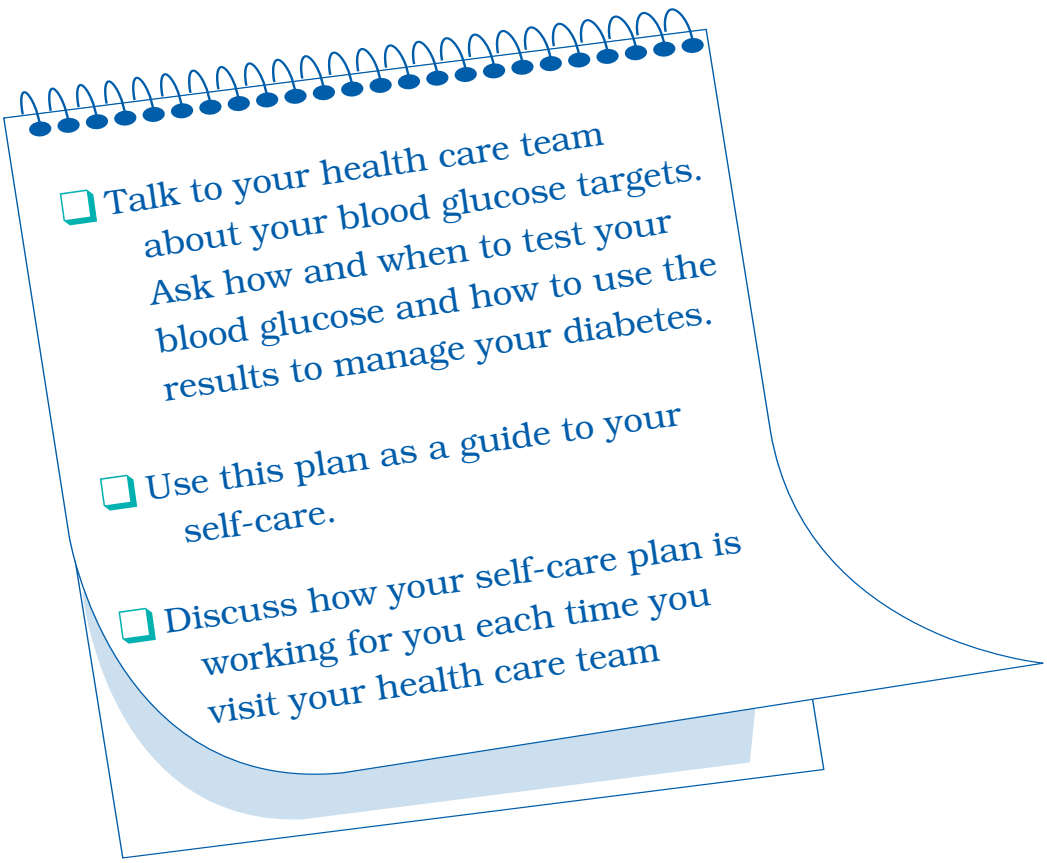
- **戒煙**。請求戒煙的協助。

- **即使感覺良好，也應服藥**。諮詢您的醫生，您是否需要阿斯匹靈以避免發生心臟病或中風。如果您無法支付藥物費用或服藥對您產生副作用，請告訴您的醫生。

- **Check your feet every day** for cuts, blisters, red spots, and swelling. Call your health care team right away about any sores that won't go away.
- **Brush your teeth and floss every day** to avoid problems with your mouth, teeth, or gums.
- **Check your blood glucose.** You may want to test it one or more times a day.



- **Check your blood pressure.** If your doctor advises.
- **Report any changes in your eyesight** to your doctor.



- **每天檢查您的雙腳**，是否有傷口、水皰、紅斑和腫脹。對於不會消除任何腫痛，立即致電您的醫療護理團隊。
- **每天刷牙和用牙線清潔**，以避免口腔、牙齒或牙齦問題。
- **檢查您的血糖**，您可能需要每天測試一次或更多次。

- 如果您的醫生建議，請**檢查您的血壓**。
- 向您的醫生報告**您視力的任何變化**。

- ❑ 與您的醫療護理團隊討論您的血糖目標。詢問該如何及何時測試您的血糖，以及如何使用這測試結果來控制您的糖尿病。
- ❑ 將本計畫當成您的自我護理指南。
- ❑ 每次造訪醫療護理團隊時，討論您的自我護理計畫對您的作用。

Step 4:
Get routine care to avoid problems.

See your health care team at least twice a year to find and treat problems early. Discuss what steps you can take to reach your goals.

At each visit get a:

- blood pressure check
- foot check
- weight check
- review of your self-care plan shown in Step 3

Two times each year get an:

- A1C test—It may be checked more often if it is over 7

Once each year get a:

- cholesterol test
- triglyceride (try-GLISS-er-ide) test- a type of blood fat
- complete foot exam
- dental exam to check teeth and gums—tell your dentist you have diabetes
- dilated eye exam to check for eye problems
- flu shot
- urine and a blood test to check for kidney problems

At least once get a:

- pneumonia (nu-mo-nya) shot

第四步：
獲得常規性護理以避免疾病。

至少每年兩次看您的醫療護理團隊以儘早發現和治療任何問題。討論您能夠採取哪些步驟以實現您的目標。

每次看診時，必須進行：

- 血壓檢查
- 足部檢查
- 體重檢查
- 複核步驟 3 所示的自我護理計畫

每年做兩次：

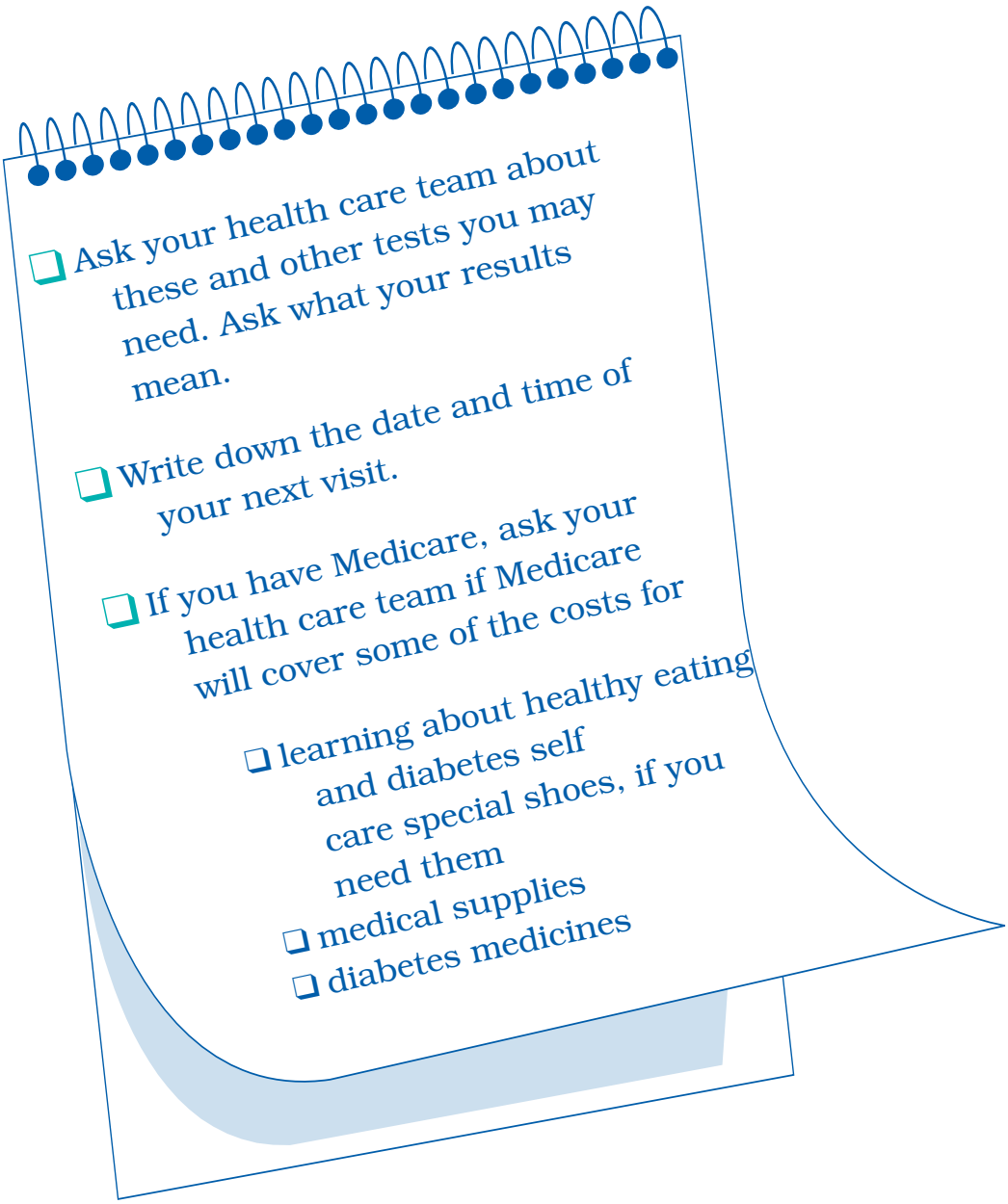
- 糖化血色素測試 — 如果超過 7，應該更經常性地做檢查

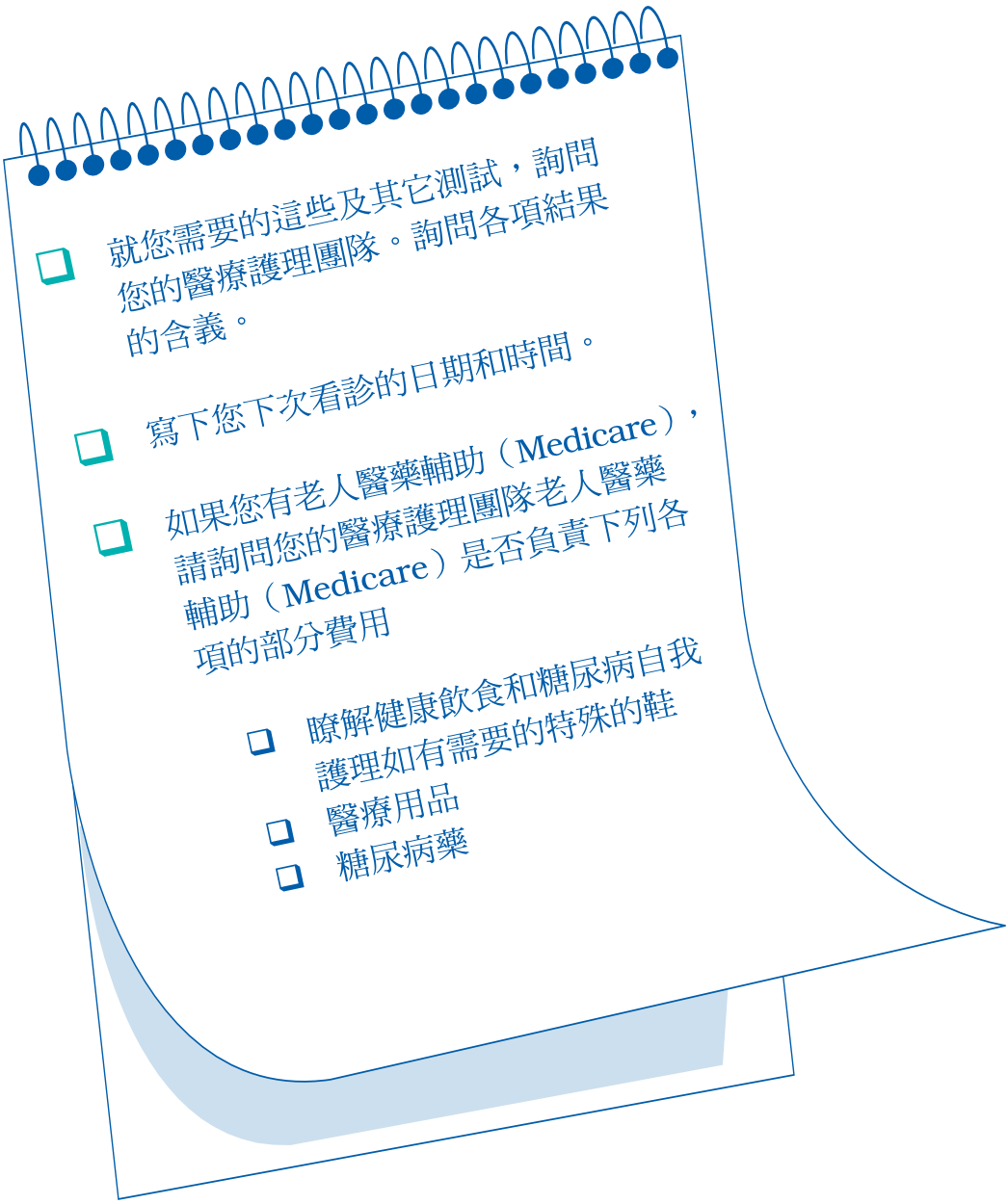
每年做一次：

- 膽固醇測試
- 三酸甘油脂 (try-GLISS-er-ide) 測試 — 一種血脂
- 全面的足部檢查
- 牙齒和牙齦的牙科檢查 — 告訴您的牙醫您患有糖尿病
- 檢查眼睛疾病的眼部擴張檢查
- 流感疫苗注射
- 尿液和血液測試以檢查腎臟問題

至少做一次：

- 肺炎疫苗 (pneumonia，讀 nu-mo-nya) 注射


❑ Ask your health care team about these and other tests you may need. Ask what your results mean.
❑ Write down the date and time of your next visit.
❑ If you have Medicare, ask your health care team if Medicare will cover some of the costs for
❑ learning about healthy eating and diabetes self care special shoes, if you need them
❑ medical supplies
❑ diabetes medicines



- ❑ 就您需要的這些及其它測試，詢問您的醫療護理團隊。詢問各項結果的含義。
- ❑ 寫下您下次看診的日期和時間。
- ❑ 如果您有老人醫藥輔助（Medicare），請詢問您的醫療護理團隊老人醫藥輔助（Medicare）是否負責下列各項的部分費用
  - ❑ 瞭解健康飲食和糖尿病自我護理如有需要的特殊的鞋
  - ❑ 醫療用品
  - ❑ 糖尿病藥

Notes

筆記

Where to get help:

Many items are offered in English and Spanish.

National Diabetes Education Program
1-800-438-5383
www.ndep.nih.gov

American Association of Diabetes Educators
1-800-TEAM-UP4 (800-832-6874)
www.diabeteseducator.org

American Diabetes Association
1-800-DIABETES (800-342-2383)
www.diabetes.org

American Dietetic Association
1-800-366-1655
www.eatright.org

American Heart Association
800-AHA-USA1 (800-242-8721)
www.americanheart.org

Centers for Disease Control and Prevention
1-877-232-3422
www.cdc.gov/diabetes

Centers for Medicare & Medicaid Services
1-800-MEDICARE or (800-633-4227)
www.medicare.gov/health/diabetes.asp

National Institute of Diabetes and Digestive and Kidney Diseases
National Diabetes Information Clearinghouse
1-800-860-8747
www.niddk.nih.gov

從哪裡獲得協助：

有許多英文和西班牙文的資訊。

美國國家糖尿病教育計畫
(National Diabetes Education Program)
1-800-438-5383
www.ndep.nih.gov

美國糖尿病教育學會
(American Association of Diabetes Educators)
1-800-TEAM-UP4 (800-832-6874)
www.diabeteseducator.org

美國糖尿病協會 **(American Diabetes Association)**
1-800-DIABETES (800-342-2383)
www.diabetes.org

美國飲食營養協會 **(American Dietetic Association)**
1-800-366-1655
www.eatright.org

美國心臟協會 **(American Heart Association)**
800-AHA-USA1 (800-242-8721)
www.americanheart.org

疾病控制和防治中心
(Centers for Disease Control and Prevention)
1-877-232-3422
www.cdc.gov/diabetes

美國醫療保險和醫藥補助服務中心
(Centers for Medicare & Medicaid Services)
1-800-MEDICARE or (800-633-4227)
www.medicare.gov/health/diabetes.asp

美國國家糖尿病及消化性腎臟研究院
(National Institute of Diabetes and Digestive and Kidney Diseases)
美國糖尿病資訊交流中心 (National Diabetes Information Clearinghouse)
1-800-860-8747
www.niddk.nih.gov

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