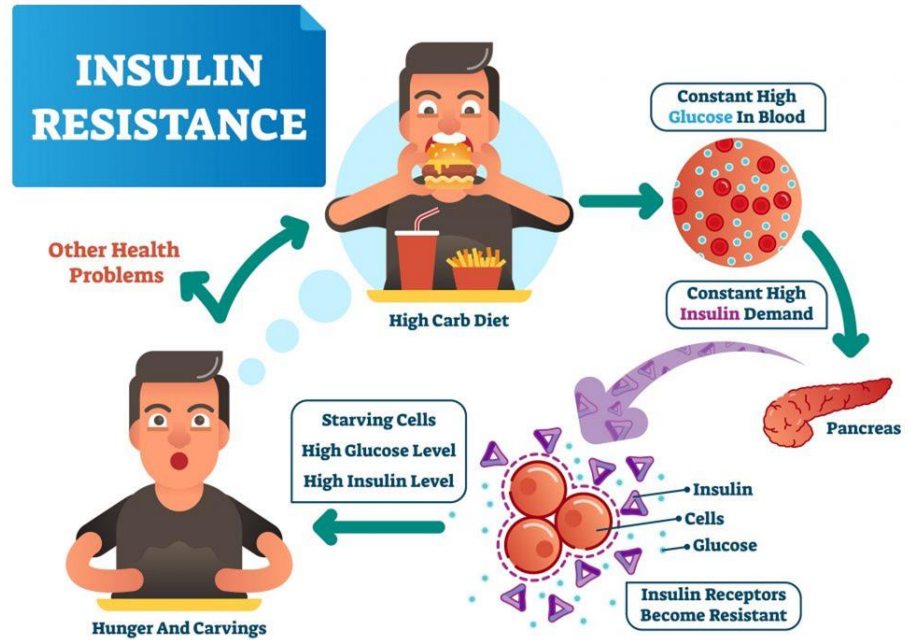


Insulin Resistance & Type 2 Diabetes

Why is Prevention of Insulin Resistance Important?

Insulin, a hormone that the pancreas makes, regulate blood sugar (glucose) in the body. Glucose enters blood cells in muscles, liver, and fat for energy. When these cells are unable to use insulin effectively, blood sugar increases potentially leading to Type 2 diabetes and other chronic conditions.



What is Insulin Resistance?

Insulin resistance is a condition when cells in your muscles, liver and fat do not respond well to insulin, and cannot use glucose from your blood for energy. Over time, this causes elevated blood sugar, leading to Type 2 diabetes and cardiovascular disease, due to damage in the arteries.

Prevention & Awareness

- Moderate exercise, such as yoga or aerobic exercise, for 30 minutes a day 5 times a week can significantly reduce blood sugar levels
- Eat a healthy diet, consisting of whole grains, fruits and vegetables, and lean meat
- Monitor blood sugar with regular check-ups with your doctor, and daily exercise and healthy eating
- 10% of overweight and obese diabetic patients can reduce A1c% to 0.81%, which shows that weight loss can help reduce blood sugar

Blood Test Level For Diabetes and Pre-Diabetes

	<u>Hemoglobin A1c (%)</u>	<u>Fasting Blood Glucose Test (mg/dL)</u>	<u>Impaired Glucose Tolerance Test</u>
Diabetes	6.5 or higher	126 or higher	200 or higher
Pre-Diabetes	5.7 - 6.4	100 - 125	140 - 199
Normal	~5	99 or below	139 or below



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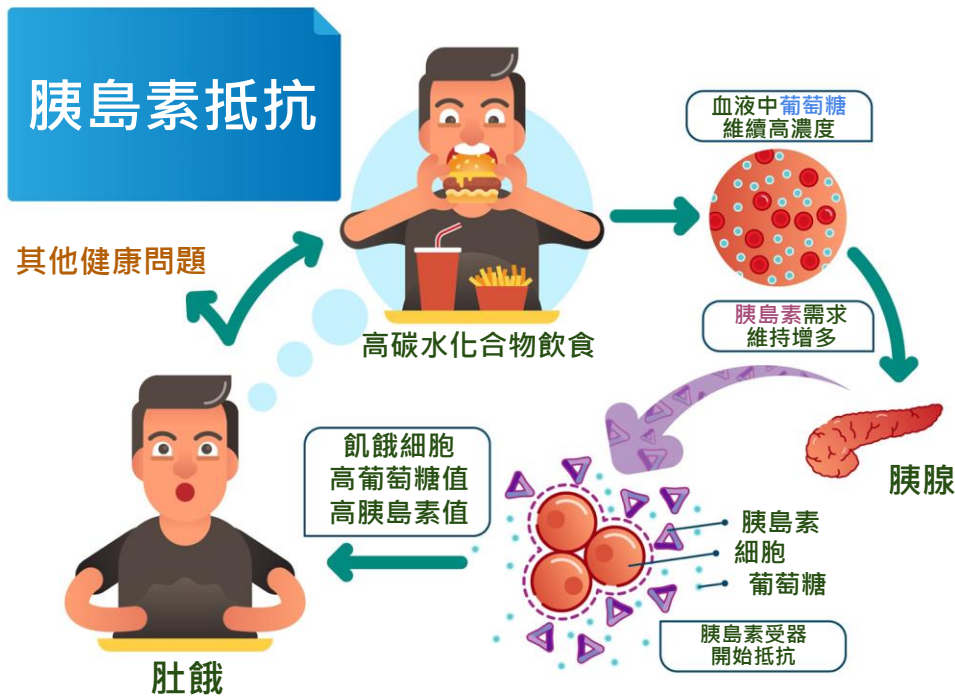


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胰島素抵抗和2型糖尿病

預防胰島素抵抗的重要性

胰島素是胰腺產生的一種激素，能調節人體中的血糖（葡萄糖）。葡萄糖進入肌肉，肝臟和脂肪中的血細胞提供能量。當這些細胞無法有效使用胰島素時，血糖會升高，從而發展成2型糖尿病和其他慢性病。



什麼是胰島素抵抗？

胰島素抵抗是指肌肉，肝臟和脂肪中的細胞對胰島素反應不佳，並且無法利用血液中的葡萄糖獲取能量的現象。隨著時間的流逝，由於動脈損傷，血糖升高，導致2型糖尿病和心血管疾病。

預防和意識

- 中度運動，例如瑜伽或有氧運動。每天運動30分鐘，每週5次可大大地降低血糖水平
- 飲食健康，選擇全穀物，各種蔬果和瘦肉
- 在家裡監測血糖，並與醫生進行定期檢查
- 10%的超重和肥胖的糖尿病患者可以將A1c %降低至0.81, 可見減輕體重可以幫助降低血糖

糖尿病和早期糖尿病診斷的血液檢測水平

	糖化血紅素A1c (%)	空腹血糖測試 (毫克/分升)	糖耐力測試 (毫克/分升)
糖尿病	6.5 或以上	126 或以上	200 或以上
早期糖尿病	5.7 至 6.4	100 至 125	140 至 199
正常	~5	99 或以下	139 或以下



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