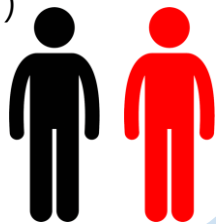


二型糖尿病知多少

為什麼要關注糖尿病？

- ❖ 糖尿病是造成亞裔美國人和太平洋島民死亡的第五大原因
- ❖ 糖尿病患者患上心臟病和中風的風險高2-4倍
- ❖ 不受控制的糖尿病通常會出現症狀（圖一）
- ❖ 每2兩名亞裔美國人中就有一名不知道自己患有糖尿病，因為他們沒有超重，因此許多人都沒有接受糖尿病篩查



什麼是二型糖尿病？

糖尿病是最常見的糖尿病類型，會導致您的血糖上升。它會影響人體將葡萄糖轉化為所需能量的能力。可以通過飲食，藥物和運動來管理糖尿病。

預防與意識

不受控制的糖尿病而引致長期血糖水平過高會導致長期並發症（圖二）。可以通過飲食，藥物和運動來管理糖尿病，並定期檢查血糖。

圖一：病徵



圖二：長期並發症



與您的醫生傾談適合您預防或管理糖尿病的計劃!



要了解我們的醫生集團，請致電會員服務部：(415) 590-7418

歡迎透過社交媒體，關注美亞醫療集團的最新消息、活動及其他更多內容!



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What you need to know about Type 2 diabetes

Why does diabetes matter?

- ❖ Diabetes is the 5th leading cause of death for Asian Americans and Pacific Islanders
- ❖ Diabetics are at 2-4 times greater risk for heart attacks and strokes
- ❖ Uncontrolled diabetes often comes with signs and symptoms (Figure 1)
- ❖ **1 in 2** Asian Americans with diabetes don't know they have it because they don't appear to be overweight, so many do not get screened for Type 2 diabetes mellitus (T2DM)



What is Type 2 diabetes?

Type 2 diabetes, the most common type of diabetes, causes high blood sugar due to the reduced production of insulin and insulin resistance. Insulin resistance is when glucose in the blood cannot enter the cells as easily because the cells do not respond to insulin properly.

Prevention and awareness

Prolonged high blood sugar due to uncontrolled diabetes can lead to long-term complications (Figure 2). T2DM can be managed through diet, medication, and physical activity. Monitor blood sugar with regular check-ups.

Figure 1 - Signs & Symptoms

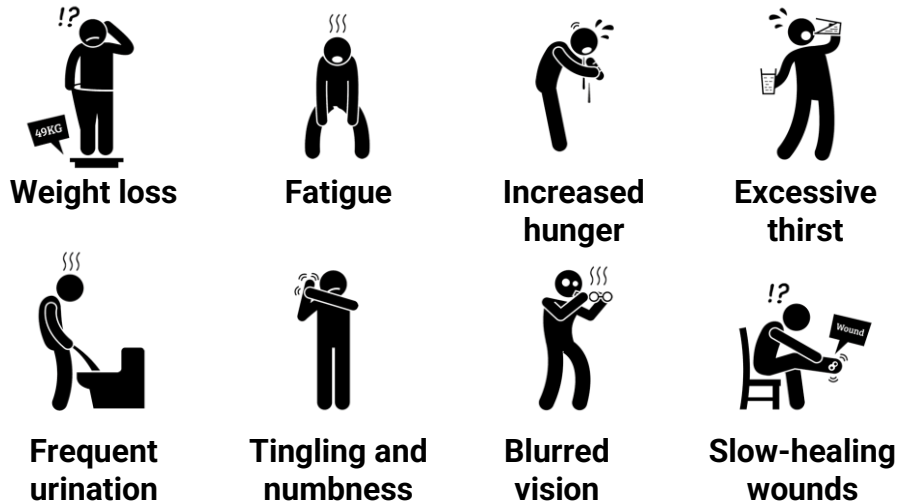
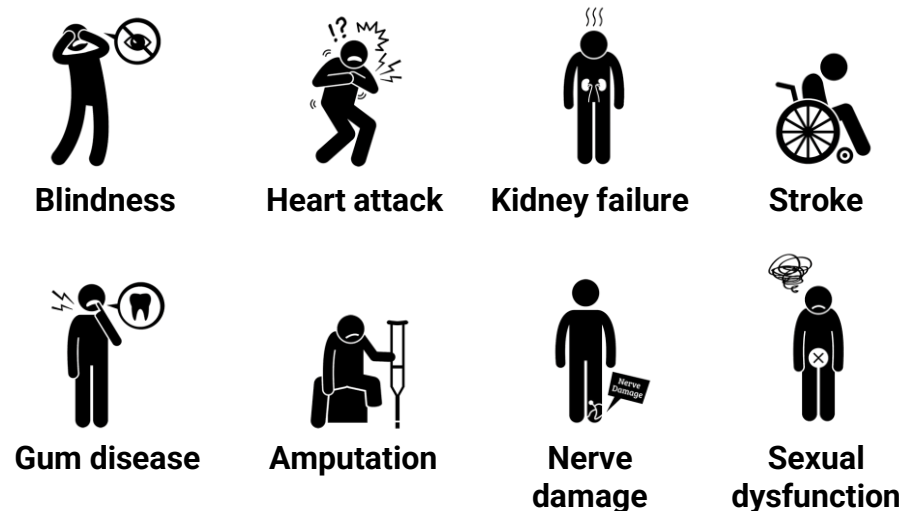


Figure 2 - Long-Term Complications



Speak with your doctor about a plan that's right for you to prevent or manage diabetes.



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