

糖尿病是一種代謝性疾病，由於患者體內的胰島素分泌不足或身體對胰島素產生抗拒，造成血糖過高，以致體內的脂質及蛋白代謝也出現異常。根據世界衛生組織的資料顯示，在 2016 年平均每 11 人中便有 1 人為糖尿病患，且患者年齡漸趨年輕化。

健康小貼士 ——糖尿病

◎ Eddie Wong

糖尿病的分類

類型	病因
一型	由於體內無法產生足夠的胰島素而造成血糖過高，一型糖尿病多與遺傳、免疫系統失調或環境因素有關。
二型	最常見的一類，佔所有糖尿病約 90%-95%。主要是由於身體對胰島素產生抗拒，二型糖尿病多與不良飲食習慣、肥胖或遺傳有關。
妊娠糖尿病	屬短暫性，在懷孕期間，因體內荷爾蒙產生變化而造成身體對胰島素產生抗拒。

糖尿病的症狀

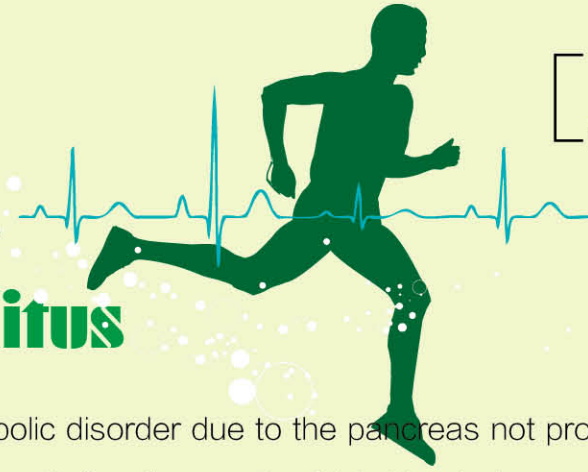
- ◎ 高血糖
- ◎ 體重下降
- ◎ 傷口難以癒合
- ◎ 多食、多飲、尿頻
- ◎ 視力模糊
- ◎ 腳部麻痺

糖尿病飲食小貼士

按醫生指示用藥無疑可控制血糖水平，若能配合健康的飲食，便更事半功倍。

- ◎ 定時定量、注意營養均衡。
- ◎ 採用低脂肪的烹調方法，如：蒸、水煮、炆。
- ◎ 用檸檬、薑、醋等各種天然調味料，既可增加食物風味，又可減少鹽、糖的攝取。
- ◎ 避免高糖分、高脂的食物，如：甜點、冰淇淋、汽水、動物皮脂、蛋黃、牛油等，以保持心血管健康。
- ◎ 以代糖取代砂糖、片糖等作調味。
- ◎ 配合營養師指示之飲食計劃，糖尿病病人一樣可以吃得滿足又健康。

Health Tips – Diabetes mellitus



Diabetes mellitus is a metabolic disorder due to the pancreas not producing enough insulin, or the body's resistance to insulin, causing high blood glucose levels. It could also lead to the abnormal metabolism of lipid and proteins in the body. According to the World Health Organization (WHO), in 2016, on the average there was one diabetes patient out of every 11 people and the age of the patient was gradually getting younger.

Classification of Diabetes

Type	Causes
Type 1	Type 1 diabetes occurs when the pancreas fail to produce enough insulin, thereby raising high blood glucose levels. It is often related to heredity, disorders of the immune system or environmental factors.
Type 2	Type 2 diabetes is the most common among all types of diabetes, amounting to 90% - 95%. It occurs when the body develops insulin resistance. It is often associated with unhealthy eating habits, obesity or heredity.
Gestational diabetes	Gestational diabetes occurs during pregnancy, and it is usually temporary. Due to the changes of hormones, it increases the body's resistance to insulin.

Symptoms of Diabetes

- ⊙ High blood glucose levels
- ⊙ Increased hunger, excessive thirst and frequent urination
- ⊙ Weight loss
- ⊙ Blurred vision
- ⊙ Refractory wounds
- ⊙ Numbness in feet

Diet Tips for Diabetes

In addition to taking prescribed medications, people can also control high blood glucose levels more effectively with healthy diets:

- ⊙ Eat at regular times and in regular amounts. Maintain a balanced and nutritious diet.
- ⊙ Use low-fat cooking methods such as steaming, boiling, braising. Natural seasonings, like lemon, ginger, vinegar can be used so as to enhance the flavour of the food and to lower the intake of salt and sugar.
- ⊙ Avoid high-sugar and high-fat foods such as dessert, ice-cream, soft-drinks, animal skin and fat, egg yolk and butter, to maintain the wellbeing of the cardiovascular system.
- ⊙ Artificial sweeteners can be used to substitute granulated sugar and brown sugar for seasoning.
- ⊙ A diabetic patient can also enjoy food satisfaction and good health, as long as he complies with the instructions of the dietitian.