

Type 2 Diabetes

Diabetes Mellitus (diabetes) is a chronic disease that affects the way our body uses sugar. It is generally classified into two types - type 1 and type 2 diabetes. Type 1 diabetes usually occurs at a young age. The patients produce no or little insulin hence they need lifelong insulin injections. Type 2 diabetes, on the other hand, usually occurs in adults with an unhealthy lifestyle. In Hong Kong, statistics showed that, for every 12 residents, there is one person who has Type 2 diabetes.



What is type 2 diabetes?

Type 2 diabetes usually affects adults with poor lifestyles and who are overweight. The body either cannot produce enough insulin or the cells' sensitivity to insulin reduces. This affects the normal

What is insulin?

Insulin is a hormone produced by the pancreas. After digestion, glucose will be released into the bloodstream and with the help of insulin, glucose will be taken up by the cells for energy.

uptake of glucose into cells resulting in a high blood glucose level. If this condition persists, complications to the eye, foot, kidney, heart and brain may develop.

Risk factors for type 2 diabetes

People with risk factors for type 2 diabetes generally:

- Have a family history of diabetes
- Be over 45 years old
- Be overweight or obese
- Lead a sedentary lifestyle
- Have been diagnosed with gestational diabetes (pregnant ladies only)



Symptoms of type 2 diabetes

The symptoms of early-stage type 2 diabetes are subtle, but if the high blood glucose level stays undetected, and becomes severe, the following conditions may manifest:

- Frequent urination
- Frequent thirst
- Unexplained weight loss
- Blurred vision
- Delayed wound healing
- Recurrent urinary tract or skin infection

Diagnosis of type 2 diabetes

Diagnosis is usually made by the doctor with a blood test (usually fasting glucose and HbA1c test). If the test results are above the reference ranges, a diagnosis of pre-diabetes or diabetes may be made.

Managing type 2 diabetes

Lifestyle changes such as maintaining a balanced diet and ensuring regular physical activities are keys to managing type 2 diabetes. Doctors may also prescribe oral medication or insulin injections to control blood glucose levels. People with diabetes should also have regular blood glucose testing at home to monitor their blood glucose levels. They will also need regular monitoring of other organs such as eyes, heart, kidneys, and skin that are likely to have complications.

For more information regarding type 2 diabetes and its treatment, please consult your doctors or healthcare provider.



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References:

UpToDate health information source
Department of Health, HK

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二型糖尿病

糖尿病是其中一種慢性疾病，當身體失去正常使用或儲存糖份的功能，便有機會引致一些併發症。糖尿病一般分為一型或二型。一型糖尿病大多在年少時被診斷，患者體內只能製造少量或完全不能分泌胰島素，所以需要胰島素注射。二型糖尿病則與不健康的生活習慣有關。數據顯示，香港每12人當中便有1人患有二型糖尿病。



什麼是二型糖尿病？

二型糖尿病一般在成年人身上發病，跟過重及不健康生活習慣有關。二型糖尿病患者的胰臟出現問題，導致未能分泌出足夠的胰

島素，又或者細胞使用胰島素吸取糖份的功能失效，從而導致過量糖份留在血液內。如情況持續，便會引起併發症，影響眼睛、腳、腎臟、心臟和腦部健康。

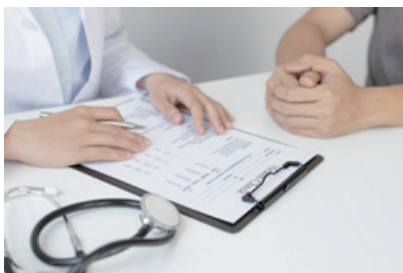
什麼是胰島素？

胰島素是由胰臟分泌出來的荷爾蒙。食物經消化後，會變成葡萄糖，並從血液輸送到各細胞作為能量。胰島素的功能是協助細胞吸收這些葡萄糖。

二型糖尿病的風險

以下是患上二型糖尿病的高風險人士：

- 家族有糖尿病病史
- 45歲或以上
- 過重或肥胖
- 缺乏運動
- 曾於懷孕時患上妊娠糖尿病



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參考資料：

UpToDate 網站
衛生署

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二型糖尿病的病徵

二型糖尿病初期的病徵並不明顯。然而，若血糖長期維持高水平而並未被診斷，便會開始出現下列病徵：

- 尿頻
- 經常口渴
- 體重突然下降
- 視力模糊
- 傷口難以復原
- 經常尿道炎或皮膚發炎

二型糖尿病的診斷

二型糖尿病會經由醫生透過驗血來診斷，如糖化血色素或空腹血糖。若驗血指數高於正常水平，患者或會被診斷為前期糖尿病或糖尿病。

二型糖尿病的治療

治療方向以均衡飲食及恆常運動等良好的生活習慣為目標。醫生因應病情或會處方口服藥物或注射胰島素去控制血糖，而患者須於家中定期檢測血糖水平，以確保血糖處於控制範圍內，亦要定期檢查身體如眼睛、心臟、腎臟及皮膚狀況，以便及早發現並減低糖尿病併發症帶來的影響。

如欲查詢更多有關二型糖尿病的資訊，請與你的醫生聯絡。



掃描以下QR Code，
查閱醫院位於市區的
醫療中心或診所資料

