

糖尿病和您的身體

2 型糖尿病如何影響您的身體之指南
及為幫助預防潛在疾病而可做之事

糖尿病和您的身體

務必謹記，糖尿病會增加導致多種嚴重健康問題的風險。但是，您可以創造不同。透過與您的醫療保健團隊合作專注於健康生活、正確的飲食、保持活躍並按需服藥，您可以幫助自己保持身體健康。¹⁻³

在接下來的幾頁中，我們將探索糖尿病可如何從頭到腳影響您的身體。

大腦和心臟

罹患糖尿病意味著您罹患心臟病或中風的可能性至少加倍。⁴

發生此情況的原因

如果您的血糖（葡萄糖）保持過高水平時間過久，其可能損壞您的神經和血管。⁴ 如果罹患糖尿病，您也可能很難將血壓和膽固醇保持在健康範圍內。⁴⁻⁶ 這些相關問題可共同導致您的血管變窄或脂肪性沉積物堵塞，阻止氧氣和其他需要的物質到達心臟和大腦。此情況會導致心臟病發作或中風。⁷

與您的醫療保健團隊合作，跟蹤您的血糖、血壓和膽固醇。



您的任務：

為保持健康，您務必與醫療保健團隊合作，以跟蹤您的血糖、血壓和膽固醇。另外，如果您吸煙，則務必考慮戒煙。吸煙會提高膽固醇水平和血壓。⁸ 如果給您開具處方藥，則務必遵醫囑服藥。請記住，不同的藥物能夠以不同的方式發揮作用，有助於您將血糖保持在健康範圍。^{2,3}

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眼睛

糖尿病是導致 20 至 74 歲成年人出現失明新發案例的主要原因。⁹ 糖尿病患者也更可能罹患其他視覺相關的疾病，如青光眼。¹⁰

發生此情況的原因¹⁰

高血糖水平可能會損壞眼睛視網膜中的小血管。此情況可能導致一種疾病，稱為糖尿病視網膜病變。這可能影響您觀看的方式。您起先可能不會注意到視力的任何變化或感受到任何疼痛。如果不治療此病症，則可能永久失去部分或全部視力。



您的任務：

與醫療保健團隊合作，以將血糖和血壓保持在健康範圍內，定期檢查眼部有助於及早檢測出任何可能的問題。¹⁰ 即使您的視力看起來正常，也請記得每年至少檢查眼睛一次。¹⁰ 如果您注意到變化，立即告知您的醫療保健團隊。如果您吸煙，戒煙可能會降低損壞您眼睛血管的風險。⁸

牙齒和牙齦

高血糖水平可能導致牙齒和牙齦出現問題。¹¹ 糖尿病患者罹患可能導致齲齒的牙齦疾病的風險更高。¹¹

發生此情況的原因

如果不控制血糖，其可能促進口腔中的有害牙菌斑細菌生長。這些細菌可能導致齲齒、蛀牙和牙齦疾病。^{11,12}

您的任務：

戒煙，記得每天刷牙和用牙線潔牙，每 6 個月看一次牙醫進行牙齒清潔和檢查，以保護您的牙齒。¹¹ 如果您戴假牙，請記得每天取下並清潔假牙。¹¹



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腎臟

您的腎臟在身體中發揮重要作用。腎臟中的微血管充當過濾器，清除體內的廢物。¹³ 您的腎臟保持健康非常重要，因為經證明，糖尿病是導致腎衰竭的主要原因。¹⁴

發生此情況的原因

高血糖水平可能會導致您的腎臟過度工作，久而久之，這種壓力可導致腎臟將有用的蛋白質洩漏到尿液中。^{13,14} 此病症可能變得非常嚴重，需要您使用機器過濾您的血液（透析）或進行腎臟移植。¹³



您的任務：

與您的醫療保健團隊共同管理您的血糖，有助於確保您的腎臟保持良好狀態。您還應與您的醫療保健團隊共同監視您的血壓。據證實，高血壓是導致腎衰竭的第二大原因。¹⁴ 警惕吸煙，因為可能會升高您的血壓，如果您吸煙，請考慮戒煙。⁸

生殖器

糖尿病可能對患病男性和女性的性生活造成影響。這可能對保持身體親密帶來挑戰。¹⁵⁻¹⁸ 這些問題常常會導致可能降低性慾望的抑鬱和焦慮。¹⁸

發生此情況的原因

高血糖有時可能會損壞生殖器中的血管和神經。對於男性，這可能導致勃起功能障礙。這意味著，他們可能不再勃起或保持勃起。¹⁷ 由於陰道乾澀，糖尿病女性在性交過程中可能感覺疼痛。¹⁸

您的任務：

坦誠告知醫療保健團隊您可能有的性關係問題和感覺。如果您想生孩子，在懷孕前先從您的醫療保健團隊處獲取幫助。務必與醫療保健團隊密切協作，以保持自己和寶寶的健康。¹⁹

糖尿病和您的身體

神經、腿和腳

糖尿病與一類神經損傷（稱為神經病變）相關聯。²⁰神經病變有多種種類。可能影響腳的一種非常常見的神經病變是周邊神經病變。^{20,21}另一種可能因糖尿病而引起的疾病稱為周邊動脈疾病（也稱為 PAD）。這會影響您的雙腿，但也可能增加心臟病發作與中風的風險。²²PAD 預計會影響多達 33% 50 歲以上的糖尿病患者。²²

發生此情況的原因

持續的高血糖會造成神經功能異常，從而導致神經損傷（神經病變，尤其在腿中）。^{20,21}神經病變可能傷害，或者也可能降低感覺疼痛、冷熱的能力。²¹腿部血管變窄或因脂肪性沉積物堵塞而阻礙血液流向雙腿和雙腳時，就會發生 PAD。²²PAD 也可能導致腿痛、麻木和麻刺感。此外，其可能在雙腳或雙腿造成通常無法治愈的瘡瘍或感染。²²



您的任務：

與您的醫療保健團隊共同將血糖和血壓保持在健康範圍內。始終牢記穿防護鞋，每天清洗並檢查赤腳，確定是否有紅斑、傷口、腫脹和水泡。您也可以採取措施，在一天當中讓血液持續流向您的雙腳。坐下時翹起腳，儘量不要長時間將雙腿交叉。²³如果您吸煙，請考慮戒煙。

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皮膚

多達 33% 的糖尿病患者在某種程度上都有糖尿病引起的皮膚問題。²⁴有時，皮膚問題甚至是糖尿病的首要症狀。²⁴其中包括細菌和真菌感染與瘙癢。可能還會出現其他與糖尿病相關的皮膚病。這些包括糖尿病性皮膚病變（常常誤認為是老年斑）；糖尿病性水疱；手背，有時是腳趾和前額上出現繃緊、厚厚的蠟狀皮膚。²⁵

發生此情況的原因

糖尿病患者容易出現乾燥皮膚，較易成為有害細菌的攻擊對象。兩種問題都會增加感染的風險。²⁴



您的任務：

除了與您的醫療保健團隊合作管理您的糖尿病，您還可以透過保持皮膚清潔、乾爽來進行良好的皮膚護理。此外，還避免用過熱的水淋浴和泡浴，並且立即處理任何傷口。您還可能需要向醫療保健團隊諮詢看皮膚醫師（皮膚科醫師）的資訊。²⁴

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全身健康問題 – 管理抑鬱和壓力

務必記住，抑鬱和壓力等其他因素也會影響您的健康。^{26,27}糖尿病患者抑鬱的風險更高，糖尿病控制不良常常會導致誤認為是抑鬱的症狀。²⁶

壓力可能會影響您的健康，因為其導致您的身體試著儲存更多能量（葡萄糖和脂肪）。²⁷對於糖尿病患者，身體更難消化吸收壓力產生的糖。²⁷

發生此情況的原因

您可能感覺孤獨或與朋友和家人隔絕，因為您對日常糖尿病管理感覺有壓力。²⁶抑鬱可能會變得嚴重，從而影響良好的糖尿病護理。²⁶

抑鬱可能會降低您的能量水平，以致常規血糖檢測會讓您覺得壓力過大。²⁶抑鬱還可能導致您感覺焦慮，從而更難保持良好的飲食習慣。²⁶



您的任務：

有時感覺沮喪非常正常。但是，如果您感到悲傷且無法消除，請記住，有很多人關心您的健康。

如果您覺得，過去經常給您帶來快樂的事物不再重要，覺得缺乏動力，有氣無力或感到悲傷，且持續時間超過2週，則務必獲取幫助。²⁶通常，長期的壓力源於心理問題而非身體問題相關。²⁷坦誠告知醫療保健團隊您的感覺。這有助於尋找降低您壓力水平，同時仍專注於保持健康的方法。²⁷

管理糖尿病可能需要團隊合作，但您是團隊中最重要的人員！



服用藥物²⁸

遵循藥物治療方案，您可能能夠幫助管理糖尿病和其他在血糖保持過高時可能出現的健康問題。如果您在牢記服用藥物方面需要幫助：

- 列出所有藥物（處方和非處方藥物）的清單
- 跟蹤整天的藥物使用情況（您也可使用藥丸盒）
- 與醫療保健團隊談論您可能有的與藥物相關的任何問題

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Certification

For regulatory purposes, AMPLEXOR Life Sciences certifies that services on project number **43456** for **cp-57923v1_015088-**

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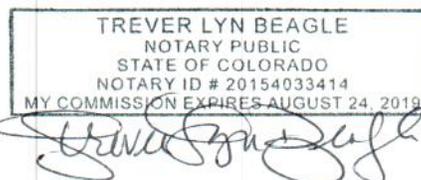


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Date issued

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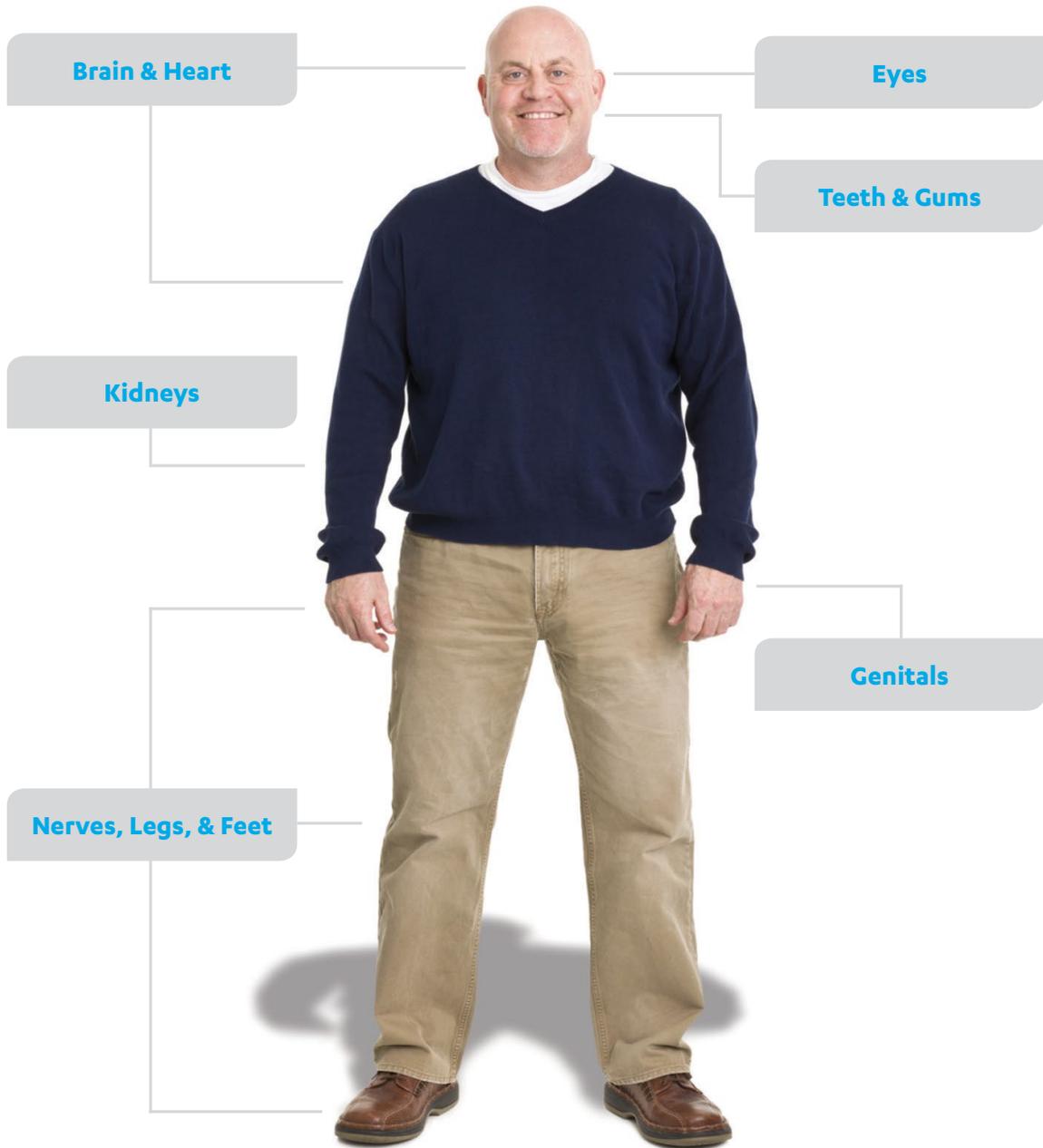


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DIABETES AND YOUR BODY

**A Guide to How Type 2 Diabetes May Affect Your Body and
What You Can Do to Help Prevent Potential Problems**

DIABETES AND YOUR BODY

.....
It is important to remember that diabetes increases your risk for many serious health problems. But, you can make a difference. By working with your healthcare team to focus on living well, eating right, staying active, and taking medication when needed, you can help your body stay healthy.¹⁻³

On the next few pages, we'll explore how diabetes may affect your body from head to toe.

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Brain and Heart

Having diabetes means that you are at least twice as likely to have heart disease or to suffer a stroke.⁴

Why this may happen

When your blood sugar (glucose) level stays too high for too long, over time it may damage your nerves and blood vessels.⁴ As someone with diabetes, you may also have issues keeping your blood pressure and cholesterol within a healthy range.⁴⁻⁶ Together, these related issues may cause your blood vessels to become narrowed or clogged by fatty deposits that may block oxygen and other needed materials from reaching your heart and brain. This can lead to a heart attack or stroke.⁷

.....
Work with your healthcare team to keep track of your blood sugar, your blood pressure, and your cholesterol.

.....



Your Role:

To stay healthy, it's important that you work with your healthcare team to keep track of your blood sugar, blood pressure, and cholesterol. Also, if you are a smoker, it's important that you think about quitting. Smoking has been linked to raising cholesterol and blood pressure.⁸ If you are prescribed medication, it's very important to take it as your doctor has directed. Remember that different medications work in different ways to help keep your blood sugar in a healthy range.^{2,3}

DIABETES AND YOUR BODY

Eyes

Diabetes is the leading cause of new cases of blindness among adults aged 20 to 74.⁹ People with diabetes are also more likely to suffer from other vision-related conditions such as glaucoma.¹⁰

Why this may happen¹⁰

High blood sugar levels may damage the small blood vessels in your eye's retina. This may lead to a condition known as diabetic retinopathy. This may affect how you see. You may not notice any changes in your vision at first, or experience any pain. If this condition isn't treated, you may lose some or all of your eyesight permanently.



Your Role:

As well as working with your healthcare team to keep your blood sugar and blood pressure within a healthy range, regular eye checkups may help detect any potential problems early.¹⁰ Remember to have your eyes checked at least once a year, even if your vision seems ok.¹⁰ If you notice a change, let your healthcare team know right away. If you smoke, quitting may lower your risk of damaging the blood vessels in your eyes.⁸

Teeth and Gums

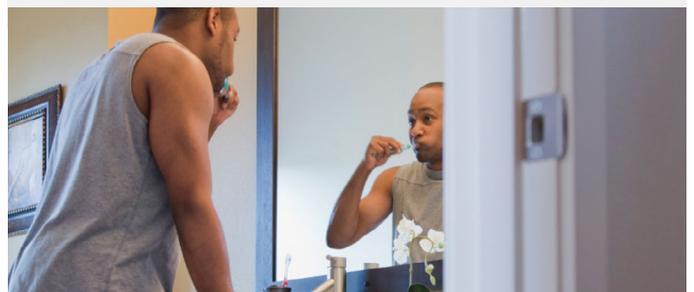
High blood sugar levels may lead to problems in your teeth and gums.¹¹ People with diabetes have a higher risk of developing gum disease that may lead to tooth decay.¹¹

Why this may happen

If blood sugars aren't kept in check, they may help harmful plaque germs grow in your mouth. These germs may lead to tooth decay, cavities, and gum disease.^{11,12}

Your Role:

As well as avoiding smoking, remember to care for your teeth by brushing and flossing every day and by seeing your dentist every 6 months to have your teeth cleaned and checked.¹¹ If you wear dentures, remember to remove and clean them every day.¹¹



DIABETES AND YOUR BODY

Kidneys

Your kidneys have an important job in your body. The tiny blood vessels inside them act as filters to remove waste products from your blood.¹³ It's very important that your kidneys stay healthy, as diabetes has been shown to be the leading cause of kidney failure.¹⁴

Why this may happen

High levels of blood sugar may overwork your kidneys, and, over time, this stress can cause them to leak useful protein into the urine.^{13,14} This condition may become very serious and require you to use a machine to filter your blood (dialysis) or to get a kidney transplant.¹³



Your Role:

By working with your healthcare team to manage your blood sugar, you can help keep your kidneys in good health. You should also work with your healthcare team to watch your blood pressure. High blood pressure has been found to be the number 2 cause of kidney failure.¹⁴ Be wary of smoking, as it may raise your blood pressure, and consider quitting if you do smoke.⁸

Genitals

Diabetes may have an effect on the sex life of both men and women with the condition. This may lead to challenges maintaining physical intimacy.¹⁵⁻¹⁸ These problems often lead to depression and anxiety that may lower your desire for sex.¹⁸

Why this may happen

High blood sugar may sometimes damage blood vessels and nerves found in the genitals. For men, this may lead to erectile dysfunction. This means they may no longer have or keep an erection.¹⁷ Women with diabetes may experience pain during intercourse because of vaginal dryness.¹⁸

Your Role:

Be honest with your healthcare team about any intimacy problems you may be having and your feelings. If you are thinking of having a baby, start working with your healthcare team before you become pregnant. It is very important that you work closely with your healthcare team to maintain your health and your baby's.¹⁹

DIABETES AND YOUR BODY

Nerves, Legs, and Feet

Diabetes has been associated with a type of nerve damage known as neuropathy.²⁰ There are different types of neuropathy. A very common one that may affect your feet is peripheral neuropathy.^{20,21} Another potential concern that happens with diabetes is known as peripheral arterial disease (also called PAD). This affects your legs but may also raise your risk of heart attack and stroke.²² PAD is estimated to affect as many as 33% of people with diabetes over the age of 50.²²

Why this may happen

Over time, high blood sugar causes abnormal nerve function leading to nerve damage (neuropathy), especially in your legs.^{20,21} Neuropathy may hurt, or it may also lower your ability to feel pain, heat, and cold.²¹ PAD happens when blood vessels in the leg are narrowed or blocked by fatty deposits that hinder the blood flow to your legs and feet.²² PAD may also lead to leg pain, numbness, and tingling. In addition, it may result in sores or infections on your feet or legs that do not heal normally.²²



Your Role:

Work with your healthcare team to keep your blood sugar and blood pressure within a healthy range. Remember to always wear protective footwear and wash and check your bare feet every day for red spots, cuts, swelling, and blisters. You can also take steps to keep the blood flowing to your feet during the day. Put your feet up when you sit down and try not to keep your legs crossed for long periods of time.²³ If you smoke, consider quitting.

DIABETES AND YOUR BODY

Skin

As many as 33% of patients with diabetes will have a skin problem caused or affected by diabetes at some point.²⁴ Sometimes, skin problems are even the first sign of diabetes.²⁴ These include bacterial and fungal infections and itching. Other diabetes-related skin conditions may happen. These include diabetic dermopathy (often mistaken for age spots); diabetic blisters; and tight, thick, waxy skin on the back of the hands and sometimes the toes and forehead.²⁵

Why this may happen

People with diabetes tend to have dry skin and are easier targets for harmful bacteria. Both of these problems raise the risk of infection.²⁴



Your Role:

In addition to working with your healthcare team to manage your diabetes, you can practice good skin care by keeping your skin clean and dry. Also avoid very hot showers and baths, and treat any cuts right away. You may also want to ask your healthcare team about seeing a skin doctor (dermatologist).²⁴

DIABETES AND YOUR BODY

Total Body Health Concerns— Managing Depression and Stress

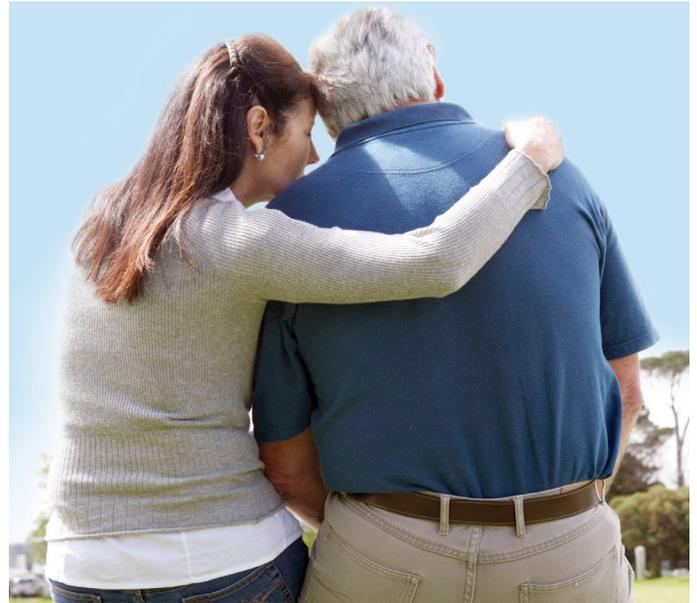
It's important to remember that other factors, such as depression and stress, can impact your health.^{26,27} People with diabetes are at a greater risk for depression, and poor diabetes control may often cause symptoms that are mistaken for depression.²⁶

Stress may impact your health since it may cause your body to try and make more stored energy (glucose and fat) available.²⁷ For people with diabetes, the sugar created by stress can be harder for the body to process.²⁷

Why this may happen

You may be feeling alone or set apart from your friends and family because you are stressed about your daily diabetes management.²⁶ Depression can become a bad pattern that impacts good diabetes care.²⁶

Depression may reduce your energy level, making you feel overwhelmed by regular blood sugar testing.²⁶ Depression may also cause you to feel anxious, making it harder to keep up with a good diet.²⁶



Your Role:

It's perfectly normal to feel down sometimes. But, if you feel a sadness that does not go away remember that you aren't the only one who cares about your health.

If you feel as though things that used to bring you pleasure no longer matter, feel unmotivated, have little energy, or feel sad for more than 2 weeks, it's important to reach out.²⁶ Often, long-term sources of stress are linked to mental concerns rather than physical ones.²⁷ Be open and honest with your healthcare team about your feelings. They can help you find ways to lower your stress level while still focusing on staying healthy.²⁷

Managing your diabetes may be a team effort, but you are the most important member of the team!

STAYING IN CONTROL



Taking Your Medications²⁸

By following your medication treatment plan, you may be able to help manage your diabetes and the other health problems that may occur if your blood sugar stays too high. If you need help remembering to take your medication:

- Keep a list of all your medications, both prescription and over the counter
- Track your medications throughout the day (you can also use a pillbox)
- Talk to your healthcare team about any issues you may have with your medications

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