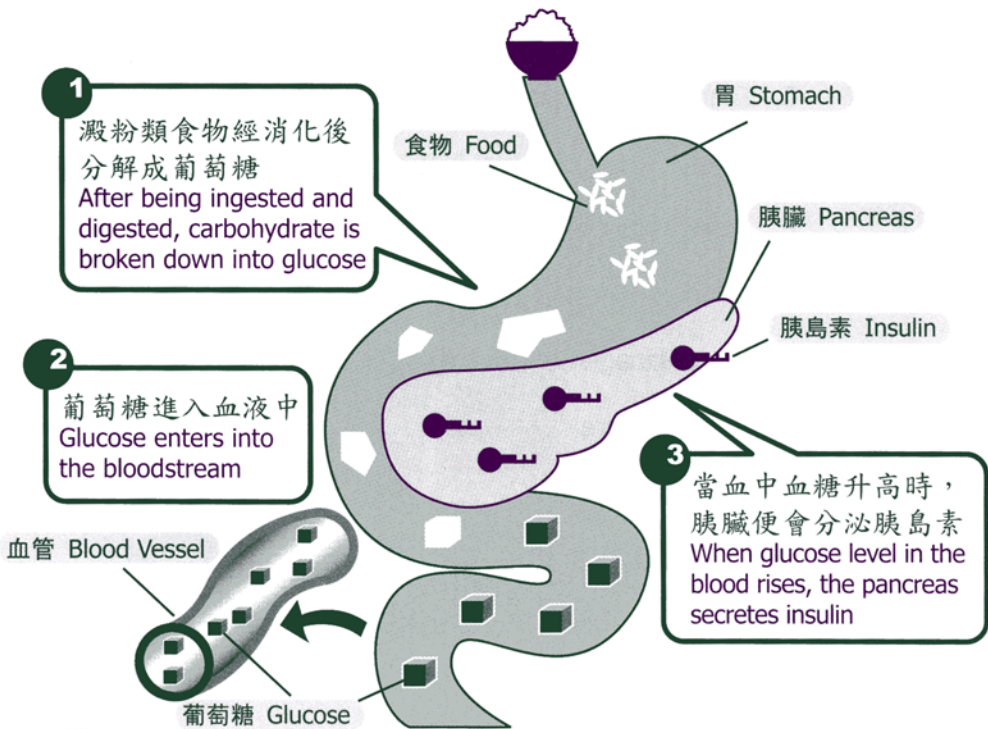


1. 甚麼是糖尿病？

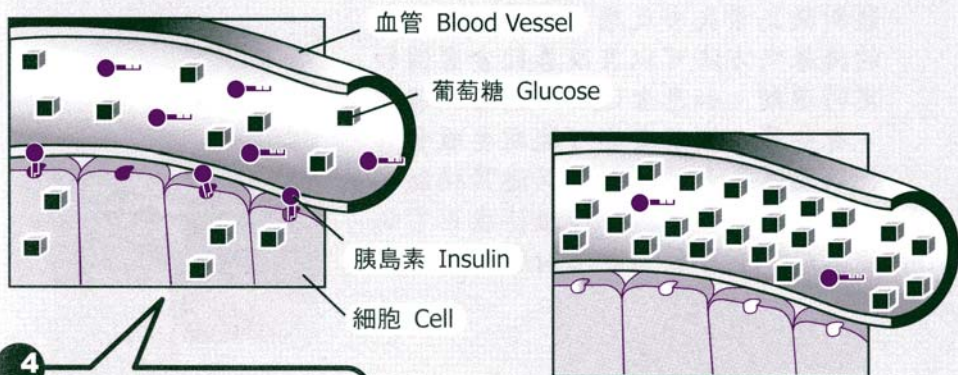
糖尿病是指身體不能正常地吸收食物中的糖和澱粉質(碳水化合物)的一種疾病。澱粉類食物被消化後分解成葡萄糖。人體利用葡萄糖作為能源。進食後，血液內糖份增高，胰臟便會分泌一種激素稱為胰島素。胰島素的功用是使葡萄糖能被細胞吸收，從而產生人體所需能源。糖尿病患者因胰臟不能產生適量的胰島素或胰島素失去其正常的功能，因此糖份便會在患者的血液內積聚起來，引起“血糖過高症”。當血糖過高時，尿液中便會出現糖份。



What is Diabetes?

I. What is Diabetes?

Diabetes is a condition in which your body is unable to properly use the sugars and starches (carbohydrates) that you eat. When food is digested, much of it is turned into GLUCOSE, a form of sugar that the body uses for fuel. The pancreas, a gland near the stomach, produces a hormone called INSULIN, which helps the glucose enter the cells to produce energy. When you have diabetes, your body does not make enough insulin or the insulin produced does not function properly. As a result, glucose cannot get into the cells and begins to accumulate in the bloodstream leading to a condition known as "HYPERGLYCEMIA" or high blood sugar. When the level of glucose becomes too high, it spills into the urine.



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胰島素的功用好比一條打通到細胞的鑰匙，使葡萄糖能被細胞吸收，從而產生能源
Insulin acts like a key to let glucose into the cells to produce energy

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當你患有糖尿病時，胰臟分泌極少量或不能再分泌胰島素，又或體內細胞對胰島素失去反應，因此導致血糖上升
When you have diabetes, the pancreas makes little or no insulin or the cells do not respond to the insulin produced, resulting in a build-up of glucose in the blood.