



The prevention and healthcare of Diabetes mellitus 類似消渴症(糖尿病)的預防與保健(英文)

Diabetes mellitus is the dysfunction of glucose metabolism which can trigger a series of complications like hyperlipidemia, cardiovascular disease, chronic renal failure, retinal damage, and nerve damage. Diabetes mellitus treatment aims to decrease blood sugar and lipid level, relief discomfort, improve blood circulation and metabolic dysfunction, lower HbA1c level, and control blood pressure.

Lifestyle factors may improve the risk profile of most chronic complications.

1. Drink warm water: patients should drink a large quantity of water to reduce the condensed blood level in them; if patients chronically drink icy-cold water, they will suffer from gastrointestinal dysfunction.
2. Chew food slowly: eating too fast increases gastrointestinal burden and causes dysfunction of insulin secretion which can trigger imbalance of blood sugar level.
3. Avoid barbecued, fried, and over-cooked foods: the aforementioned cooking methods bring lots of burden to your body and it contains high calorie. When glucose metabolism is disturbed, it increases fire qi in your body and it becomes hard to control your blood sugar level. Therefore, stewing, boiling, and steaming your food are highly recommended.
4. Avoid alcohol and starch-rich foods: alcohol will cause liver and pancreas inflammation and interfere the metabolism of glucose; therefore, patients should avoid starch-rich foods that can elevate serum sugar level.
5. Keep a good habit of regular exercise: work on exercises such as jogging and walking 3 times a week and at least 30 minutes per time. If

you want to control your blood sugar level and avoid complications, you should have a healthy and balanced life-style with good diet habits; and most importantly, don' t forget to return to the hospital for regular follow-ups.

若有任何疑問，請不吝與我們聯絡
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