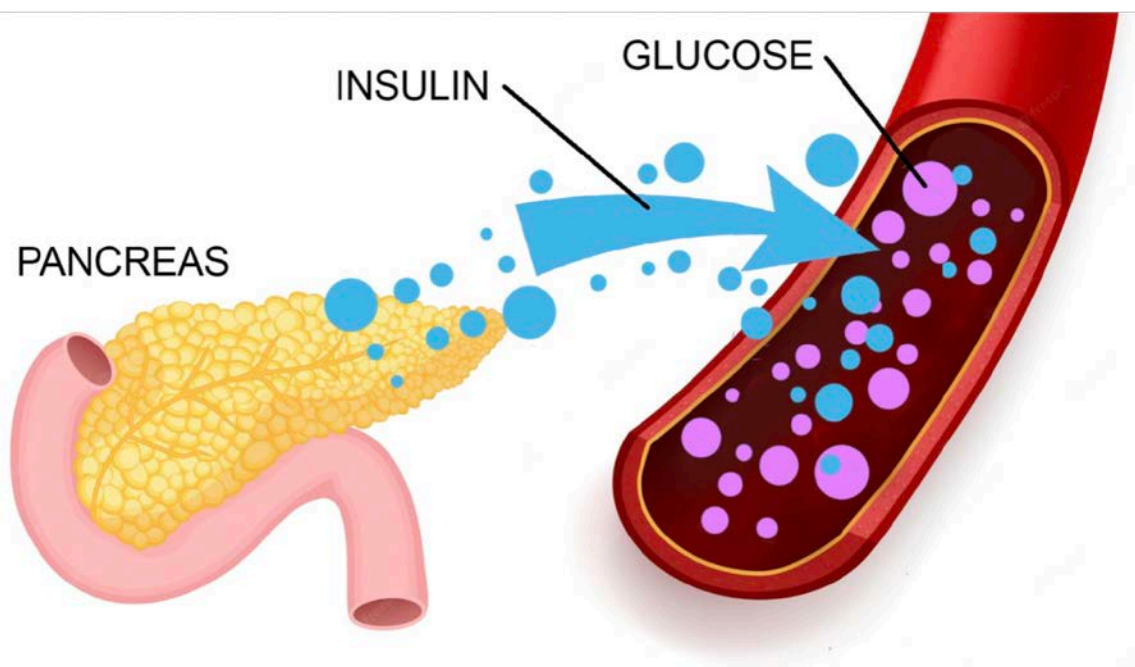


## Understanding Diabetes Mellitus

### What is diabetes?

Diabetes is a condition in which the blood glucose (sugar) level is higher than normal.

The food we eat is converted into a kind of sugar called glucose before it is absorbed into our bloodstream. The hormone insulin, which is produced by the pancreas, is required to move the glucose from the bloodstream and bring it into the body so that it may be used as energy. People with diabetes are unable to fully use the glucose in their bloodstream. This is because the hormone insulin is lacking in the body or it is not working properly. Long-term uncontrolled diabetes can harm several organs, including the heart, kidneys, eyes, blood vessels, and nerves.



### Types of diabetes

There are two main types of diabetes:

- Type 1 diabetes – where the pancreas stops making insulin
- Type 2 diabetes – where the pancreas does not produce enough insulin or insulin is not working properly

## Signs and symptoms of diabetes

If you have any of the following symptoms, consult a doctor for a diabetes test.



Some people with diabetes may not have any symptoms at all.

## Screening for diabetes

If you are 40 years of age or older or have any of the risk factors listed below, you should consider getting screened for diabetes:

- Parents or siblings who have diabetes mellitus
- Being overweight or obese
- High risk racial or ethnic group (In Singapore, Indians have the highest prevalence of diabetes compared to Chinese and Malay)
- Mothers who have given birth to a child weighing more than 4 kg
- History of gestational diabetes mellitus
- Have other chronic diseases such as high blood pressure, heart disease, or polycystic ovarian disease

## Living with diabetes

There are many people living long and healthy with well controlled diabetes. Please consult your healthcare providers regularly to review your diabetes control.

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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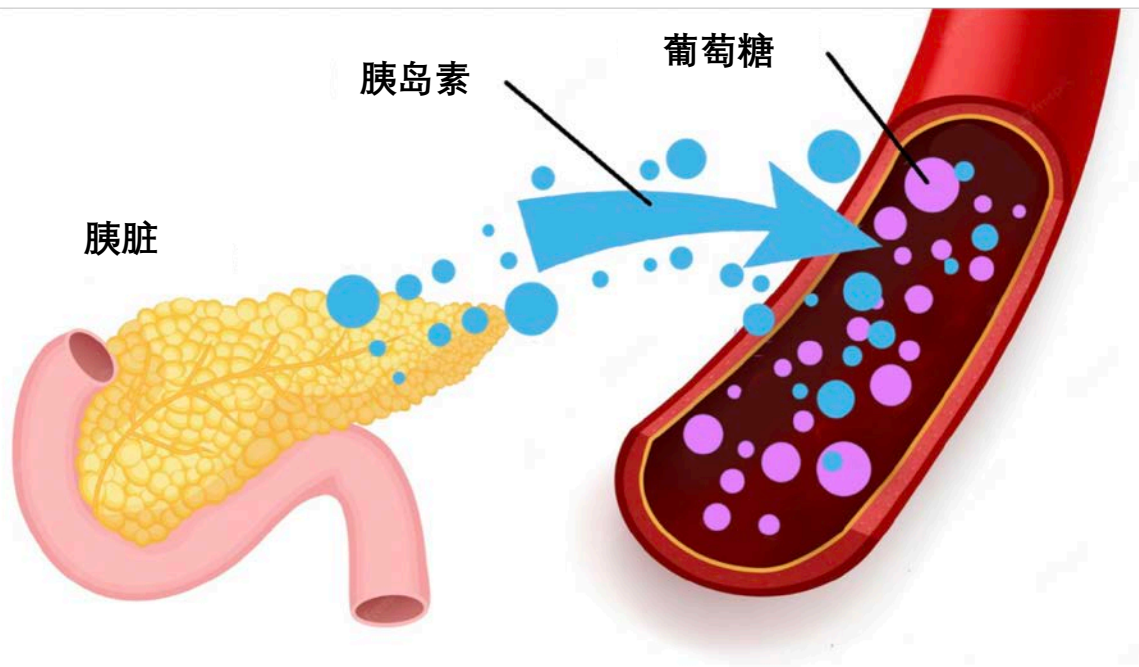
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## 了解糖尿病

### 糖尿病是什么？

糖尿病是一种血糖超出正常水平的疾病。

食物中的淀粉会分解成葡萄糖，然后输送到血管中，形成血糖。由胰脏分泌的胰岛素会将多余的血糖带离血管，转化成身体所需的能量。糖尿病患者因无法分泌胰岛素或是所分泌的胰岛素功能不正常，导致不能充分利用血糖。糖尿病长期失控会对心脏、肾脏、眼睛、血管、神经线等身体部位造成伤害。



### 糖尿病的类型

糖尿病的两大大主要类型包括：

- 一型糖尿病，即胰脏停止分泌胰岛素
- 二型糖尿病，即胰脏无法分泌充足的胰岛素或是胰岛素功能不正常

## 糖尿病的症状

如果您有以下的任何症状，请尽早咨询医生进行糖尿病检测。



经常疲劳



皮肤痒



经常口渴



体重突然下降



频尿



视力模糊



食欲大增

有些糖尿病患者可能不会出现任何症状。

## 糖尿病检测

如果您已年过四十或是有任何以下的风险因素，那就应该考虑进行糖尿病检测。糖尿病的风险因素包括：

- 父母或是兄弟姐妹当中，有人患有糖尿病
- 身型超重或是肥胖
- 属于高风险民族（比起华人和马来人，新加坡的印度人更容易患上糖尿病）
- 曾经生下出生体重超过四公斤的婴儿
- 有过妊娠糖尿病的病历
- 患有其他慢性疾病比如高血压、心脏病、多囊卵巢综合症等

## 与糖尿病共存

大部分拥有良好控制水平的糖尿病患者都能维持长久且健康的生活。请确保您有按时复诊并且咨询医生以便糖尿病能维持在良好的控制范围。

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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