

## II. 糖尿病の種類

### 第一型糖尿病

一型患者通常發病於童年或青年期間。因患者胰臟所產生的胰島素極少，或完全缺乏，所以必須注射胰島素以補不足。控制第一型糖尿病的方法包括：

- 每日注射胰島素
- 遵照控制糖尿病飲食的原則以改善飲食習慣
- 定時運動

### 第二型糖尿病

二型患者是因胰臟分泌少量胰島素或細胞對胰島素產生抗拒作用。二型糖尿病是一種最為普遍的糖尿病，任何人都有可能患上。患者需改善生活方式及使用藥物來控制。如患者肥胖，應控制體重。



### 妊娠糖尿病

這類糖尿病發病於懷孕期間。病症通常會在產後消失，但有些患者也可能在日後患上第二型糖尿病。患者需改善生活方式及使用藥物來控制。

## II. Types of Diabetes

### Type 1 diabetes

People with type 1 diabetes make very little or no insulin. This type of diabetes usually starts in childhood or adolescence but may occur at any age. Type 1 diabetes can be managed by daily insulin injections, a diabetes meal plan and regular exercise.

### Type 2 diabetes

People with type 2 diabetes make some insulin but not enough, or the cells fail to respond to the insulin produced. Anyone can develop type 2 diabetes, the most common form of diabetes. This type of diabetes can be controlled by lifestyle changes and diabetes medications. If you are overweight or obese, losing weight can improve your body's ability to use insulin.

### Gestational diabetes

This type of diabetes appears during pregnancy and usually disappears following delivery. However, women with gestational diabetes may develop type 2 diabetes later on in life. Gestational diabetes can be controlled by lifestyle changes and diabetes medications.