

VIII. 低血糖症及高血糖症

	* 低血糖症	高血糖症
成因:	<ul style="list-style-type: none"> • 注射過量胰島素 • 服食過多糖尿丸 • 食物攝入量不足 • 少吃一餐或飲食不定時 • 運動過量但攝食不足 • 過量飲酒 	<ul style="list-style-type: none"> • 胰島素不足 • 攝入過量食物 • 生病 • 精神壓力 • 攝水量不足
症狀:	<ul style="list-style-type: none"> • 饑餓 • 發抖及虛弱 • 出汗 • 頭痛 • 神志昏亂 • 心跳快促 • 暈眩 	<ul style="list-style-type: none"> • 常感饑餓 • 長期口渴 • 小便頻繁 • 皮膚痕癢 • 疲憊 • 體重下降 • 視力模糊 • 足部有刺痛或麻木感 • 傷口癒合緩慢

* 低血糖：血糖度數少於或等於 70mg/dl
 有些病患者可能在血糖度數高於 70mg/dl 時，也會有低血糖的症狀反應。可能的話，在接受治療之前最好用血糖測試機檢驗血糖的度數。

VIII. Low Blood Sugar and High Blood Sugar

	* LOW BLOOD SUGAR (Hypoglycemia)	HIGH BLOOD SUGAR (Hyperglycemia)
CAUSES:	<ul style="list-style-type: none"> • Too much insulin • Too many diabetes pills • Too little food • Skipping or delayed meals • Too much exercise without enough food • Too much alcohol 	<ul style="list-style-type: none"> • Not enough insulin • Too much food • Illness • Emotional stress • Not enough fluids
SYMPTOMS:	<ul style="list-style-type: none"> • Hunger • Shakiness or weakness • Sweatiness • Headache • Confusion • Rapid heartbeat • Dizziness 	<ul style="list-style-type: none"> • Frequent hunger • Frequent thirst • Frequent urination • Itchy skin • Fatigue • Weight loss • Blurred vision • Tingling or numbness in feet • Slow healing wounds

* Low blood sugar = blood glucose level less than or equal to 70mg/dl
 Some people may experience low blood sugar symptoms at higher levels. Whenever possible, check blood sugar level with glucose meter before giving treatment.

治療:

* 低血糖症

- 服食葡萄糖片劑 (3至4片) 或膠 (Glucose tablets or gel), 或硬糖, 又或飲約4安士的果汁或普通汽水。等15分鐘, 並重新檢查你的血糖。如果血糖仍然是低, 或你的症狀沒有消失, 需重複治療。當你感覺好些時, 進食一些食物如麵包, 餅乾, 飯或水果。
- 若病者已昏迷, 不應給與食物或飲料。應請家中受過訓練的親人給您注射 (Glugacon) 針以促進肝臟輸放葡萄糖。
- 如情形依然無改善, 即與醫生聯繫或打911求救。

高血糖症

- 服食醫生開的糖尿丸或注射胰島素
- 遵從糖尿病飲食規則
- 控制體重
- 運動
- 若血糖指數經常超過300mg/dl, 請馬上與你的醫生聯絡。

* 低血糖: 血糖度數少於或等於 70mg/dl
有些病患者可能在血糖度數高於 70mg/dl 時, 也會有低血糖的症狀反應。可能的話, 在接受治療之前最好用血糖測試機檢驗血糖的度數。

TREATMENT:

* LOW BLOOD SUGAR
(Hypoglycemia)

- Take glucose tablets/gel (3-4) or hard candies or drink 4 oz. juice or regular soda. Wait 15 minutes and recheck your blood sugar. If it is still low or your symptoms do not go away, repeat the treatment. When you feel better, eat some food such as bread, crackers, rice or fruit.
- If unconscious, do not give food or drink. Have a trained family member give a GLUCAGON shot to stimulate release of glucose from the liver.
- If no improvement, call your doctor or 911.

HIGH BLOOD SUGAR
(Hyperglycemia)

- Take diabetes pills or insulin as prescribed
- Follow a diabetes diet
- Weight control
- Exercise
- Seek medical attention immediately if blood sugar is consistently over 300mg/dl

* Low blood sugar = blood glucose level less than or equal to 70mg/dl
Some people may experience low blood sugar symptoms at higher levels. Whenever possible, check blood sugar level with glucose meter before giving treatment.