

XIII. 糖尿病的測檢，檢查及防疫注射

請遵循醫生的建議，定期檢查身體，檢驗血液和尿液以及早發現身體的毛病，避免病情惡化。

| 血/尿檢查 | 目的 | 次數 |
|-------------|-------------|----------------------------------|
| 血糖血紅素 (A1C) | 觀察長期的血糖控制情況 | 每 3-6 個月 |
| 膽固醇 | 早期發現心臟病 | 每年 |
| 微量尿蛋白 | 早期發現腎病 | 每年 |
| 測檢 | | |
| 血壓 | 早期發現高血壓 | 每次看醫生時 |
| 眼睛 | 早期發現眼睛毛病 | 每年 |
| 足部 | 早期發現足部問題 | 每次看醫生時 |
| 牙齒 | 早期發現牙齒問題 | 一年兩次 |
| 防疫注射 | | |
| 流感針 | 預防流感 | 每年 |
| 肺炎針 | 預防肺炎 | 65 歲之前一次 (65 歲或以上再 注射一至兩次) |

XIII. Recommended Tests, Exams and Immunizations for Diabetes

Follow your doctor's advice, get regular medical checkups, and blood and urine tests to detect health problems before they become serious.

| Blood/Urine tests | Purpose | Frequency |
|----------------------|---------------------------------------|---|
| Hemoglobin A1C | To monitor long term glucose control | every 3-6 months |
| Cholesterol | For early detection of heart disease | yearly |
| Urine microalbumin | For early detection of kidney disease | yearly |
| Exams | | |
| Blood Pressure | To detect high blood pressure | at each visit |
| Eye | To detect eye problems | yearly |
| Foot | To detect foot problems | at each visit |
| Dental | To detect dental problems | twice a year |
| Immunizations | | |
| Flu shot | To protect against the flu | yearly |
| Pneumonia shot | To protect against pneumonia | once before age 65 (1 to 2 more doses at age 65 or older) |