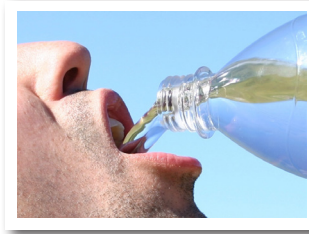


IV. 糖尿病症狀

糖尿病症狀因人而異。有些患者可能沒有任何症狀。最普遍症狀包括有以下幾種：

- 體重下降
- 容易疲倦
- 常感口渴
- 食慾增加
- 頻尿及尿量增加
- 傷口痊癒緩慢
- 視力減低
- 皮膚發癢
- 足部感到刺痛或麻木



V. 罹患糖尿病的因素

- 家族史
- 缺乏運動
- 肥胖
- 高血壓
- 高血脂
- 好膽固醇 (HDL) 過低
- 孕期糖尿
- 年齡 (通常 45 歲或以上人士容易患此症)
- 亞裔，非洲裔，美國印第安人，西班牙裔及太平洋島國人仕

IV. Symptoms of Diabetes

Symptoms vary from person to person. Some may have no symptoms at all. The most common are:

- Rapid weight loss
- Fatigue
- Increased thirst and urination
- Frequent hunger
- Blurred vision
- Slow healing wounds
- Tingling or numbness in feet
- Itchy skin

V. Risk Factors for Development of Diabetes

- Family history
- Physical inactivity
- Obesity
- High blood pressure
- High triglycerides (blood fats)
- Low HDL (good) cholesterol
- History of diabetes during pregnancy
- Age (usually affects people age 45 and older)
- Persons of the following descent: Asian American, African American, Native American, Hispanic American, and Pacific Islander

