

VI. 未能控制糖尿病所引起之併發症

1. 糖尿病性昏迷或酮酸中毒

這病情是由於血糖過高，以致血液內的酮酸成份積聚引起。酮酸其實是身體分解脂肪時產生的一種物質，若體內積存過多，將引起昏迷甚至死亡。酮酸中毒症狀包括噁心、嘔吐、胃部抽搐、經常口渴、呼吸時很費力及呼氣帶果酸味等。控制血糖可以預防酮酸中毒。

2. 感染

糖尿病患者比較容易受到口腔、泌尿系統、陰道、腳部及皮膚感染。

3. 糖尿病性神經系統疾病

神經系統受損會引發一連串不同的病狀。例如失去性功能、四肢刺痛或失去知覺、肌肉衰弱、腸胃功能失調等。

4. 循環系統及心臟血管併發症

糖尿病患者較容易出現血管硬化，因而增加患上心臟病及中風的機會。除此以外，血液循環功能減退亦會令足部肌肉壞死，並可能需要動手術把壞死部份切除。

5. 糖尿病性視網膜病

糖尿病會導致眼部血管脆弱、受損，使視力模糊甚至永久失明。

6. 腎衰竭

由於糖尿病患者的血液積存過多糖份，導致腎臟內的微細血管受到破壞；時間越久，腎臟功能亦會因而受損。

VI. Complications of Uncontrolled Diabetes

1. Diabetic Coma or Ketoacidosis

This condition is a result of accumulation of ketones in the blood due to very high blood glucose levels. Signs of ketoacidosis are nausea, vomiting, stomach cramps, deep and labored breathing, intense thirst, and fruity smelling breath. Ketones are the by-products of fat breakdown, and excessive levels can lead to coma and death. Ketoacidosis can be prevented by keeping blood glucose levels under control.

2. Infections

Diabetes increases chances of infections of the mouth, urinary tract, vagina, foot, and skin.

3. Diabetic Neuropathy

Nerve damage can cause a variety of symptoms such as sexual impotence, tingling or loss of sensation in the hands and feet, muscle weakness, and problems with digestion.

4. Circulatory and Cardiovascular Complications

People with diabetes have an increased risk for heart disease and stroke. Decreased circulation to the limbs may lead to gangrene in the toes and feet, resulting in amputation.

5. Diabetic Retinopathy

Weakened or damaged blood vessels in the eye can cause blurry vision and blindness.

6. Kidney Failure

High blood sugar levels may damage the tiny blood vessels in the kidneys. Over time, kidney damage can occur.