



什麼是2型糖尿病？

What is type 2 diabetes?

2型糖尿病是一種嚴重的疾病，患者血液中會帶有過多的葡萄糖(一種類型的糖分)。

Type 2 diabetes is a serious condition where there is too much glucose (a type of sugar) in the blood.

2型糖尿病的癥狀

Symptoms of type 2 diabetes

- 非常口渴
- *Being very thirsty*
- 尿頻量多
- *Urinating often and in large amounts*
- 感覺虛弱和疲憊
- *Feeling weak and tired*
- 視力模糊
- *Blurred vision*
- 皮膚感染
- *Skin infections*
- 傷口愈合緩慢
- *Slow healing wounds*

有可能沒有任何癥狀

There may not be any symptoms

糖尿病是很嚴重的疾病

Diabetes is serious

2型糖尿病可導致神經損傷、心臟病發作、中風、失明或是腎功能受損。

Type 2 diabetes can lead to nerve damage, heart attack, stroke, blindness or kidney damage.

2型糖尿病無法治愈，但可以通過一種健康的生活方式和定期健康檢查來進行治療控制。

Type 2 diabetes cannot be cured but can be managed with a healthy lifestyle and regular health checks.

請去您的醫生處就診，查詢您是否可能有或存在得2型糖尿病的風險。

See your doctor to ask whether you may have or are at risk of type 2 diabetes.

2型糖尿病是可以預防的

Type 2 diabetes can be prevented

1

增加您每天的體育活動。
目標要達到每天至少運動30分鐘。

*Increase your daily physical activity.
Aim for at least 30 minutes each day.*



2

多吃高纖維食物（多食蔬菜、水果、全谷物和豆類）。

Eat foods high in fibre (more vegetables, fruit, whole grains and legumes).



3

少吃不健康的飽和脂肪，換成攝入少量的健康脂肪。

Eat less unhealthy saturated fat, swap to small amounts of healthy fats.

5種方法可以降低您患2型糖尿病的風險

5 ways you can reduce your risk of type 2 diabetes



4

保持健康體重。
Be a healthy weight.



5

不吸煙
Not smoking

Quitline
13 7848



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