

高血糖

High Blood Sugar

High blood sugar means having too much sugar, also called glucose, in the blood. High blood sugar is also called hyperglycemia. The body's cells need blood sugar. A normal blood sugar level is 70 to 100. A blood sugar level above 140 is too high. You may not feel any signs of high blood sugar but damage may be happening to your body. Over time, high blood sugar can damage the eyes, kidneys, blood vessels, heart, nerves and feet.

Causes

High blood sugar can happen with diabetes. When you have diabetes, your body does not make enough insulin or is not able to use the body's insulin as it should. The right amount of insulin is needed to let the sugar that is in your blood go into your cells. Without insulin, blood sugar will rise and cause high blood sugar, or hyperglycemia. High blood sugar can get worse because of:

- Stress
- Infection or illness
- Certain medicines such as steroids
- Pregnancy

The most common reasons for high blood sugar in people with diabetes are:

- Not taking enough insulin or diabetes pills
- Missed, skipped or late diabetes medicine
- Eating too much food
- Eating foods high in sugar or carbohydrates

高血糖指血液中有過多的糖（亦稱葡萄糖）。高血糖亦稱為高血糖症（Hyperglycemia），人體細胞需要血糖。正常血糖水平是 70-100。血糖水平超過 140 即為過高。雖然您可能感覺不到任何高血糖症狀，但仍可能對您的身體造成傷害。經年累月，高血糖會損害眼睛、腎臟、血管、心臟、神經、雙腳等等。

原因

糖尿病會引發高血糖。當您患有糖尿病時，身體無法製造足夠的胰島素，或者無法正常利用身體內的胰島素。所需的適量胰島素可讓細胞吸收體內的糖份。沒有胰島素，血糖會升高並導致高血糖，或稱高血糖症（Hyperglycemia）。高血糖會因為下列情況愈發嚴重：

- 壓力
- 感染或生病
- 服用類固醇等藥物
- 懷孕

糖尿病患者血糖高的最常見原因：

- 未使用足量的胰島素或糖尿病藥片
- 未服用、漏服或延遲服用糖尿病藥劑
- 攝取過多食物
- 攝取高糖食物或碳水化合物含量高的食物

Signs

High blood sugar affects people differently. Some people have no warning signs. High blood sugar may happen slowly over time.

You may have one or more signs of high blood sugar. Family members may notice these signs before you do.

- Extreme thirst
- Urinate often
- Increased hunger
- Blurred vision
- Weight loss or gain
- Feeling tired or sleepy
- Feeling moody or grumpy
- Slow healing of wounds
- Numbness in feet or hands
- Vaginal itching or infections
- Impotence
- Skin itching
- Skin infections such as boils

Your Care

See your doctor if you have signs of high blood sugar. Talk to your doctor about the cause of your high blood sugar. You may need to take medicine to control your blood sugar, or you may need to change how you eat and exercise.

If you have diabetes, control high blood sugar by following your diabetes treatment plan:

- Follow your meal plan.
- Take your insulin and pills as directed.
- Test your blood sugar often and keep a record of the results.
- Follow your activity or exercise routine.

症狀

高血糖對人的影響各有不同，有些人完全察覺不到任何警示症狀。高血糖可能隨時間而漸漸形成。

您可能會有一或多種高血糖症狀。家人可能比您先發現下列症狀。

- 異常口渴
- 頻尿
- 飢餓感增加
- 視力模糊
- 體重減輕或增加
- 感到疲倦或困乏
- 喜怒無常或暴躁
- 傷口癒合緩慢
- 手腳發麻
- 陰道瘙癢或受到感染
- 陽痿
- 皮膚搔癢
- 皮膚感染，如癰子

醫療護理

發現有高血糖症狀時，請找醫生診斷。和醫生探討您的高血糖原因。您可能需要服藥控制血糖，或改變飲食與運動習慣。

如果您患有糖尿病，請遵照糖尿病治療計劃來控制高血糖：

- 依照用餐計劃。
- 依照指示注射胰島素或服藥。
- 經常測試血糖並記錄結果。
- 依照您的活動或運動習慣。

- Contact your doctor if you see patterns of high blood sugar.
- Follow your sick day plan if you are ill.
- 若發現任何高血糖症狀，請諮詢醫生意見。
- 生病時，請遵守病休日計劃。

If not treated, high blood sugar could lead to coma or even death.

高血糖若未治療，可能會引發昏迷甚至死亡。

Talk to your doctor, nurse or diabetes educator if you have any questions or concerns.

若有任何問題或擔憂，請諮詢醫生、護士或糖尿病指導員。