

我的糖尿病

Me and my diabetes



我是_____，_____歲時確診_____型糖尿病，從此
糖尿病便每天跟著我，從不缺席。

I'm _____, and I've had Type _____ diabetes since
I was _____. **Diabetes is with me 24/7 - I never get a break.**

糖尿病有不同類型：

一型糖尿病是自體免疫性疾病

二型糖尿病是由基因、生活習慣等等的因素而產生。

Differences in diabetes:

Type 1 diabetes (T1D) cannot be prevented and is an autoimmune disease.

Type 2 diabetes (T2D) is caused by genetics, lifestyle and many unknown factors.



因為我的胰臟不能產生足夠的胰島素去將食物裡的碳水化合物變成能量，我需要注射胰島素或者使用胰島素泵（一型）或藥物（二型）去幫助我。

My pancreas cannot produce the **insulin** my body needs to turn the carbohydrates from the food I eat into energy, so I have to **take insulin injections or wear an insulin pump** (for T1D), or take medication (for T2D).

我需要經常量血糖，尤其在飯前或運動前，所以我會拮手指用血糖機檢測血糖或配戴連續血糖監察儀。如果你看見了，請不要感到害怕。

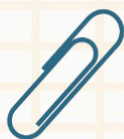
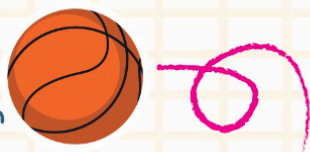
I have to **check my blood glucose levels** multiple times a day, especially before meals and sports activities, either with a finger prick test or by wearing a continuous glucose monitor. If you see it, please don't be afraid.



進食前，只要我預先量好血糖和計算好注射胰島素的份量，我都可以和其他同學吃一樣的食物。

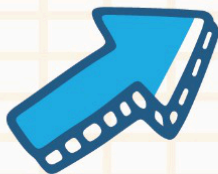
During meals, I can eat anything my classmates eat. I just need to plan ahead, check my blood glucose and adjust my insulin dose accordingly.

我也可以參加學校的**運動課**和戶外活動。
I can join **physical activity** and participate in school events like field trips.



當我的**血糖過高或過低**時，我可能會覺得不舒服或者表現得不一樣，休息後我亦需要一些額外的時間去完成活動。
When my **blood glucose is too high or too low**, I sometimes don't feel well or behave differently. I may need some extra time to complete tasks/activities after I feel better.

當我**高血糖**時，我可能會常常飲水或者去廁所，我亦可能會變得難以集中精神。
When I'm having **high blood glucose**, I will probably need to use the toilet or drink water more often. It may even cause me to have a difficult time concentrating.



當我**低血糖**時，我需要立刻進食速效葡萄糖或零食，否則我會暈倒，可以十分危險。
When I'm having **low blood glucose**, this can be dangerous! I will need to eat fast-acting glucose or snacks immediately, otherwise I might faint.



我不希望因為糖尿病而被其他人認為我「不一樣」。
I don't want to be treated or seen as being "different" because I have diabetes.

謝謝你的支持和諒解，你是我管理糖尿病團隊中十分重要的成員。
Thank you for your support and understanding! You're an important part of my diabetes management team.



Youth Diabetes Action
兒童糖尿協會

☎ (852) 25443263
✉ support@yda.org.hk
🌐 www.yda.org.hk

📘 youthdiabetesactionhk
📷 yda_hk
📺 Youth Diabetes Action
🌐 Youth Diabetes Action

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