



什么是2型糖尿病？

What is type 2 diabetes?

2型糖尿病是一种严重的疾病，患者血液中会带有过多的葡萄糖(一种类型的糖分)。

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

2型糖尿病的症状

Symptoms of type 2 diabetes

- 非常口渴
- *Being very thirsty*
- 尿频量多
- *Urinating often and in large amounts*
- 感觉虚弱和疲惫
- *Feeling weak and tired*
- 视力模糊
- *Blurred vision*
- 皮肤感染
- *Skin infections*
- 伤口愈合缓慢
- *Slow healing wounds*

有可能没有任何症状

There may not be any symptoms

糖尿病是很严重的疾病

Diabetes is serious

2型糖尿病可导致神经损伤、心脏病发作、中风、失明或是肾功能受损。

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

2型糖尿病无法治愈，但可以通过一种健康的生活方式和定期健康检查来进行治疗控制。

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

请去您的医生处就诊，查询您是否可能有或存在得2型糖尿病的风险。

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

2型糖尿病是可以预防的

Type 2 diabetes can be prevented

1

增加您每天的体育活动。
目标要达到每天至少运动30分钟。
*Increase your daily physical activity.
Aim for at least 30 minutes each day.*



2

多吃高纤维食物 (多食蔬菜、水果、全谷物和豆类)
Eat foods high in fibre (more vegetables, fruit, whole grains and legumes).



3

少吃不健康的饱和脂肪, 换成摄入少量的健康脂肪。
Eat less unhealthy saturated fat, swap to small amounts of healthy fats.

5种方法可以降低您患2型糖尿病的风险

5 ways you can reduce your risk of type 2 diabetes

4

保持健康体重。
Be a healthy weight.



5

不吸烟
Not smoking



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