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## What is a hyperglycemic crisis?

The starchy foods we consume cannot be effectively utilized when our body lacks sufficient insulin, and this causes the concentration of blood sugar to reach excessive levels. Two types of situations may occur under this condition. First, if the body does not make enough insulin, the body's fat will be broken down, thus forming a chemical substance called ketone and causing ketoacidosis. Second, if the blood sugar concentration is over 600 mg/dl, or even greater than 1000 mg/dl, and the person is unconscious, yet the examination does not demonstrate ketones, this clinical condition is termed "hyperosmolar hyperglycemic syndrome" or "HHS". These two different situations both constitute hyperglycemic crises, and are both life-threatening if treatment is not provided in a timely fashion.

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## 什麼是高血糖急症？

當體內缺乏足夠的胰島素時，我們所攝取的醣類無法被有效利用，導致血中葡萄糖濃度過高，此時會有兩種情況發生，第一種：若胰島素分泌不足，體內的脂肪會被分解，形成酮體，而造成『酮酸中毒』；第二種：若血糖值高於600 mg/dl甚至超過1000 mg/dl，而且產生意識不清，但檢驗沒有出現酮體，則稱為『高滲透壓高血糖症』。這兩種情況都屬於高血糖急症，若不儘快處理，則會造成生命威脅。



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## Why do hyperglycemic crises occur?

1. The person does not yet know that he or she has diabetes.
2. The person with diabetes has stopped taking hypoglycemic drugs or failed to inject insulin on his or her own.
3. The person with diabetes has been eating and drinking excessively, and has an excessively high caloric intake.
4. The person with diabetes does not exercise regularly.
5. The person with diabetes encounter problems, such as infection, cold, inflammation, stroke, heart attack , or inflammation of pancreas.
6. The person with diabetes has undergone major operation or had an external injury.
7. The person with diabetes is undergoing mood swings or excessive stress; women with diabetes are menstruating.
8. The person with diabetes has taken steroids or water pills.

## 發生高血糖急症的原因?

1. 不知道自己得糖尿病。
2. 自行停用降血糖藥物或未注射胰島素。
3. 飲食過量、暴飲暴食，熱量攝取太多。
4. 沒有規律運動。
5. 合併其他疾病，如感染、感冒、發炎、中風、心肌梗塞、胰臟炎等。
6. 重大手術或外傷。
7. 情緒不穩或壓力太大、女性月經期間。
8. 服用類固醇、利尿劑等藥物。

## What are the possible symptoms of hyperglycemia?

1. More frequent eating, urination, thirst, and weight loss.
2. Dehydration, sunken eye sockets, blurred vision, warm and dry skin.
3. Poor appetite and general weakness.
4. Nausea, vomiting, and abdominal pain.
5. Rapid pulse, and low blood pressure upon arising.
6. In the case of persons with ketoacidosis, deep, rapid breathing, and the person's breath has fruits odor ; persons having HHS may enter a non-ketotic coma and may have deep, slow breathing.
7. Mental confusion, delirium, and even coma.



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## 高血糖可能有那些症狀？

1. 多吃、多尿、口渴、體重減輕。
2. 脫水、眼眶凹陷、視力模糊、皮膚溫熱乾燥。
3. 厭食、軟弱無力。
4. 噁心、嘔吐、腹痛。
5. 心跳快速、姿勢性低血壓。
6. 酮酸中毒者，呼吸深而快、呼氣帶有丙酮水果味；高滲透壓高血糖急症為非酮酸性昏迷者，呼吸則深而緩。
7. 神智不清、意識障礙、甚至昏迷。



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## What should you do if you think you are having a hyperglycemic crisis?

1. You can quickly check your blood sugar if you have a blood sugar monitor at home.
2. If your blood sugar exceeds 250 mg/dl, avoid strenuous exercise; get plenty of rest and drink plenty of water.
3. Stay in close touch with your doctor or health educator; promptly seek medical care if above symptoms occur.

## 懷疑有高血糖急症時如何處理?

1. 家中如果有血糖機，可立即檢測血糖。
2. 血糖超過250 mg/dl，不可以做激烈運動，多休息、多補充水分。
3. 與醫師、衛教師密切聯繫，立即就醫。

## How can a hyperglycemic crisis be prevented?

1. Take medications or inject insulin in accordance with your doctor's instructions; don't stop taking medications on your own.
2. Stick to your diet plan; eat regular portions of food at regular times and avoid binge eating.
3. Regularly monitor your blood sugar.
4. Get in the habit of regular exercise.
5. Receive timely clinic follow-ups.
6. Be alert for the symptoms of hyperglycemia; immediately seek medical attention if you experience nausea, vomiting, or fever.

## 要如何預防高血糖急症？

按醫囑服藥或注射胰島素，不可任意停藥。



遵守飲食計劃、定時定量，勿暴飲暴食。



定期監測血糖。



養成規律的運動習慣。



按時回醫院複診。



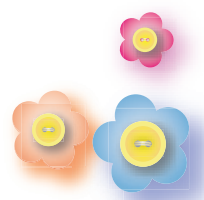
對於高血糖的症狀，應提高警覺，

如有噁心，嘔吐或發燒情況時，應立即就醫治療。





# Memorandum



敬祝您  
身體健康 平安吉祥

Wish you  
Healthy & Peaceful

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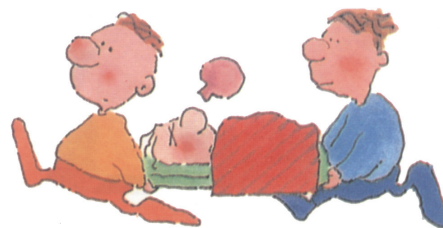
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佛教大林慈濟醫院  
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# 糖尿病與我—— 高血糖急症

Living with Diabetes  
- Hyperglycemic  
Crisis



中英文