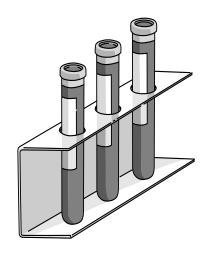
糖尿病管理入門

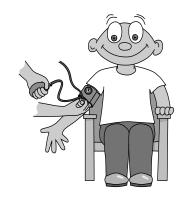
檢驗Alc、血壓及膽固醇

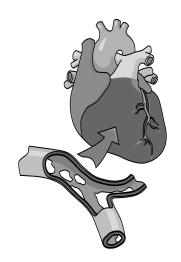


Alc = 糖化血色素, Glycohemoglobin (驗血)可以報告 2-3 個月當中血糖含量平均值。美國糖尿病協會推薦 Alc 標準低於 7%。

血壓

高壓(收縮)與低壓(舒張)可以看出動脈壁內血液的力量。美國糖尿病協會推薦血壓標準低於 130/80 mm/Hg。





膽固醇 = 脂質檢驗,脂蛋白(驗血) 美國糖尿病協會建議膽固醇標準低於 200 mg/dl, LDL (低密度脂蛋白)低於 100 mg/dl, HDL (高密度脂蛋白) 男性高於 40 mg/dl, 女性高於 50 mg/dl, 三酸甘油脂低於 150 mg/dl。



Chinese - ABC's of Diabetes Management

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