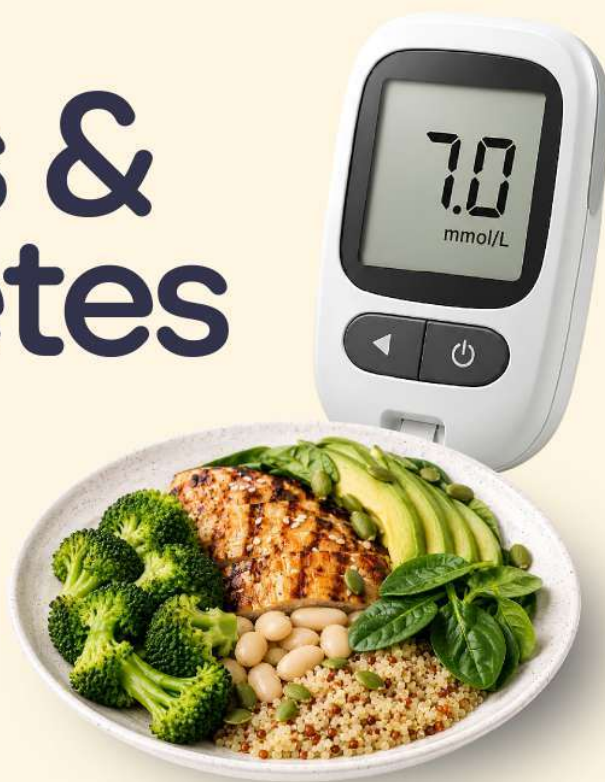


Diabetes & Prediabetes at a Glance

Understanding your risk.
Taking charge of your health.

糖尿病与糖尿病前期速览
了解风险，掌控健康



What Happens After You Eat?

Every meal sets off a process inside your body to turn food into energy.

进食后会发生什么？

每一餐都会在体内启动一个将食物转化为能量的过程。

In a Healthy Body 在健康的身体



In Diabetes 在糖尿病患者的身体



Key Takeaway 关键点

- **Healthy body:** Insulin helps glucose enter the cells, where it is used for energy.
- **Diabetes:** Whether due to little or no insulin (Type 1) or insulin resistance (Type 2), less glucose enters the cells, causing glucose to build up in the bloodstream and blood sugar levels to remain high.

- **健康身体：**胰岛素帮助葡萄糖进入细胞，转化为能量。
- **糖尿病：**无论是由于胰岛素分泌不足或完全缺乏（一型），还是胰岛素抵抗（二型），葡萄糖无法有效进入细胞而滞留在血液中，导致血糖升高。

What Happens Over Time? 长期后果?

When blood sugar remains high for a long period, it can gradually damage blood vessels and nerves. This can increase the risk of complications affecting:
长期高血糖会损伤血管和神经，增加以下并发症的风险：



Turn to *Protect Your Future Health* on page 21
where we discuss this in more detail.
详情见《保护未来健康》(第21页)。



• Types of Diabetes 糖尿病类型 •

2 Type Diabetes 二型糖尿病

- The most common type
- The body does not use insulin effectively (insulin resistance) and/or does not produce enough insulin
- Often develops gradually
- Influenced by lifestyle and other health factors
- 最常见类型
- 身体无法有效利用胰岛素（胰岛素抵抗）和/或胰岛素分泌不足
- 通常逐渐发展
- 多与生活方式及其他健康因素相关

1 Type Diabetes 一型糖尿病

- Autoimmune condition where the body attacks insulin-producing cells
- Body produces little or no insulin
- Requires lifelong insulin treatment
- 自身免疫攻击破坏胰岛细胞
- 身体几乎不产生或完全不产生胰岛素。
- 需要终身接受胰岛素注射

Gestational Diabetes 妊娠期糖尿病

- Develops during pregnancy
- Usually resolves after childbirth
- Increases the risk of Type 2 diabetes later in life
- 发生在怀孕期间
- 通常在分娩后自行恢复
- 显著增加日后患二型糖尿病的风险

Prediabetes Is a Chance to Act Early

糖尿病前期：及早行动的关键窗口

What is prediabetes?

Prediabetes means your blood sugar is higher than normal, but not yet high enough to be diagnosed as Type 2 diabetes.

Why does it matter?

Many people with prediabetes feel completely well and may not notice any symptoms. However, prediabetes is a sign that your body may already have difficulty managing blood sugar. Without changes, it can progress to Type 2 diabetes.

什么是糖尿病前期？

糖尿病前期是指您的血糖水平高于正常范围，但未达糖尿病诊断标准。

为什么这很重要？

许多糖尿病前期患者感觉完全健康，可能没有任何明显症状。然而，糖尿病前期意味着您的身体可能已经开始出现血糖调控障碍；若不干预，病情可能发展为二型糖尿病。



Prediabetes is a warning sign, not a life sentence. Early lifestyle changes can help delay or prevent Type 2 diabetes.

糖尿病前期不是判决，而是机会：科学的生活方式干预可显著延缓或预防二型糖尿病。

Diabetes by the Numbers

糖尿病关键数据一览

590 million
adults worldwide are living
with **diabetes**

5.9 亿 成年人
患有 **糖尿病**

About 
1 in 5 adults
in Malaysia has diabetes
马来西亚：约**1/5**成年人患有糖尿病



About 
1 in 9 adults
in Singapore has diabetes
新加坡：约**1/9**成年人患有糖尿病



Statistics sourced from the International Diabetes Federation (IDF) Diabetes Atlas, 11th Edition (2025).
数据来源：IDF《糖尿病地图集》第11版，2025

Could Diabetes Be in Your Future?

Your risk may be higher if you:

- ☐ Are aged 40 years or older
- ☐ Have a family history of diabetes
- ☐ Carry excess weight, especially around the waist
- ☐ Are physically inactive
- ☐ Have high blood pressure
- ☐ Have unhealthy cholesterol levels
- ☐ Had gestational diabetes during pregnancy
- ☐ Have a history of prediabetes

Conditions such as **polycystic ovary syndrome (PCOS)** may also increase diabetes risk because they are linked with insulin resistance.

您患糖尿病的风险更高吗？

如果您有以下情况，患病风险可能更高：

- ☐ 年龄在40岁或以上
- ☐ 家族有糖尿病史
- ☐ 体重超标，尤其是腰围过大
- ☐ 缺乏运动
- ☐ 高血压
- ☐ 血脂水平异常
- ☐ 曾患妊娠期糖尿病
- ☐ 有糖尿病前期病史

多囊卵巢综合征等疾病也可能增加患糖尿病的风险，因为它们与胰岛素抵抗有关。

Know Your Health Numbers 必须关注的健康指标

Managing diabetes is not only about blood sugar. These health checks provide a clearer picture of your diabetes risk and overall health.

管理糖尿病不仅仅是控制血糖。这些健康检查能更全面地反映您的糖尿病风险和整体健康状况。

Health Check 健康检查	What It Tells You 告诉您什么
Fasting Blood Glucose 空腹血糖	Your blood sugar level after fasting overnight. 隔夜禁食后血糖水平
HbA1c 糖化血红蛋白	Your average blood sugar level over the past 2–3 months. 近2–3个月平均血糖值
Blood Pressure 血压	Your heart and blood vessel health. High blood pressure often occurs together with diabetes and increases the risk of diabetes-related complications. 糖尿病常伴高血压，加剧心肾风险
Cholesterol 胆固醇	Unhealthy cholesterol levels can increase the risk of heart disease, which is higher in people with diabetes. 异常者心血管病风险倍增
Waist Circumference 腰围	Excess fat around the waist is linked to insulin resistance and higher risk of Type 2 diabetes. 反映内脏脂肪与胰岛素抵抗程度

What do your numbers really mean? **Turn to Know Your Numbers – Understanding Blood Sugar (Page 8)** to understand your blood sugar readings and what they tell you about your

阅《了解您的血糖数值——认识血糖》（第8页），以理解血糖检测结果及其对健康的提示。

Know the Warning Signs 警惕这些信号

Diabetes symptoms may develop gradually, and some people may have no noticeable symptoms. This is why regular health screening is important, especially if you have risk factors.

糖尿病症状可能悄然出现，有些人甚至没有明显症状。因此，定期进行健康筛查尤为重要，特别是当你存在相关风险因素时。



Increased thirst
口渴



Frequent urination
尿频加重



Blurred vision
视力模糊



Feeling tired or lacking energy
乏力、精神不振



Slow-healing cuts or wounds
伤口或切口愈合缓慢



Unexplained weight loss
(more common in Type 1 diabetes)
不明原因体重下降
(在一型糖尿病中更常见)



The Good News 好消息

Type 2 diabetes risk can often be reduced through healthy eating, regular physical activity, maintaining a healthy weight and regular health screening. Small changes made today can make a lasting difference to your future health.

二型糖尿病大多可防可控：均衡饮食、规律运动、保持健康体重、定期筛查——今天一个小改变，就是未来健康的最大保障。

Know Your Numbers

Understanding
Blood Sugar

了解您的血糖数值
认识血糖

You've had your health screening and received your blood sugar results. But what do the numbers actually mean? Your blood sugar results are more than numbers on a report. They show how your body is managing glucose and help you understand whether your levels are within the healthy range or need closer attention.

您已完成健康检查，拿到了血糖结果。但这些数字到底说明什么？它们不只是报告上的数据，而是反映身体处理葡萄糖能力的关键指标，帮您判断血糖是否在健康范围，或需及时干预。



2 Numbers You Should Know 个核心指标

Fasting Blood Glucose (FBG) 空腹血糖

FASTING
SNAPSHOT
空腹检测

This test measures your blood sugar after fasting for at least 8 hours. It shows how well your body manages blood sugar after an overnight fast.

禁食8小时后的即时血糖值，体现身体对血糖的基础调控能力。

HbA1c 糖化血红蛋白

2-3
MONTH
OVERVIEW
2-3个月
概览

HbA1c reflects your average blood sugar over the past 2-3 months. Unlike a single blood sugar reading, it provides a longer-term picture of your blood sugar control.

过去2-3个月的平均血糖水平，反映长期的血糖控制状况。

Together, these two tests give a clearer understanding of your blood sugar health.

二者互补，能让您更全面地评估自己的血糖健康状况。

Understanding Your Results 检测结果解读

Fasting Blood Glucose (FBG) 空腹血糖

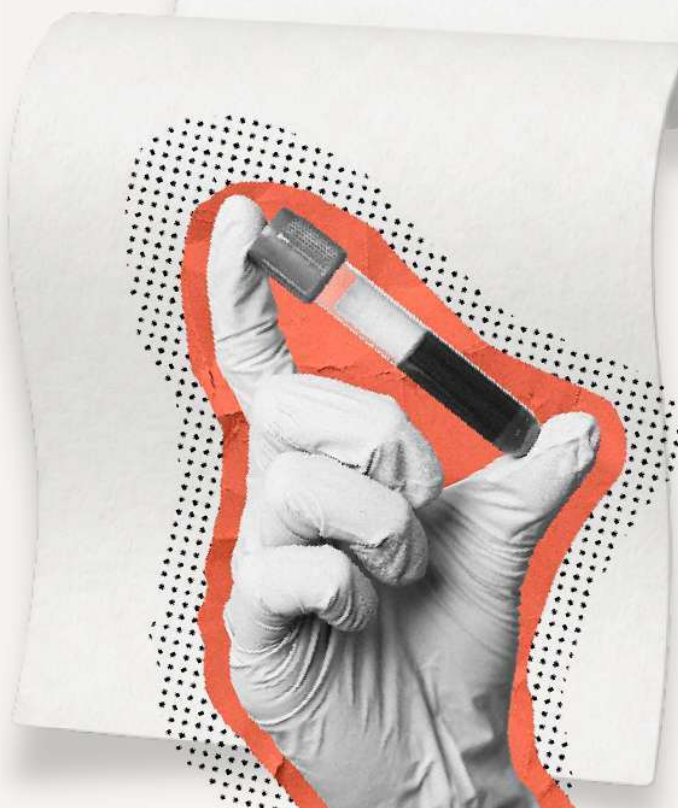
Result 结果	Below 低于 5.6 mmol/L	5.6-6.9 mmol/L	7.0 mmol/L or above 或以上*
What It Means 含义	Normal 正常	Prediabetes 糖尿病前期	Diabetes 糖尿病

HbA1c 糖化血红蛋白

Result 结果	Below 低于 5.7%	5.7-6.4%	6.5% or above 或以上*
What It Means 含义	Normal 正常	Prediabetes 糖尿病前期	Diabetes 糖尿病

**An abnormal result is usually confirmed with repeat testing unless diabetes symptoms are clearly present.*

*无典型症状时，异常结果需复测确认。





Before Your Fasting Blood Test 空腹抽血前的准备

A little preparation can help ensure your results are as accurate as possible.

适当的准备有助于确保检测结果尽可能准确。



Fast for 8–10 hours before your test (plain water is allowed).

禁食8至10小时（可饮用白开水）。



Drink enough plain water during your fasting period. Staying hydrated can make your veins easier to access, helping the blood collection process go smoother.

禁食期间请适量饮用白开水。保持水分充足有助于静脉更易穿刺，使采血过程更加顺利。



Avoid coffee, tea, soft drinks, fruit juice and alcohol during the fasting period.

禁食期间忌咖啡、茶、果汁、碳酸饮料、酒精。



One Reading Doesn't Tell the Whole Story

一次结果 ≠ 最终结论

Blood sugar levels naturally change throughout the day. Factors such as illness, stress, physical activity, certain medications, and even poor sleep may influence your results. That is why your healthcare provider looks at your overall health, medical history and, if needed, repeat test results before making a diagnosis or recommending treatment.

血糖水平在一天中会自然波动。感染、压力、运动、药物或睡眠不足等因素都可能影响检测结果。因此，医生会在做出诊断或建议治疗前，结合您的整体健康、病史及必要时重复检测，综合判断。

Blood Sugar 血糖问题解答



Q: I feel fine. Do I still need blood sugar screening?

A: Yes. Many people with prediabetes or Type 2 diabetes have no obvious symptoms. Regular screening helps detect changes early.

Q: Can prediabetes be reversed?

A: For many people, blood sugar levels can improve through healthy lifestyle changes. Early action may delay or prevent progression to Type 2 diabetes.

Q: Should I avoid carbohydrates if I have diabetes or prediabetes?

A: No. Choose high-fibre carbs, watch portion sizes, and pair them with protein and vegetables. See **Eat Smart, Not Less** (Page 12) for our plate method and meal order.

问：我感觉很好，没症状，还要查血糖吗？

答：要。多数糖尿病前期和早期二型糖尿病的患者没有明显症状，筛查是早发现的关键。

问：糖尿病前期能逆转吗？

答：能。通过健康的生活方式改变，血糖水平可以得到改善，阻断进展为二型糖尿病。

问：糖尿病或糖尿病前期要戒碳水吗？

答：不用戒。选高纤维碳水，控制份量，并搭配蛋白质和蔬菜。有关餐盘法和进餐顺序详见《吃得聪明，非少吃》（第12页）。

If Your Numbers Are Higher Than Normal 如果数值高于正常水平

Seeing a higher reading can be worrying, but it is important not to jump to conclusions.

If your results fall in the **prediabetes** range, lifestyle changes such as eating well, being physically active, maintaining a healthy weight and getting enough sleep can often improve blood sugar levels and may help delay or prevent Type 2 diabetes.

数值偏高？先别焦虑。

若处于**糖尿病前期**，积极调整生活方式即可改善：均衡饮食、规律运动、保持健康体重、保证优质睡眠等等。这些措施能有效延缓甚至预防2型糖尿病。

Your Numbers Are a Starting Point 您的数值，是行动的起点



Your blood sugar results are one part of the bigger picture. Understanding your results is the first step towards better health. In the following articles, discover how food choices, muscle strength, and quality sleep can help support healthier blood sugar levels.

血糖结果只是健康拼图中的一块。读懂它，是您主动管理健康的开始。在接下来的文章中，我们将聚焦三大支柱：怎么吃、如何增肌、为何睡好——它们共同支撑更稳定的血糖水平。