

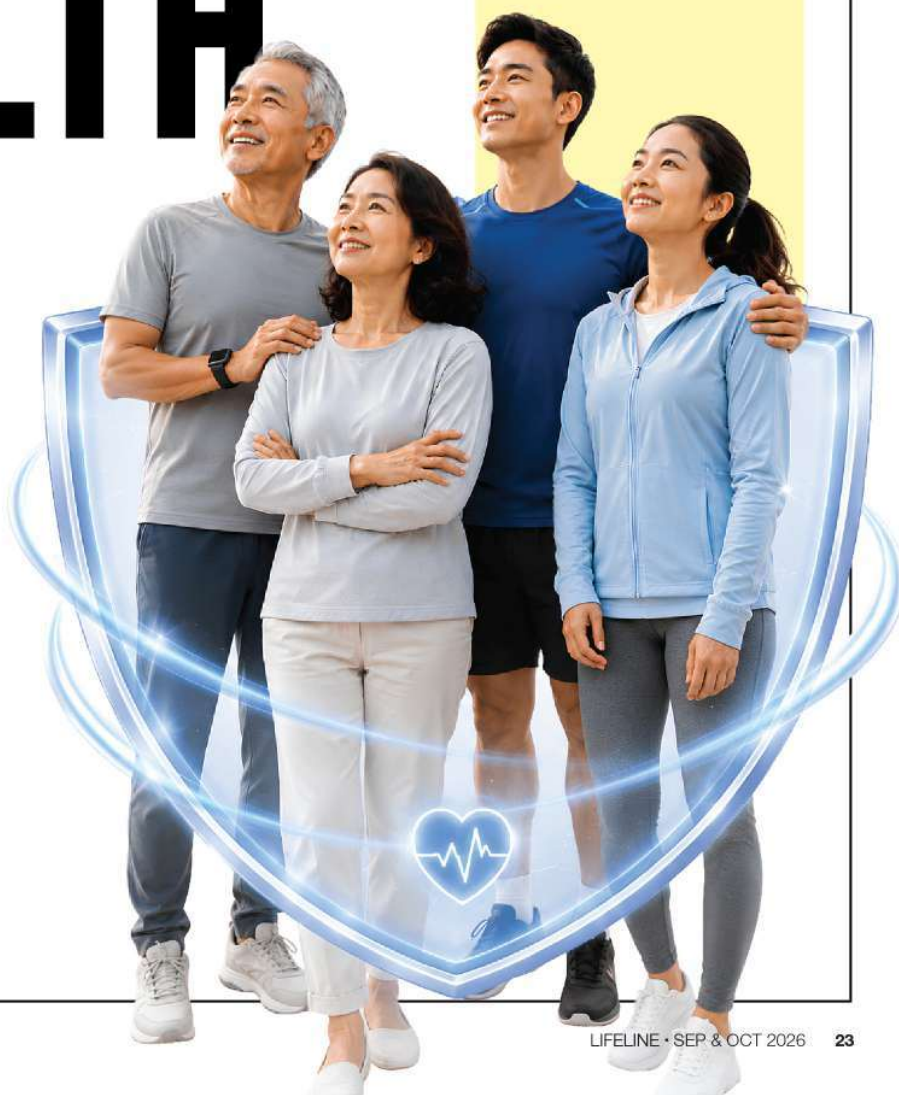
PROTECT YOUR 守护您的 FUTURE 未来健康 HEALTH

*Understanding
the
long-term
impact of blood
sugar and how
you can take
positive
action*

了解高血糖影响，
立即行动

When blood sugar remains high over time, it can quietly affect many parts of the body, often without causing noticeable symptoms in the early stages. The good news is that understanding these risks early gives you the opportunity to make informed choices that can help protect your long-term health through healthy lifestyle habits and the right support.

当血糖长期偏高时，它可能会悄然影响身体的多个部位，而早期往往不会出现明显症状。好消息是，及早了解这些风险，就能通过健康习惯和适当的支持来保护长期健康。



How High Blood Sugar Affects the Body Over Time

高血糖如何伤害身体?

The underlying driver of Type 2 diabetes is chronic inflammation, which is further aggravated by persistently high blood sugar and elevated insulin levels.

Over time, this ongoing inflammation can damage blood vessels, causing them to become stiffer and more prone to narrowing or blockage. As a result, the risk of heart attacks, strokes, and other serious cardiovascular complications increases. Cardiovascular disease remains the leading cause of serious health complications in people living with diabetes.

Keeping chronic inflammation under control through balanced nutrition and healthy lifestyle choices is an important part of supporting healthy blood vessels and promoting long-term wellbeing.

In rare but serious cases, persistently high blood sugar can also lead to medical emergencies such as diabetic ketoacidosis (DKA), which is more common in Type 1 diabetes, or hyperosmolar hyperglycaemic state (HHS), which is more commonly associated with Type 2 diabetes. Both conditions require immediate medical attention. Consistent monitoring and healthy habits can help reduce the risk of these situations occurring.

二型糖尿病的根本原因是慢性炎症，而持续高血糖和高胰岛素水平会进一步加剧这种炎症。

炎症会损害血管，使其变硬、狭窄或堵塞，显著增加心梗、中风等心血管疾病风险。心血管问题仍是糖尿病患者首要致死原因。

通过均衡营养和健康的生活方式来控制慢性炎症，是维护血管健康、促进长期健康的关键。

极少数情况下，严重高血糖可能引发危及生命的急症：一型糖尿病更易出现糖尿病酮症酸中毒（DKA），二型糖尿病则需警惕高渗性高血糖状态（HHS）。这两种情况都需要紧急救治。坚持监测与健康生活，可大幅降低风险。

The Areas Most Commonly Affected 最易受损的身体部位

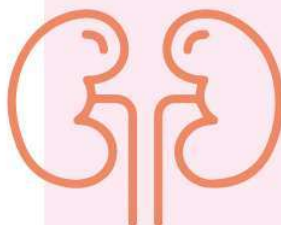


Heart & Blood Vessels

心脏与血管

Damage to blood vessels increases the risk of heart disease and stroke, the leading causes of serious complications associated with diabetes.

血管损伤会直接增加心梗、中风的风险，而这些都是与糖尿病相关的最主要严重并发症。

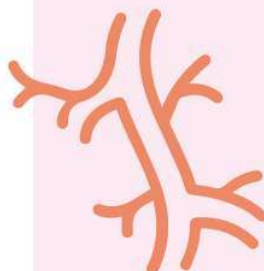


Kidneys

肾脏

Persistently high blood sugar can place extra strain on the kidneys over time, affecting their ability to filter waste effectively.

长期高血糖会对肾脏造成额外负担，削弱肾脏过滤废物的功能。



Nerves

神经

Prolonged high blood sugar may damage nerves, leading to tingling, numbness or reduced sensation, particularly in the hands and feet.

长期高血糖可能会损伤神经，导致手脚麻木、刺痛或感觉减退。



Eyes

眼睛

The delicate blood vessels in the eyes can be affected, increasing the risk of vision problems if left unaddressed.

视网膜微血管受损，威胁视力。



Feet

足部

Reduced sensation together with poorer circulation can make the feet more vulnerable to injuries, infections and slower healing.

感觉减退加上血液循环变差，会使双脚伤口难愈、感染风险升高。