

## 什么是糖尿病？

糖尿病会让人体无法控制血糖水平。血糖是人体血液中糖的含量。通常在吃饭后，血糖水平会升高。但糖尿病会让你的身体无法处理从糖分里转化来的能量，继而体内血糖会高的不正常。

## What is Diabetes?

Diabetes makes the body unable to control blood sugar levels properly. Blood sugar, the amount of sugar in the blood, is usually high after a meal. With diabetes, your body cannot process the energy consumed, and blood sugar remains abnormally high.

## 谁会得糖尿病？

90%的糖尿病患者得的是第二型糖尿病。第二型糖尿病的病发率一直在增加，特别是小孩。

以下人群可能更容易患糖尿病：

- 有家族糖尿病史/久坐不动/体重超标 高血压

## Who Gets Diabetes?

90% of people with diabetes have Type 2. Rates of Type 2 Diabetes have been increasing, especially in children.

Risk factors can include:

- family history of the disease/sedentary lifestyle/overweight/high blood pressure

## 化学物质的接触与糖尿病的关系

多项研究表明，接触有害的化学物质可以导致糖尿病。这些化学物质包括：杀虫剂和农药/酞酸酯(Phthalates)/酚甲烷(BPA)；这些化学物质大多在以下的产品里：



塑料瓶里



化妆品里



食物包装里

## Chemical Exposure & Diabetes

Many studies have shown that exposure to toxic chemicals can also lead to diabetes. These chemicals include: Pesticides/Phthalates/Bisphenol-A (BPA) Many of these are present in products such as:



Plastic Bottles



Cosmetics



Food Packaging

## 如何保护你的健康

定期检测你体内的化学物质

减少和以下东西的接触：

- 加工食品
- #3, #6, #7 塑料
- 纸质发票
- 香精
- 胶囊类维他命



## Ways to Protect Your Health

Test for chemicals inside your body

Avoid the following:

- Processed foods
- Plastics numbered 3,6,7
- Paper receipts
- The ingredient "fragrance"
- Capsule vitamins

