



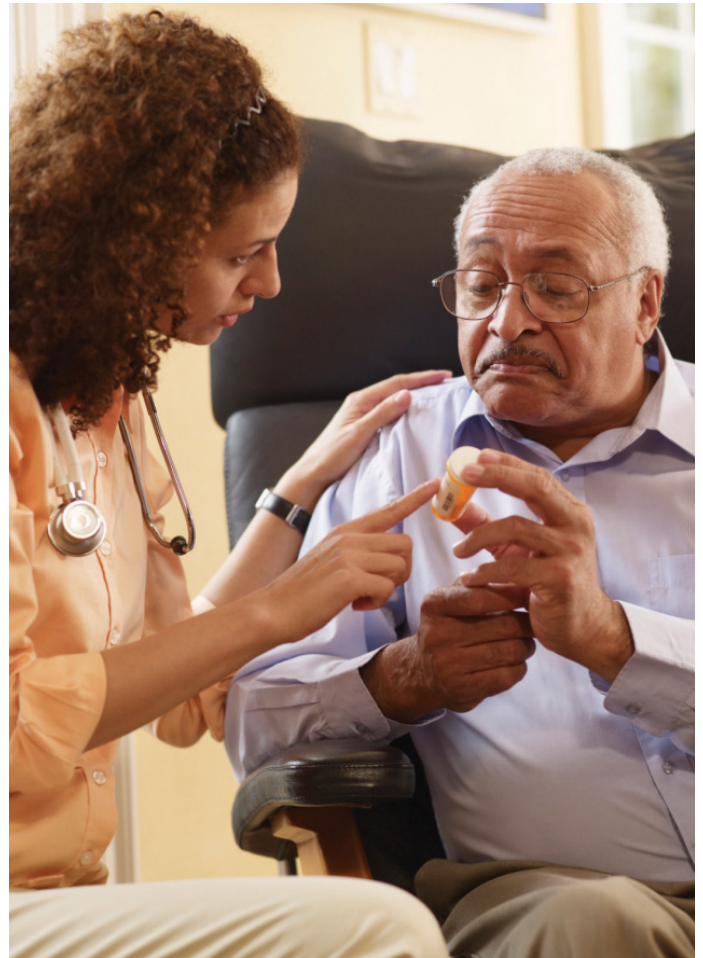
您的糖尿病醫療保健團隊 與您本人

支援您管理糖尿病患者的指南

您的糖尿病醫療保健團隊與您本人

您可能聽過這一說法「傾全村之力才能撫育一個孩子」。要在罹患糖尿病的情況下保持健康，團隊支援的想法非常正確。雖然您始終是醫療保健團隊的最核心成員，但您仍可從其他人身上尋求援助，以幫助您保持最佳健康。讓我們在接下來幾頁瞭解該團隊。

- 主治醫師或家庭醫師與員工
- 糖尿病衛教人員
- 註冊營養師
- 內分泌醫師
- 眼科醫師
- 足科醫師
- 牙醫
- 藥劑師
- 治療師
- 運動生理學家
- 個案經理
- 朋友和家人
- 您自己！



您的糖尿病醫療保健團隊與您本人

您的主治醫師或家庭醫師與員工

您和家人應該定期拜訪您的主治醫師或家庭醫師，以幫助管理您的糖尿病以及進行一般健康檢查。此人還可幫助您管理您可能罹患的其他病症。¹

您醫師的辦公室可能包含其他專業人員，如執業護士、註冊護士和醫師助理。這些醫療保健團隊成員也可幫助您管理糖尿病



他們如何幫助您保持健康

您的主治醫師通常是您解決糖尿病和健康問題要拜訪的第一人。您的主治醫師還可將您轉診介紹給專科醫師和其他醫療保健團隊成員，以實現特定健康目標。¹

糖尿病衛教人員

糖尿病衛教人員必須通過國家糖尿病教育考試。糖尿病衛教人員通常必須是糖尿病護理多個方面的專家和老師。這包括藥物和日常血糖檢測。糖尿病衛教人員還可幫助您瞭解可能的健康併發症及其避免方式。¹如有需要，您的家庭醫師或保險公司可將您轉診介紹給糖尿病衛教人員。

他們如何幫助您保持健康

您的糖尿病衛教人員可幫助您瞭解為永保健康而每天可採取的一些措施。他們還可幫助您瞭解如何檢查血糖及識別高、低血糖（葡萄糖）的症狀。他們還可幫助提供其他日常糖尿病管理祕訣。務必與糖尿病衛教人員協作，以準備好應對可影響您日常醫療保健的挑戰。

您的糖尿病醫療保健團隊與您本人



註冊營養師

註冊營養師是接受過合理營養培訓之人。註冊營養師已通過相關學科的全國性考試，可能擁有碩士學位，也可能是糖尿病衛教人員。如有需要，您的家庭醫師或保險公司會將您轉診介紹給註冊營養師。

他們如何幫助您保持健康

您的註冊營養師可基於您所需的重量、藥物、生活方式和其他健康目標幫助定製最佳營養計劃。¹

內分泌醫師

內分泌醫師是專門治療影響「內分泌系統」疾病（如糖尿病）的醫師。內分泌系統由產生可幫助控制身體工作方式之激素的腺組成。由於糖尿病是一種與身體如何產生及使用荷爾蒙胰島素相關的疾病，恰當的糖尿病護理在內分泌學專業的範圍內。¹⁻³

他們如何幫助您保持健康

如果您在控制糖尿病方面出現困難，您的家庭醫師可能會將您轉診介紹給內分泌醫師。達到目標很困難或併發症罹患風險較高的糖尿病患者應常常諮詢內分泌醫師。¹

您的糖尿病醫療保健團隊與您本人

眼科醫師

您會想要每年至少看一次眼科醫師。您的眼科醫師可為眼科專家或驗光師。其將檢查您的視力，並監測您的眼睛是否出現任何變化。¹

他們如何幫助您保持健康

由於糖尿病可能會損壞您眼睛中的微血管，所以務必到具有糖尿病眼疾經驗的眼科醫師處就診。^{1,4}您的眼科醫師經過培訓，可治療您的眼睛，或可將您轉診介紹給可提供進一步幫助的專科醫師。



足科醫師

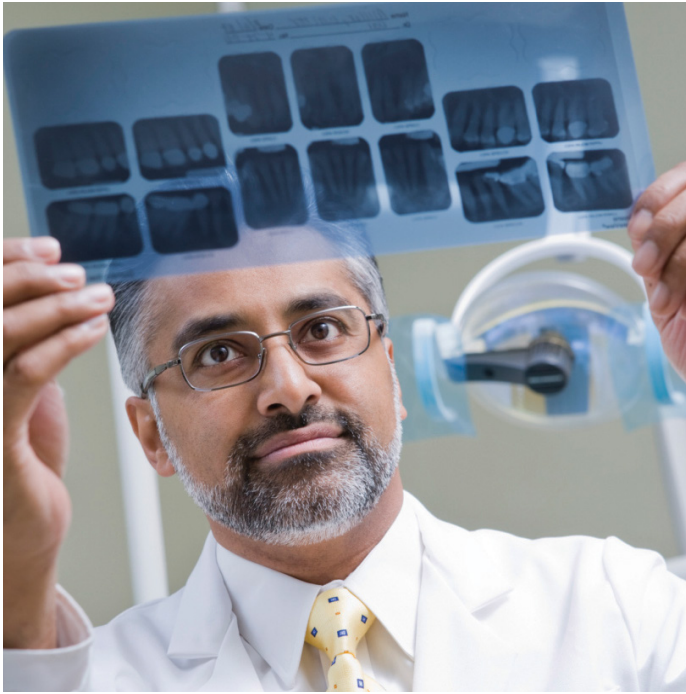
足科醫師是專長於診斷與治療足部和小腿問題的醫師。¹



他們如何幫助您保持健康

罹患糖尿病可能提高小腿和足部血流不暢和神經損傷的風險。這可能意味著，您更容易被感染。任何腳痛或厚繭應由主治醫師或足科醫師檢查。做為專科醫師，您的足科醫師可幫助識別任何併發症並幫助確保其不會變得更嚴重。¹

您的糖尿病醫療保健團隊與您本人



牙醫

牙醫是專長於牙齒和牙齦護理的醫師。務必每 6 個月看一次牙醫，以檢查並清潔您的牙齒。⁵

他們如何幫助您保持健康

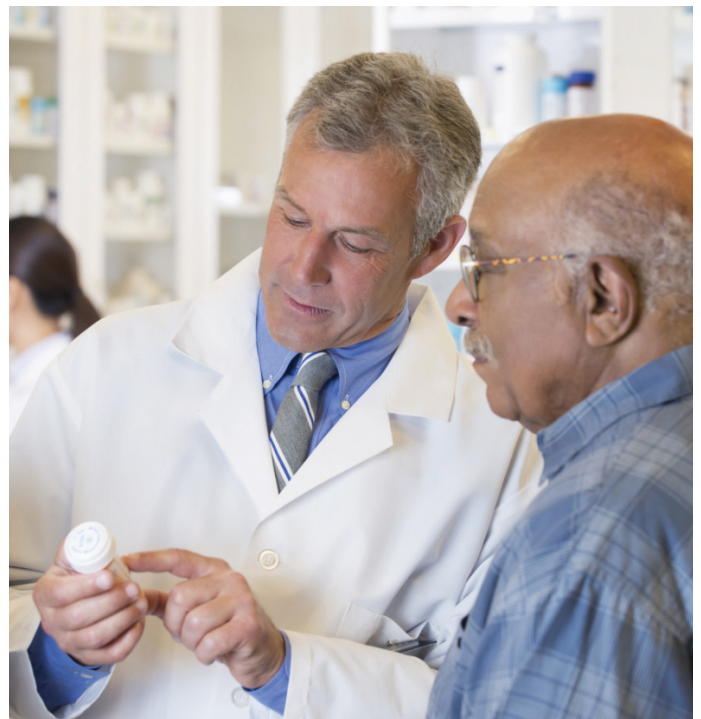
罹患糖尿病意味著您罹患牙齦疾病的風險提高。^{1,6}與牙醫密切合作可幫助確保您的口腔永保健康。

藥劑師

藥劑師負責配製您的醫師開具的藥物。他或她還可提供藥物如何發揮作用的更多資訊。藥劑師負責讓您知道您所服用藥物的任何可能副作用。¹

他們如何幫助您保持健康

藥劑師知道您的藥物可如何影響您的身體。這意味著，您的藥劑師可幫助您瞭解您可能服用的任何藥物將如何影響您的血糖水平。¹



您的糖尿病醫療保健團隊與您本人

治療師

有許多不同類型的人可視為治療師，包括社工、理醫師、精神科醫師、婚姻顧問或家庭治療師。所有治療師均牢記一個目標—幫您永保心理健康。¹

他們如何幫助您保持健康

治療師經過訓練，可幫助您克服糖尿病的個人和情緒問題。^{7,8}如果感到抑鬱或壓力，您的治療師可隨時為您提供建議。



運動生理學家

運動生理學家是接受過運動科學基本知識培訓之人。運動生理學家常常持有執照，接受過運動生理學的研究生訓練。運動生理學家可能獲得了美國運動醫學學院的認證。¹

他們如何幫助您保持健康

務必保持活躍並確保正確的飲食，以幫助管理糖尿病並永保健康。運動生理學家可幫助您找到合適的鍛鍊。這包括幫助您改善血糖和膽固醇水平、減輕壓力、改善整體健康水平的鍛鍊。記住，在開展任何鍛鍊計劃之前，務必諮詢您的主治醫師。¹



您的糖尿病醫療保健團隊與您本人



個案經理

個案經理可幫助您執行您的健康計劃。個案經理可與您的家庭醫師和其他糖尿病團隊成員（如糖尿病衛教人員、營養師或內分泌醫師）共同幫助規劃和協調您的醫療保健。⁹

他們如何幫助您保持健康

個案經理可幫助確保您獲取優質護理，以幫助您管理糖尿病和任何其他病症。個案經理可幫助您堅持藥物治療方案。這可能幫助您管理糖尿病和其他在血糖保持過高時可能出現的健康問題。⁹

朋友和家人

您的支援網絡不局限於醫療保健團隊成員。您還可以從朋友和家人身上尋求援助，以幫助您永保健康。

他們如何幫助您保持健康

您的朋友和家人可幫助您永保健康、充滿動力。¹⁰坦率談論您的糖尿病。看看他們是否可幫助您保持健康的生活方式，如和您一起好好鍛鍊或吃飯。



您的糖尿病醫療保健團隊與您本人



您自己！

您是糖尿病護理團隊最重要的成員！本手冊討論的所有團隊成員均樂意幫助您取得成功，但您自己需要遵循他們的指導，以幫助自己保持保健康，對自己負最大責任。¹

您如何幫助自己保持健康

務必保持活躍、確保正確的飲食並服藥（如有需要），以幫助將血糖保持在健康範圍內。記得利用團隊為進行您的糖尿病護理而提供的專門知識。他們想讓您儘可能取得成功！務必坦誠告知您的任何擔憂。¹

參考文獻： **1.** American Diabetes Association. Living with diabetes: your health care team: you. <http://www.diabetes.org/living-with-diabetes/treatment-and-care/whos-on-your-health-care-team/your-health-care-team.html>. Accessed November 16, 2017. **2.** American Diabetes Association. Diabetes basics: type 2. <http://www.diabetes.org/diabetes-basics/type-2/>. Accessed November 16, 2017. **3.** American Diabetes Association. Living with diabetes: insulin. <http://www.diabetes.org/living-with-diabetes/treatment-and-care/medication/insulin/>. Accessed November 16, 2017. **4.** American Diabetes Association. Living with diabetes: eye complications. <http://www.diabetes.org/living-with-diabetes/complications/eye-complications/>. Accessed November 16, 2017. **5.** National Diabetes Information Clearinghouse. Diabetes, gum disease, & other dental problems. <https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/gum-disease-dental-problems>. Updated September 2014. Accessed November 16, 2017. **6.** American Diabetes Association. Living with diabetes: oral health and hygiene. <http://www.diabetes.org/living-with-diabetes/treatment-and-care/oral-health-and-hygiene/>. Accessed November 16, 2017. **7.** American Diabetes Association. Living with diabetes: depression. <http://www.diabetes.org/living-with-diabetes/complications/mental-health/depression.html>. Accessed November 16, 2017. **8.** American Diabetes Association. Living with diabetes: stress. <http://www.diabetes.org/living-with-diabetes/complications/mental-health/stress.html>. Accessed November 16, 2017. **9.** Case Manager Society of America. Case manager adherence guide 2012. Case Manager Society of America. 2013. **10.** American Diabetes Association. Diabetes Forecast: family & caregivers. <http://www.diabetesforecast.org/landing-pages/lp-family-and-caregivers.html>. Accessed November 16, 2017.

CarePath | **Healthy Engagements**

CarePath Healthy Engagements 是一個綜合計劃，旨在幫助 2 型糖尿病患者改善生活並幫助其照護者。CarePathHealthyEngagements.com

本資訊由 Janssen Pharmaceuticals, Inc. 開發，廣泛提供來支援患者和醫療服務提供者教育。

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2018 年 6 月

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For regulatory purposes, AMPLEXOR Life Sciences certifies that services on project number **43456** for **cp-57921v1_INVOKANA_Diabetes_HC_Team_805308_v3_ZHT_06_18_2018** were performed in a professional manner, using qualified individuals and in accordance with generally recognized commercial practices and standards.

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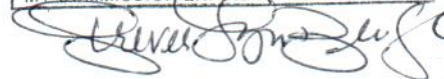
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June 19, 2018

Date issued

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19 of June, 2018
by Sara-Hahlbeck
County of Broomfield.

TREVER LYN BEAGLE
NOTARY PUBLIC
STATE OF COLORADO
NOTARY ID # 20154033414
MY COMMISSION EXPIRES AUGUST 24, 2019



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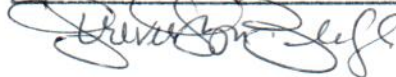


AMPLEXOR Life Sciences Signature

June 19, 2018
Date issued

Acknowledged before me this
19 of June, 2018
by Lea Hakbeck
County of Broomfield.

TREVER LYN BEAGLE
NOTARY PUBLIC
STATE OF COLORADO
NOTARY ID # 20154033414
MY COMMISSION EXPIRES AUGUST 24, 2019



ENGLISH version -
For reference only



YOUR DIABETES HEALTHCARE TEAM AND YOU

**A Guide to the People Who Support You
in the Management of Diabetes**

YOUR DIABETES HEALTHCARE TEAM AND YOU

You may have heard the saying “it takes a village to raise a child.” Well, when it comes to staying healthy while living with diabetes, that idea of team support is very true. While you will always be the most valuable player on your healthcare team, you can find support from many other people who want to help you stay in the best health. Let’s meet the team on the next few pages.

- Primary Care Provider (PCP) or Family Doctor and Staff
- Certified Diabetes Educator (CDE)
- Registered Dietitian (RD)
- Endocrinologist
- Eye Doctor
- Podiatrist
- Dentist
- Pharmacist
- Therapist
- Exercise Physiologist
- Case Manager
- Friends and Family
- YOU!



YOUR DIABETES HEALTHCARE TEAM AND YOU

Your Primary Care Provider (PCP) or Family Doctor and Staff

Your primary care provider (PCP) or family doctor is the person you and your family see on a regular basis to help manage your diabetes and for general health checkups. This person may also help you manage other conditions you may have.¹

Your doctor's office may include other professionals such as nurse practitioners, registered nurses, and physician assistants. These healthcare team members can also help you manage your diabetes



How they may help you stay healthy

Your PCP is often the first person you will go to with questions about your diabetes and health. Your PCP may also refer you to specialists and other healthcare team members for specific health goals.¹

Certified Diabetes Educator (CDE)

A Certified Diabetes Educator (CDE) must pass a national test in diabetes education. A CDE is often required to be an expert as well as teacher in many aspects of diabetes care. This includes medication and daily blood sugar testing. A CDE can also help you understand potential health complications and how to avoid them.¹ Your family doctor or insurance company may be able to refer you to a CDE if needed.

How they may help you stay healthy

Your CDE can help you understand some of the steps you can take every day to stay in good health. They can also help you understand how to check your blood sugar and recognize the symptoms of high and low blood sugar (glucose). They can also help with other day-to-day diabetes-management tips. It's important to work with your CDE to be ready for challenges that can impact your daily health care.

YOUR DIABETES HEALTHCARE TEAM AND YOU



Registered Dietitian (RD)

A registered dietitian (RD) is someone who is trained in proper nutrition. A registered dietitian has passed a national exam on the subject and may have a master's degree or may also be a CDE.¹ Your family doctor or insurance company may be able to refer you to a RD if needed.

How they may help you stay healthy

Your RD can help customize the best nutrition plan based on your desired weight, medication, lifestyle, and other health goals.¹

Endocrinologist

An endocrinologist is a doctor who specializes in treating conditions like diabetes that affect the “endocrine system.” The endocrine system is made up of glands that produce hormones that help control the way the body works. Because diabetes is a disease related to how your body produces and uses the hormone insulin, proper diabetes care falls within the specialty of endocrinology.¹⁻³

How they may help you stay healthy

If you are having trouble keeping your diabetes under control, your family doctor may refer you to an endocrinologist. People with diabetes who are struggling to meet their goals or who may be at increased risk for developing complications often consult an endocrinologist.¹

YOUR DIABETES HEALTHCARE TEAM AND YOU

Eye Doctor

You will want to see your eye doctor at least once a year. Your eye doctor may be an ophthalmologist or optometrist. He or she will check your vision and monitor whether there have been any changes in your eyes.¹

How they may help you stay healthy

Because diabetes can potentially damage the tiny blood vessels in your eyes, it's important you see an eye doctor who has experience with diabetic eye disease.^{1,4} Your eye doctor is trained to treat your eyes or refer you to a specialist who can help further.



Podiatrist

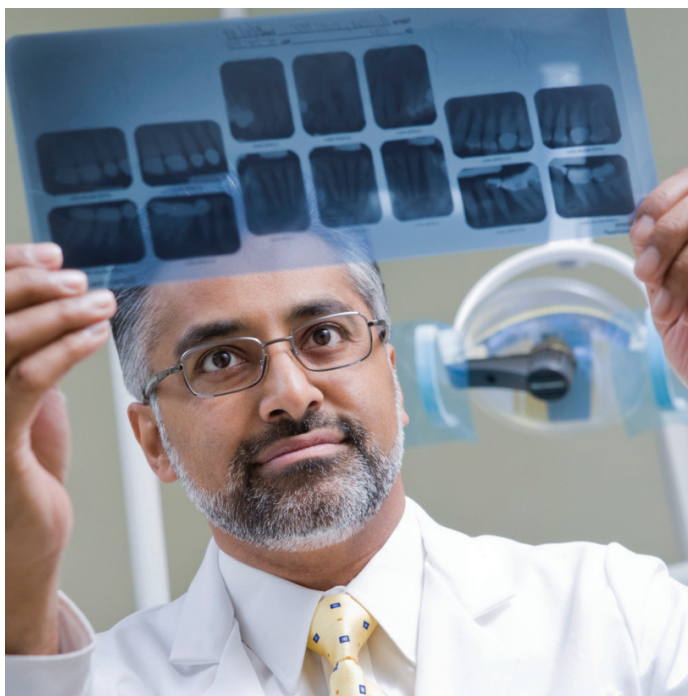
A podiatrist is a doctor who specializes in diagnosing and treating feet and problems of the lower legs.¹



How they may help you stay healthy

Having diabetes may raise your risk of poor blood flow and nerve damage in your lower legs and feet. This may mean you get infections more often. Any foot sores or calluses should be checked by your primary care physician or podiatrist. As a specialist, your podiatrist can help recognize any complications and help make sure they don't become more serious.¹

YOUR DIABETES HEALTHCARE TEAM AND YOU



Dentist

A dentist is a doctor who specializes in care of the teeth and gums.¹ It's important to see your dentist every 6 months to have your teeth checked and cleaned.⁵

How they may help you stay healthy

Having diabetes means you have a greater risk for gum disease.^{1,6} Working closely with your dentist can help you make sure your mouth stays in good health.

Pharmacist

Pharmacists are responsible for dispensing the medicines your doctor prescribes. He or she can also provide more information on how your medication works. A pharmacist is responsible for letting you know about potential side effects any medication you take may have.¹

How they may help you stay healthy

A pharmacist understands how your medications affect your body. This means your pharmacist is a very good resource to help you understand how any medications you may take will affect your blood sugar levels.¹



YOUR DIABETES HEALTHCARE TEAM AND YOU

Therapist

There are many different types of people who can be considered therapists. These include social workers, psychologists, psychiatrists, marriage counselors, or family therapists. All of these therapists have one goal in mind—to help you stay in good mental health.¹

How they may help you stay healthy

Therapists are trained to help you through the personal and emotional side of living with diabetes.^{7,8} Your therapist is there to offer you advice if you are feeling depressed or stressed.



Exercise Physiologist

An exercise physiologist is someone trained in the scientific basis of exercise. Exercise physiologists are often licensed, with graduate training in exercise physiology. An exercise physiologist may be certified by the American College of Sports Medicine.¹



How they may help you stay healthy

It's very important to be active and eat right to help manage your diabetes and stay in good health. An exercise physiologist can help you find the right exercises. This includes exercises to help improve your blood sugar and cholesterol levels, reduce stress, and improve your overall fitness level. Remember to always consult with your primary care provider before beginning any exercise program.¹

YOUR DIABETES HEALTHCARE TEAM AND YOU



Case Manager

A case manager may work for your health plan. A case manager can help plan and coordinate your health care with your family doctor and the other members of your diabetes team, such as a CDE, dietitian, or endocrinologist.⁹

How they may help you stay healthy

A case manager helps make sure you have access to quality care to help you manage your diabetes and any other conditions. Your case manager can help you stick with your medication treatment plan. This may help you manage your diabetes and the other health problems that may occur if your blood sugar stays too high.⁹

Friends and Family

Your support network isn't limited to healthcare team members. You can also find support from your friends and family to help you stay in good health.

How they may help you stay healthy

Your friends and family can help you to stay in good health and can help keep you motivated.¹⁰ Talk openly about your diabetes. See if they will help support you in maintaining a healthy lifestyle such as exercising or eating well with you.



YOUR DIABETES HEALTHCARE TEAM AND YOU



YOU!

You are the most important member of your diabetes care team! All of the team members discussed in this brochure are available to help you succeed, but you will always be the person who is most responsible for following their guidance to help stay in good health.¹

How YOU may help YOU stay healthy

It's important that you stay active, eat right, and take medication if needed to help keep your blood sugar within a healthy range. Remember to take advantage of the expertise your team brings to your diabetes care. They want you to succeed just as much as you do! Always be honest and open about any concerns you have.¹

References: **1.** American Diabetes Association. Living with diabetes: your health care team: you. <http://www.diabetes.org/living-with-diabetes/treatment-and-care/whos-on-your-health-care-team/your-health-care-team.html>. Accessed November 16, 2017. **2.** American Diabetes Association. Diabetes basics: type 2. <http://www.diabetes.org/diabetes-basics/type-2/>. Accessed November 16, 2017. **3.** American Diabetes Association. Living with diabetes: insulin. <http://www.diabetes.org/living-with-diabetes/treatment-and-care/medication/insulin/>. Accessed November 16, 2017. **4.** American Diabetes Association. Living with diabetes: eye complications. <http://www.diabetes.org/living-with-diabetes/complications/eye-complications/>. Accessed November 16, 2017. **5.** National Diabetes Information Clearinghouse. Diabetes, gum disease, & other dental problems. <https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/gum-disease-dental-problems>. Updated September 2014. Accessed November 16, 2017. **6.** American Diabetes Association. Living with diabetes: oral health and hygiene. <http://www.diabetes.org/living-with-diabetes/treatment-and-care/oral-health-and-hygiene/>. Accessed November 16, 2017. **7.** American Diabetes Association. Living with diabetes: depression. <http://www.diabetes.org/living-with-diabetes/complications/mental-health/depression.html>. Accessed November 16, 2017. **8.** American Diabetes Association. Living with diabetes: stress. <http://www.diabetes.org/living-with-diabetes/complications/mental-health/stress.html>. Accessed November 16, 2017. **9.** Case Manager Society of America. Case manager adherence guide 2012. Case Manager Society of America. 2013. **10.** American Diabetes Association. Diabetes Forecast: family & caregivers. <http://www.diabetesforecast.org/landing-pages/lp-family-and-caregivers.html>. Accessed November 16, 2017.



CarePath Healthy Engagements is a comprehensive program designed to help improve the lives of people living with type 2 diabetes and assist those that care for them. CarePathHealthyEngagements.com

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