



WHAT IS DIABETES?

Learn more about diabetes in Chinese

Western Sydney Diabetes (WSD) has coordinated a series of educational videos in Chinese.

These videos provide information to people with or at risk of Type 2 diabetes and help them better understand diabetes.

Follow NSW Multicultural Health Communication Service's official WeChat account to watch the weekly article.



Please scan the QR code or click [here](#) to access this series of short, educational videos. The videos are presented by doctors, a dietitian, diabetes educators and other health care staff to answer common questions on diabetes. Topics include:

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|-----------------------------------|---|--|
| 1. What is Diabetes? | 10. Gestational Diabetes | 18. Diabetes medicines – SGLT2 inhibitors |
| 2. Blood Glucose Level checking | 11. Diabetes and Weight loss | 19. Diabetes medicines – GLP1 agonists |
| 3. Hypoglycaemia | 12. Diabetes and Feet | 20. National Diabetes Services Scheme (NDSS) |
| 4. What contains carbohydrates? | 13. Diabetes and Eye Disease | 21. GP Management Plan |
| 5. Diabetes and Exercise | 14. Diabetes and Heart Disease | 22. Access a Diabetes Educator |
| 6. What is a low GI Diet – Part 1 | 15. Diabetes and Kidney Disease | |
| 7. What is a low GI Diet – Part 2 | 16. Diabetes and Liver | |
| 8. Diabetes and Sleep | 17. Diabetes medicines – How to inject insulin? | |
| 9. Diabetes and Driving | | |

The WSD initiative was established in response to the growing threat diabetes poses to our community's health and wellbeing. This project was with the support of the NSW Multicultural Health Communication Service.

Please turn over to read this information in Chinese



什么是糖尿病？

用中文了解更多糖尿病知识

西悉尼糖尿病协会 (WSD) 组织了一系列中文科普视频。

这些视频为2型糖尿病患者或高危人群提供资料，帮助他们进一步了解糖尿病。

请关注新州多元文化健康信息服务机构的官方微信账号，阅读每周的文章。



请扫描QR码或[点击这里](#)，观看这一系列的科普短视频。这些视频由医生、营养师、糖尿病教育工作者和其他医务人员演讲，回答有关糖尿病的常见问题，包括下列课题：

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|-------------------|--------------|------------------------|
| 1. 什么是糖尿病？ | 8. 糖尿病与睡眠 | 17. 糖尿病药：
如何注射胰岛素 |
| 2. 血糖水平检查 | 9. 糖尿病与开车 | 18. 糖尿病药：
SGLT2 抑制剂 |
| 3. 低血糖 | 10. 妊娠糖尿病 | 19. 糖尿病药：
GLP1 激活剂 |
| 4. 哪些物质含有碳水化合物？ | 11. 糖尿病与减肥 | 20. 全国糖尿病服务计划 (NDSS) |
| 5. 糖尿病与锻炼身体 | 12. 糖尿病与足部保健 | 21. 全科医生管理计划 |
| 6. 什么是低升糖饮食——第一部分 | 13. 糖尿病与眼疾 | 22. 与糖尿病教育者联系 |
| 7. 什么是低升糖饮食——第二部分 | 14. 糖尿病与心脏病 | |
| | 15. 糖尿病与肾病 | |
| | 16. 糖尿病与肝脏 | |

糖尿病越来越严重地威胁着我们社区的健康和幸福。WSD的行动计划就是针对这一情况制定的。这个项目得到了新州多元文化健康信息服务机构的支持。