



Introducing ANHF Happy Online Hub

COVID-19 has created unprecedented challenges for many of us. In light of COVID Safe practices and the needs for our consumers to remain connected with the community, we are using technology in helping our consumers to keep up-to-date with relevant information through a new initiative - ANHF Happy Online Hub.

There will be monthly interactive online information sessions covering a range of topics, such as My Aged Care issues, Dementia Care, Clinical Care and general health and life style practices. We will create an online community where consumers from our Wellness Centres, In-home Support Services, Home Care and Housing get to meet regularly and feel connected with the rest of the ANHF community.

We will be launching our first online hub activity - "ANHF One-Stop Service" in Cantonese on Tuesday 15 December from 11am to 11:30am and in Mandarin the same time on Wednesday 16 December. If you are interested, please register via <https://www.trybooking.com/BMKSb> first, or contact 97840840 (Home Care)/ 0422 205 895 (June YU).



You need a smart phone/tablet/computer and an email address to login to "ANHF Happy Hub".

澳華療養院基金推出「開心天地綫」

新冠肺炎為許多人帶來了前所未有的挑戰。鑑於要遵守新冠肺炎安全措施，以及確保長者與社區保持聯繫，我們將利用互聯網推出一項新活動，名為「澳華療養院基金開心天地綫」以幫助長者獲得最新的高齡服務及相關信息。

我們將每月為大家舉行互動式的在線講座，內容涉及多方面，包括：「我的養老服務」，腦退化症護理，臨床護理，一般健康及生活資訊等。這個創新平台，讓正使用我們活動中心，家居支援服務，家居護理服務和住宿服務的長者可以定期在網上聚會，與澳華療養院基金大家庭保持聯繫。

首次的在線活動主題為「澳華療養院基金一站式服務」。廣東話於12月15日（星期二）上午11點至11:30舉行；普通話則於12月16日（星期三）同樣時間進行。如果您有興趣參加，請先到這裡登記：

<https://www.trybooking.com/BMKSb> 或致電 0422 205 895（余姑娘）/ 97840840

（家居服務）協助登記。稍後我們會把有關的鏈結寄到您所登記的電郵郵箱。



參加我們的「開心天地綫」，您需要一部智能電話或平板電腦或電腦；以及電郵地址。

Stay Covid Safe

You may need to get a COVID-19 test if you have symptoms such as: fever, coughing, runny nose, loss of taste and smell. To protect yourself from COVID-19, always maintain 1.5m social distance and hand hygiene.

抗疫保安全



Understanding Diabetes Complications

Diabetes is a serious complex condition which can affect the entire body and

- ◆ is the leading cause of blindness in working age adults
- ◆ is a leading cause of kidney failure and dialysis
- ◆ increases the risk of heart attacks and stroke by up to four times
- ◆ is a major cause of limb amputations
- ◆ affects mental health as well as physical health. Depression, anxiety and distress occur in more than 30% of all people with diabetes.

All types of diabetes are complex and require daily care and management.

Even though there is currently no cure for diabetes, patients can live an enjoyable life by learning about the condition and effectively managing it.

Most common complications can include damage to:

- ◆ the large blood vessels (macrovascular/ cardiovascular complications), leading to heart attack, stroke or circulation problems in the lower limbs
- ◆ the small blood vessels (microvascular complications), causing problems in the eyes, kidneys, feet and nerves
- ◆ other parts of the body, including the skin, teeth and gums.

Large blood vessels

The main cause of large blood vessel damage in people with diabetes is atherosclerosis.

Atherosclerosis occurs when plaque – made up of cholesterol and other fats – builds up inside the walls of blood vessels. This causes a narrowing of the vessels, reducing the blood flow to organs and other parts of the body. If the plaque ruptures, this can form a blood clot that can totally block the blood supply to organs

and other parts of the body. This can affect the blood vessels that supply blood to the heart, brain and lower limbs.

Heart

Reduced blood flow increases the risk of a heart attack.

- ◆ Heart attack occurs when a blood vessel in the heart becomes blocked, and the heart muscle becomes damaged.
- ◆ Symptoms of a heart attack can include severe central chest pain or a crushing sensation – which may move up the neck or down the left arm or difficulty in breathing.
- ◆ Some people with diabetes may not have any symptoms of a heart attack due to nerve damage.

Brain

- ◆ A stroke can occur when the blood supply to one of the blood vessels leading to a part of the brain is suddenly blocked.
- ◆ Symptoms of a stroke can include weakness or numbness down one side of the body, droopiness on one side of the face, or difficulty talking.

Lower limbs

- ◆ Reduced blood flow to the lower limbs can affect your legs and feet. This is called peripheral vascular disease.
- ◆ This can cause pain, cold and discoloured lower legs and feet, slow healing wounds, shiny skin on the legs, and pain in the buttocks, thighs or calves when walking.
- ◆ The long-term lack of blood flow to the lower limbs can lead to ulceration and infection, which in turn can increase the risk of amputation.





The risk of damage to the large blood vessels is higher if you:

- ◆ have blood glucose levels above your target range
- ◆ have high blood pressure
- ◆ have high levels of blood fats (cholesterol or triglycerides)
- ◆ are above the healthy weight range or carry extra weight around your waist
- ◆ are a smoker
- ◆ have a family history of heart disease. Your doctor can check your risk for large blood vessel damage during your annual diabetes check-up (also known as your annual cycle of care).

Small blood vessels

Long periods of high blood glucose levels can cause damage to the small blood vessels in the eyes, kidneys and nerves.

Eyes

- ◆ Over time, the small blood vessels in the retina can become damaged and leak fluid or bleed. This is called retinopathy.
- ◆ Other eye conditions, such as cataract and glaucoma – are more common in people with diabetes.
- ◆ Eye conditions can be managed more successfully if they are found and treated early.
- ◆ Have your eyes checked by an optometrist / ophthalmologist (eye specialist) at least every two years to look for early signs of damage.

Kidneys

- ◆ High blood pressure and high blood glucose levels can damage the small blood vessels in the kidneys. As a result, the tiny blood vessels that filter the blood become leaky, and the kidneys don't work as well as they should. This is called diabetic nephropathy or diabetic kidney disease.
- ◆ Have your kidneys checked at least once every 12 months by your doctor. This will involve a urine test and a blood test as part of your annual diabetes check-up (also known as your annual cycle of care).

- ◆ Have your kidneys checked at least once every 12 months by your doctor. This will involve a urine test and a blood test as part of your annual diabetes check-up (also known as your annual cycle of care).
- ◆ Early detection and treatment of kidney problems provides the best outcomes.

Nerves

- ◆ Nerve damage can be caused by high blood glucose levels, drinking large amounts of alcohol, and other disorders.
- ◆ Damage can occur to the nerves in the legs, arms and hands. This is called peripheral neuropathy. Damage to nerves can cause pain, tingling or numbness.
- ◆ There can also be damage to the nerves affecting your stomach (gastroparesis), intestines (diarrhoea or constipation), bladder, or genitals (erectile dysfunction in men). This is called autonomic neuropathy

Other parts of the body

Teeth and gums

- ◆ There is a higher risk of dental problems when blood glucose levels are above the target range for a long period of time. If you smoke, this also increases the risk.
- ◆ Dental problems can include tooth decay, gum infections (gingivitis) and gum disease.
- ◆ Tooth and gum infections can increase your risk of heart disease. Signs of dental problems include a dry mouth and sore, swollen or bleeding gums.
- ◆ It's important to brush your teeth twice a day and floss every day to prevent dental problems. Regular visits to your dentist will also help maintain oral health. Tell your dentist that you have diabetes.

Skin

- ◆ There is a higher risk of skin problems when blood glucose levels are above the target range.
- ◆ Skin problems can include very dry skin, caused by damage to the small blood vessels and nerves. There is also a higher risk of skin infections.
- ◆ You can protect your skin by avoiding irritants such as hot baths and showers, scented soap and household cleaning products.

- ◆ To avoid dry skin, use moisturisers every day but not between your toes.
- ◆ Treat any cuts on your skin promptly to prevent infection.
- ◆ See your doctor if you have any skin problems.

Things you can do to reduce your risk of complications and stay well with diabetes.

- ◆ Talk to your doctor about whether you need to monitor your blood glucose levels at home. If you do check your blood glucose levels, aim to keep them in your recommended target range. Your doctor or diabetes educator can provide advice about your individual blood glucose targets.
- ◆ Keep blood pressure as close to the target range as possible. The target range is 130/80 or less. If you have existing heart (cardiovascular) or kidney disease your doctor will advise you on a blood pressure target to meet your individual health needs. Ask to have your blood pressure checked every time you visit your doctor.
- ◆ Keep your blood cholesterol and triglycerides in the recommended target range for people with diabetes. Your doctor may prescribe medications that can help manage your cholesterol and other risk factors for cardiovascular disease.
- ◆ Make healthy food choices from a wide



variety of foods, such as wholegrains, fruit, vegetables, lean meats, fish and low-fat dairy foods. It's also important to limit foods high in saturated fat and salt (sodium). A dietitian can help you make the best food choices.

- ◆ Do regular physical activity, as this is a great way to reduce your blood pressure and your blood glucose levels. Aim for 30 minutes most days of the week. Talk to your doctor before starting any new exercise or activity program.
- ◆ If your weight is above the healthy weight range, losing even a small amount of weight will help reduce your blood pressure, blood glucose and cholesterol levels.

Home Care Services Newsletter

家居護理服務通訊

November 2020

- ◆ Don't smoke. If you do smoke, try and quit. If you feel you can't give up smoking on your own, ask for help – talk to your doctor or call the Quit-line on 13 78 48.

Aim to have regular appointments with your doctor and diabetes health care team and complete all of your annual cycle of care health checks. These checks are important for assessing your health and risk of diabetes-related complications.

Some Key Words while caring the diabetes

- * Eating Well
- * Exercising
- * Blood glucose monitoring
- * Tablets
- * Insulin
- * Preventing complications

We are here to help.

If you need more information or assistance, or just feel worried, please contact your ANHF Home Care Advisor or registered nurse. We will conduct an initial assessment for you or your loved one and arrange referrals to allied health for further investigation and treatment.

Source : National Diabetes Services Scheme:NDSS
<https://www.diabetesaustralia.com.au/managing-type-2>





認識糖尿病併發症

糖尿病可以導致嚴重的併發症，影響整個身體情況。換句話說，糖尿病：

- ◆ 是導致工齡成年人失明的主因
- ◆ 是導致腎衰竭及腎透析的主因
- ◆ 增加至少四倍心臟病發和中風的風險是導致截肢的主因
- ◆ 影響精神健康及身體健康。超過 30% 糖尿病患者出現抑鬱、焦慮及情緒困苦的情況。

所有類型的糖尿病都情況複雜，必須每天護理及管理病情。雖然目前沒有根治方法，但若了解及有效地控制病情，患者亦能享受生活。

常見的併發症可能會：

- ◆ 損壞大血管（大血管/心血管併發症）而導致心臟病發、中風或下肢血液循環問題。
- ◆ 損壞小血管（微血管併發症）而導致眼睛、腎臟、足部及神經出現問題。
- ◆ 損壞身體其他部位，包括皮膚、牙齒及牙齦。

大血管

糖尿病患者大血管受損的主因是動脈粥樣硬化。當血管斑塊（成分為膽固醇和其他脂肪）堆積在血管壁內，就會出現動脈粥樣硬化，令血管變窄，流向器官和身體其他部位的血液亦隨之減少。如果血管斑塊破裂，便可能形成血凝塊，或會完全阻塞器官和身體其他部位的血液供應，因此影響為心臟、腦部和下肢供血的血管。

心臟

- ◆ 血流量減少會增加心臟病發作的風險。
- ◆ 當心臟血管被阻塞並且心肌受損時，心臟病便發作。
- ◆ 心臟病發作的症狀可包括嚴重的胸部中央疼痛或重壓感（這感覺可能會向上移動至頸部或沿左臂下移）或呼吸困難。

大腦

- ◆ 當通向大腦某個部分的血管的血液供應突然受阻時，就可能出現中風。
- ◆ 中風的症狀包括身體一側虛弱或麻痺、面部一側下垂或說話困難。

下肢

- ◆ 若通往下肢的血流量減少，可能會影響雙腿和雙腳。這情況稱為「外周血管疾病」。
- ◆ 這情況可能導致疼痛、下肢和足部冰冷蒼白、傷口癒合緩慢、腿部皮膚出現光澤以及行走時臀部、大腿或小腿疼痛。
- ◆ 下肢若長期血液流通欠佳可導致潰瘍和感染，增加截肢的風險。

若有以下情況，大血管受損風險便會更高：

- ◆ 血糖水平高於目標範圍
- ◆ 患有高血壓
- ◆ 高血脂（膽固醇或甘油三酸酯）
- ◆ 超出健康體重標準或腰間肥胖
- ◆ 吸烟
- ◆ 有心臟病家族史



在每年的糖尿病檢查時（亦稱年度護理週期），醫生可以檢查您是否有大血管受損的風險。

小血管

血糖水平長期居高可能會對眼部、腎臟和神經內部的小血管造成損傷。

眼部

- ◆ 隨著時間推移，視網膜中的小血管可能會受損，滲出液體或出血，稱為「視網膜病變」。
- ◆ 白內障和青光眼在糖尿病患者中更為常見。
- ◆ 及早發現和治療可以更好地控制眼疾。至少每兩年由驗光師或眼科醫生檢查眼睛一次，看看是否有早期損傷跡象。

腎臟

- ◆ 高血壓和高血糖可能會損傷腎臟內的小血管，導致過濾血液的微細血管滲漏以及腎臟功能不正常，稱為「糖尿病性腎病」。

- ◆ 讓您的醫生每十二個月至少檢查您的腎臟一次，包括尿液檢查和血液檢查。這些檢查也是您每年的糖尿病檢查（亦稱「年度護理週期」）的一部分。
- ◆ 及早發現腎臟問題和治療，可達到最佳效果。

神經系統

- ◆ 高血糖、大量飲酒和其他疾病可能導致神經損傷。
- ◆ 腿部、手臂和手部神經也可能受損，稱為「周圍神經病變」。神經受損可能引起疼痛、刺痛或麻痺。
- ◆ 神經受損還可能影響胃部（胃輕癱）、腸臟（腹瀉或便秘）、膀胱或生殖器（男性勃起功能障礙），稱為「自主神經病變」。

其他組織

牙齒和牙齦

- ◆ 當血糖水平長期高於目標範圍時，牙齒問題的風險會更高。如果您吸煙，風險更大。
- ◆ 牙齒問題可包括蛀牙、牙齦感染（齒齦炎）和牙齦疾病。
- ◆ 牙齒和牙齦感染會增加患心臟病的風險。
- ◆ 牙齒問題的跡象包括口乾、牙齦疼痛、腫脹或出血。
- ◆ 每天刷兩次牙及每天用牙線清潔以防止牙齒問題非常重要。定期看牙醫也有助於保持口腔健康。告訴牙醫您有糖尿病。

皮膚

- ◆ 當血糖水平高於目標範圍時，出現皮膚問題的風險會更高。
- ◆ 皮膚問題可能包括因小血管和神經受損引起的皮膚極度乾燥。皮膚感染的風險也會更高。
- ◆ 避免用熱水泡浴或淋浴、避免使用香皂和家用清潔用品等刺激物來保護您的皮膚。
- ◆ 若不想皮膚乾燥，就要每天使用保濕劑，但不要塗搽在腳趾間。
- ◆ 及時治療皮膚上的任何傷口，防止感染。
- ◆ 若有任何皮膚問題，就去看醫生。

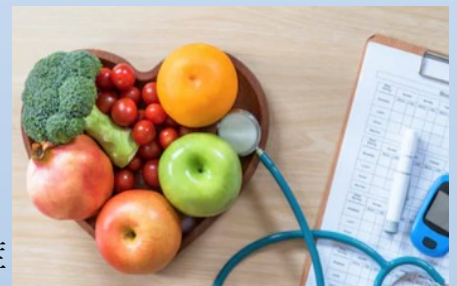
與糖尿病共存、減低併發症風險

- ◆ 與醫生探討是否需要在家監控血糖水平。如需要，須盡量控制在建議的目標範圍內。
- ◆ 血壓盡可能接近目標範圍。目標範圍不能超過 130/80。如您患有心臟 / 心血管或腎臟疾病，醫生會根據您個人健康需求建議目標血壓。每次見醫生都要讓醫生為您量血壓。

- ◆ 將血液中的膽固醇和甘油三酸酯控制在糖尿病患者的建議目標範圍內。醫生可能會處方有助控制膽固醇和其他心血管疾病風險因素的藥物。
- ◆ 從不同食物類別中選擇健康的食物，例如全穀類、水果、蔬菜、瘦肉、魚和低脂乳製品，此外也必須限制進食飽和脂肪和鹽（鈉）含量高的食物份量。營養師可幫助您選擇最合適的食物。
- ◆ 定期運動是降低血壓和血糖水平的好方法。盡量在一週的大部分日子裏每天運動 30 分鐘。在開始任何新的運動或活動計劃前請諮詢醫生。
- ◆ 如果您的體重超過健康體重範圍，即使輕微減少體重也有助降低血壓、血糖和膽固醇水平。
- ◆ 不可吸煙。如果您吸煙，請戒掉。若感到無法靠一己之力戒煙，必須尋求幫助——諮詢您的醫生或致電 13 78 48「戒烟熱綫」（Quitline）。
- ◆ 儘量定期約見您的醫生和糖尿病健康護理團隊，並完成每一個年度護理週期的健康檢查。這些檢查對評估您的健康和與糖尿病有關的併發症風險非常重要。

照顧糖尿病患者的一些關鍵詞

- ◆ 飲食均衡
- ◆ 運動
- ◆ 血糖監控
- ◆ 藥物
- ◆ 胰島素
- ◆ 預防併發症



求助有門

若需更詳盡資料或幫助，或者只是有點兒擔心，請聯絡您的家居護理顧問或註冊護士。我們樂意協助您或您的摯愛親屬進行初步評估及/或聯絡輔助醫療團隊安排進一步評估及治療。

資料來源：「全國糖尿病服務計劃」（National Diabetes Services Scheme）
<https://www.diabetesaustralia.com.au/managing-type-2>