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片语健康

顾名思义的糖尿病

糖尿病多指 2 型糖尿病 (Type 2 diabetes)。在原始部落及更早的历史时期, 2 型糖尿病几乎不为人知。数千年前, 古埃及和古印度人注意到糖尿病的症状, 比如尿多、尿频, 也注意到吸引蚂蚁和苍蝇的甜尿。古希腊医生阿雷塔乌斯用“血肉消融, 随尿而去”来描述被他命名为“糖尿病”的疾病[1]。根据现代的理解, “血肉消融”是指肌肉和脂肪的明显消耗; “随尿而去”是因血糖高导致尿糖增多 (葡萄糖随尿排出), 加剧了身体的脱水与消耗。糖尿病是糖代谢异常导致的疾病。

在工业革命之前, 糖尿病患者并不多。在 18 世纪初, 伴随工业提取糖的出现, 欧洲精英 (教皇、艺术家、富商和贵族等) 开始大量消费这种当时的“奢侈品”, 结果在他们中出现了越来越多的糖尿病患者[1]。20 世纪初, 随着糖生产能力的提升, 越来越多的糖进入了普通欧洲人的饮食, 与此相伴的是糖尿病的暴发。1940 年, 每 300~400 人中就有 1 个人患糖尿病; 1970 年, 每 50 人中就有 1 人患糖尿病。根据美国疾病控制与预防中心 2022 年的报告, 九分之一的美国成年人是糖尿病患者, 其中包括 29% 的 65 岁以上老龄人; 超过三分之一的美国成年人处于前糖尿病阶段。这意味着近一半的美国人要么已经患病, 要么正走在患 2 型糖尿病的路上[1]。

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