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片语健康

吃出来的糖尿病

中国糖尿病（主要是2型糖尿病）的患病率在20世纪80年代以前低于1%，现在已经超过12%[1]。低于1%的原因之一是食物的相对匮乏，超过12%的原因之一是食物的日益富足。在很大程度上，糖尿病是吃出来的。

病从口入。过度摄入糖或升糖食物会诱发胰岛素抵抗（Insulin resistance，IR）。IR可分为急性和慢性。急性IR是进化出来的“救命”反应。在急性饥饿和感染发生时，急性IR可通过减少骨骼肌和肝脏的糖摄取，使糖尽可能分布到脑、心和肺等生命攸关器官[2]。慢性IR可引起糖尿病。餐后血糖升高，这时胰腺的胰岛β细胞分泌胰岛素，胰岛素刺激肝细胞和骨骼肌等“摄糖细胞”摄取利用血糖。慢性、持续性高血糖使这些“摄糖细胞”对胰岛素刺激的反应性下降（抵抗）。“抵抗”的结果是胰岛β细胞必须分泌更多的胰岛素才能刺激“摄糖细胞”完成相应的血糖摄入。这是一种代偿反应。持续的代偿可使胰岛β细胞发生代偿性肥大。久而久之，肥大的胰岛β细胞因持续“过度劳累”而功能衰竭，分泌的胰岛素越来越少。当分泌的胰岛素不能满足动态降血糖的需要时，糖尿病就发生了[2]。

2型糖尿病是现代病。在2021年，全世界的糖尿病患者达5.29亿人，其中2型糖尿病患者占90%；预计到2050年，全世界的糖尿病患者将超过13.1亿[3]。

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