

당뇨병과 비만

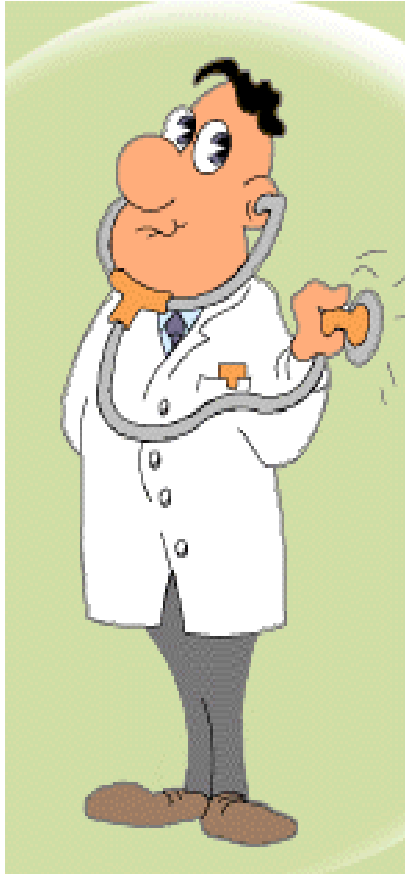
한림대학교 성심병원
내분비 내과
강준구

왜???

당뇨병과 체중

- **당뇨병이란 ?**
- **왜 혈당을 조절하면 살이 찌까?**
- **체중증가를 최소화 하는 법**

당뇨병이란 무엇인가?



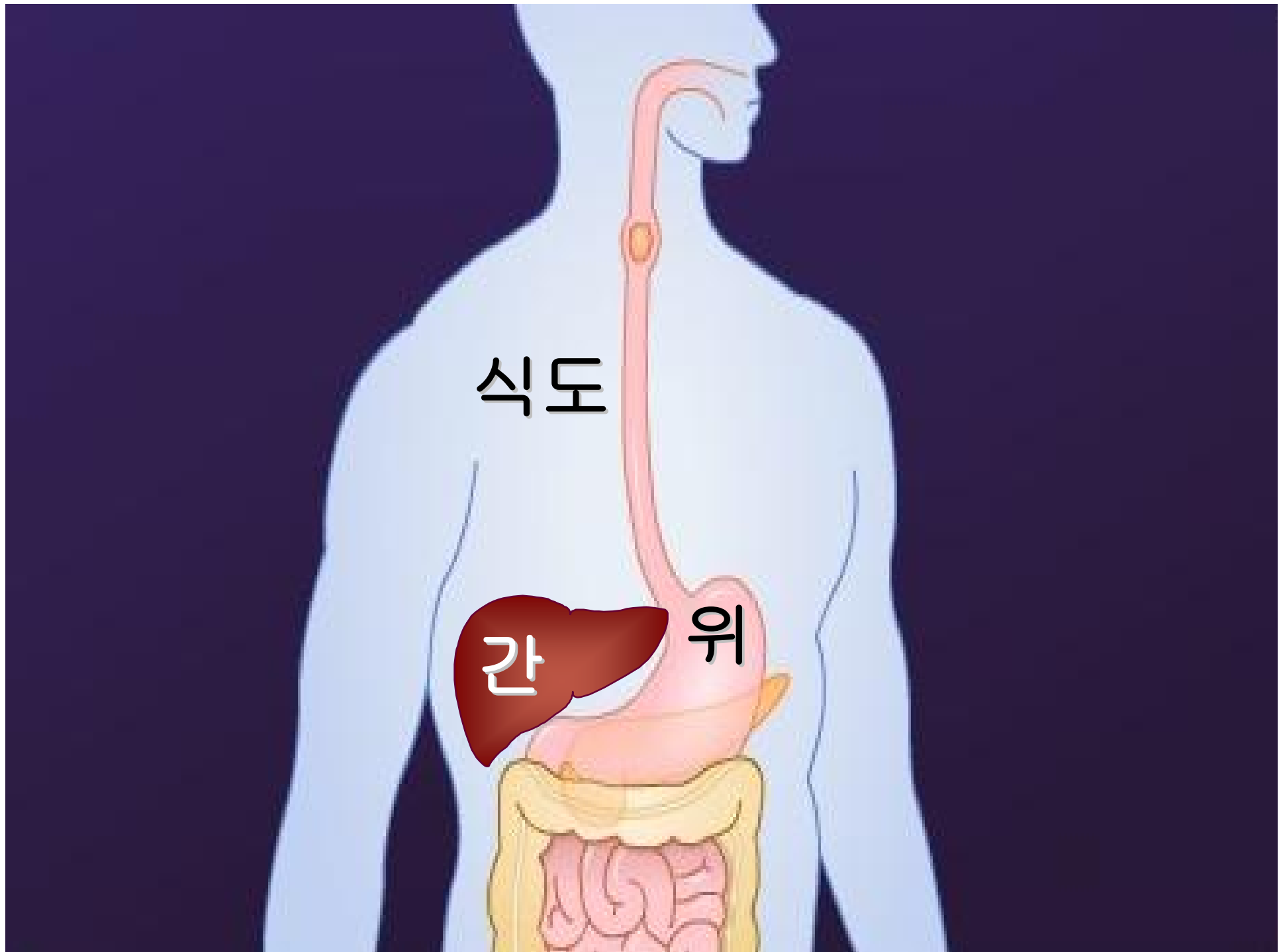
과거에는...
소변으로 당이 나오는 질환

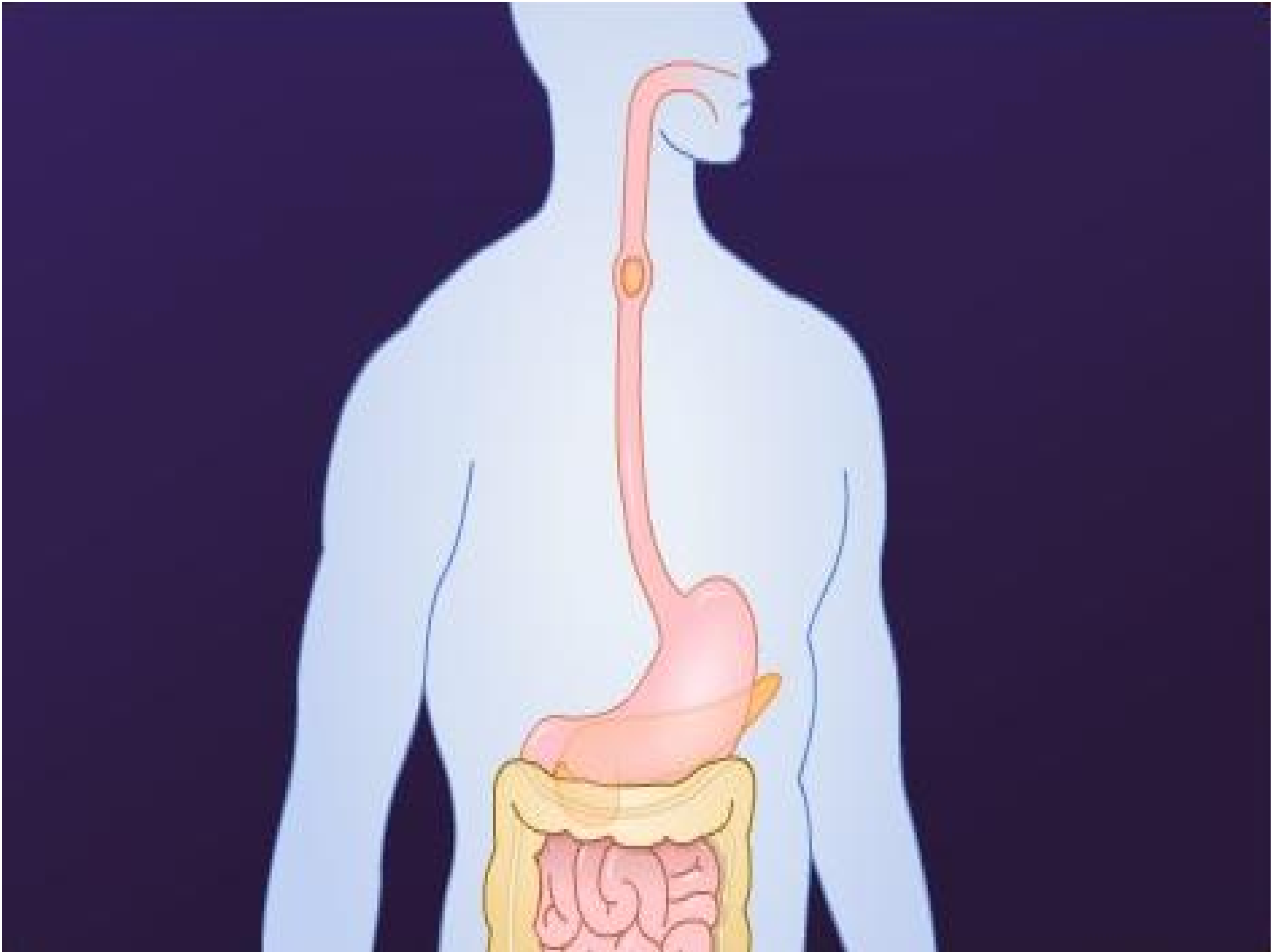


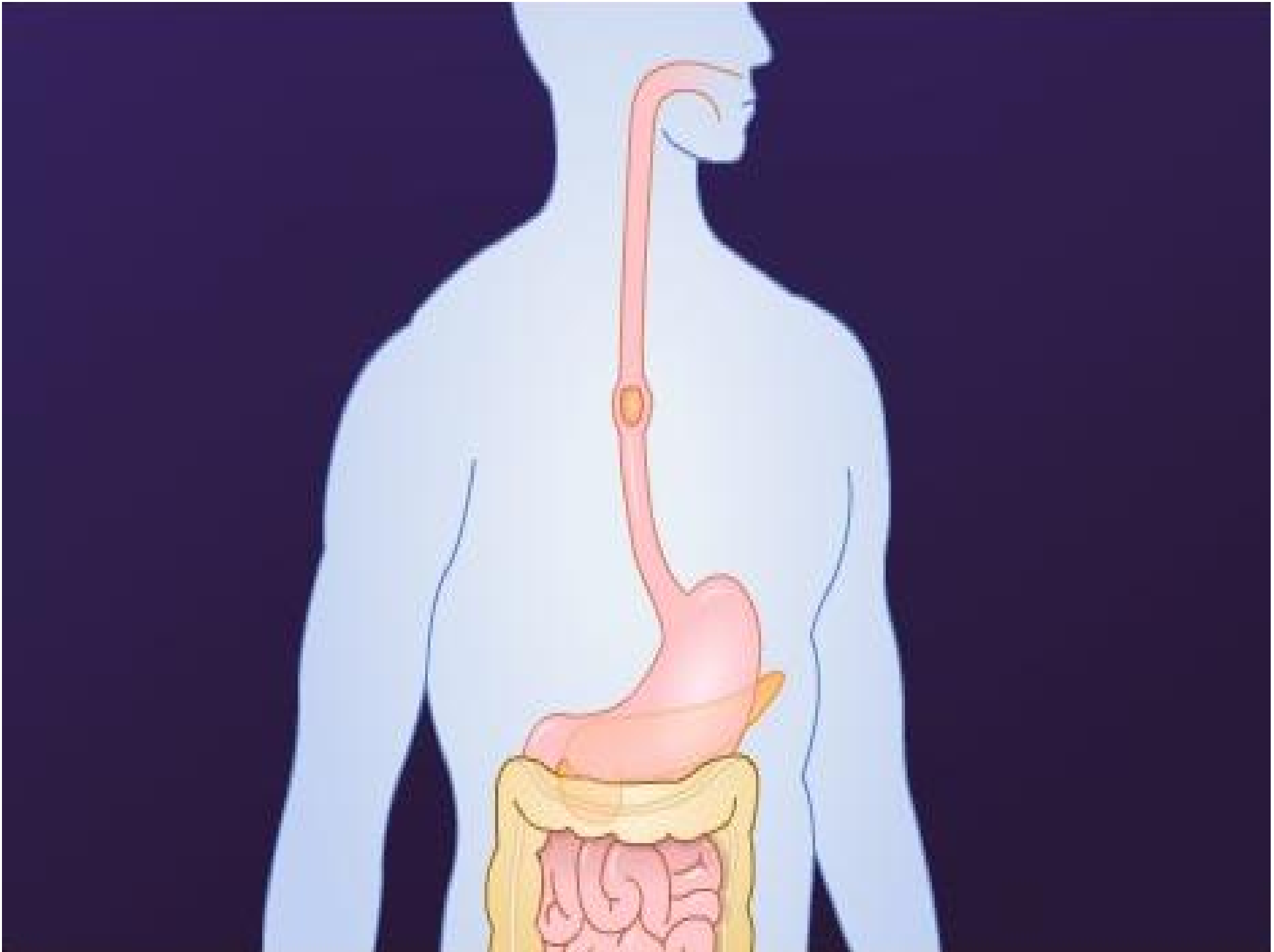


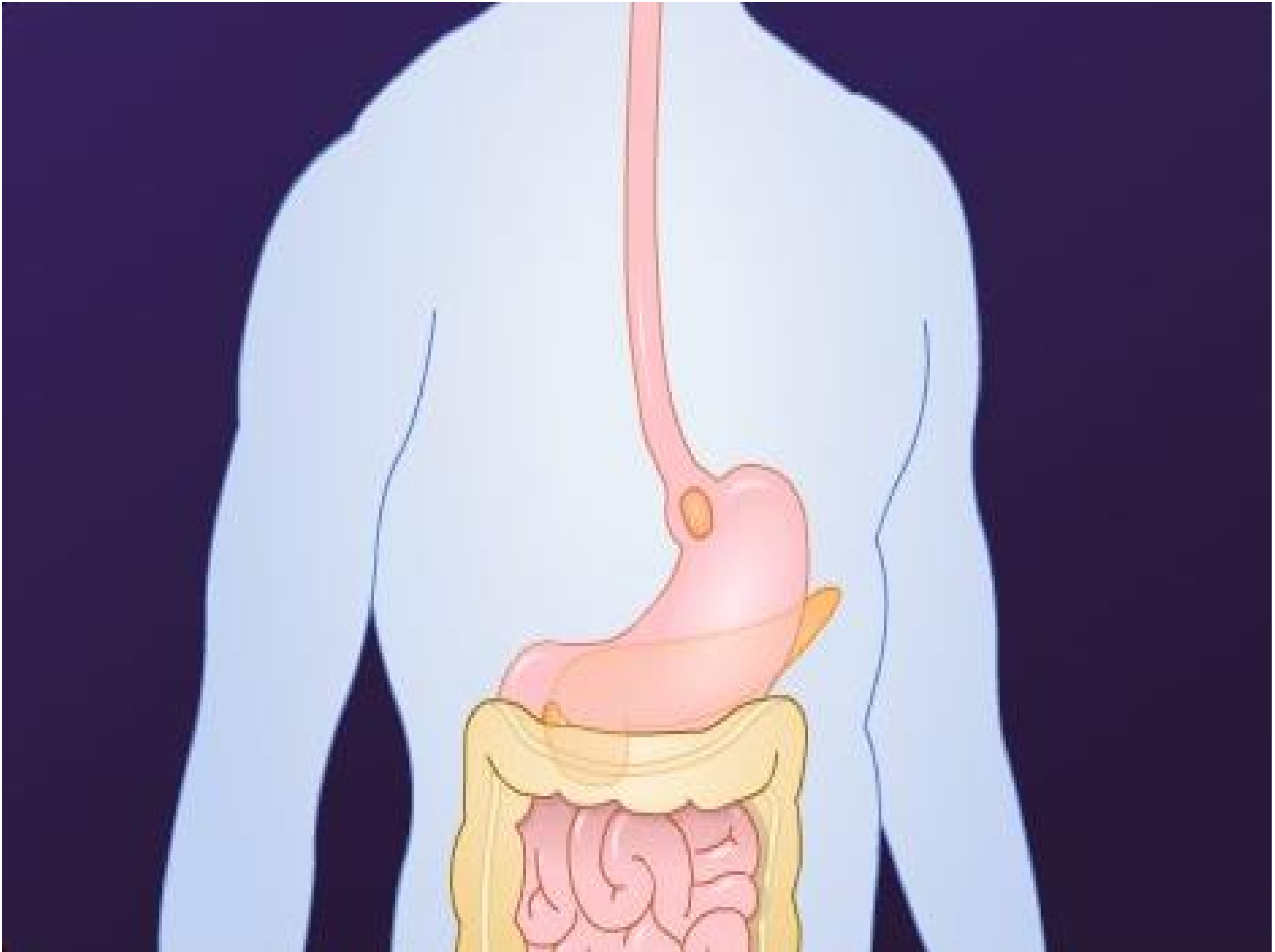


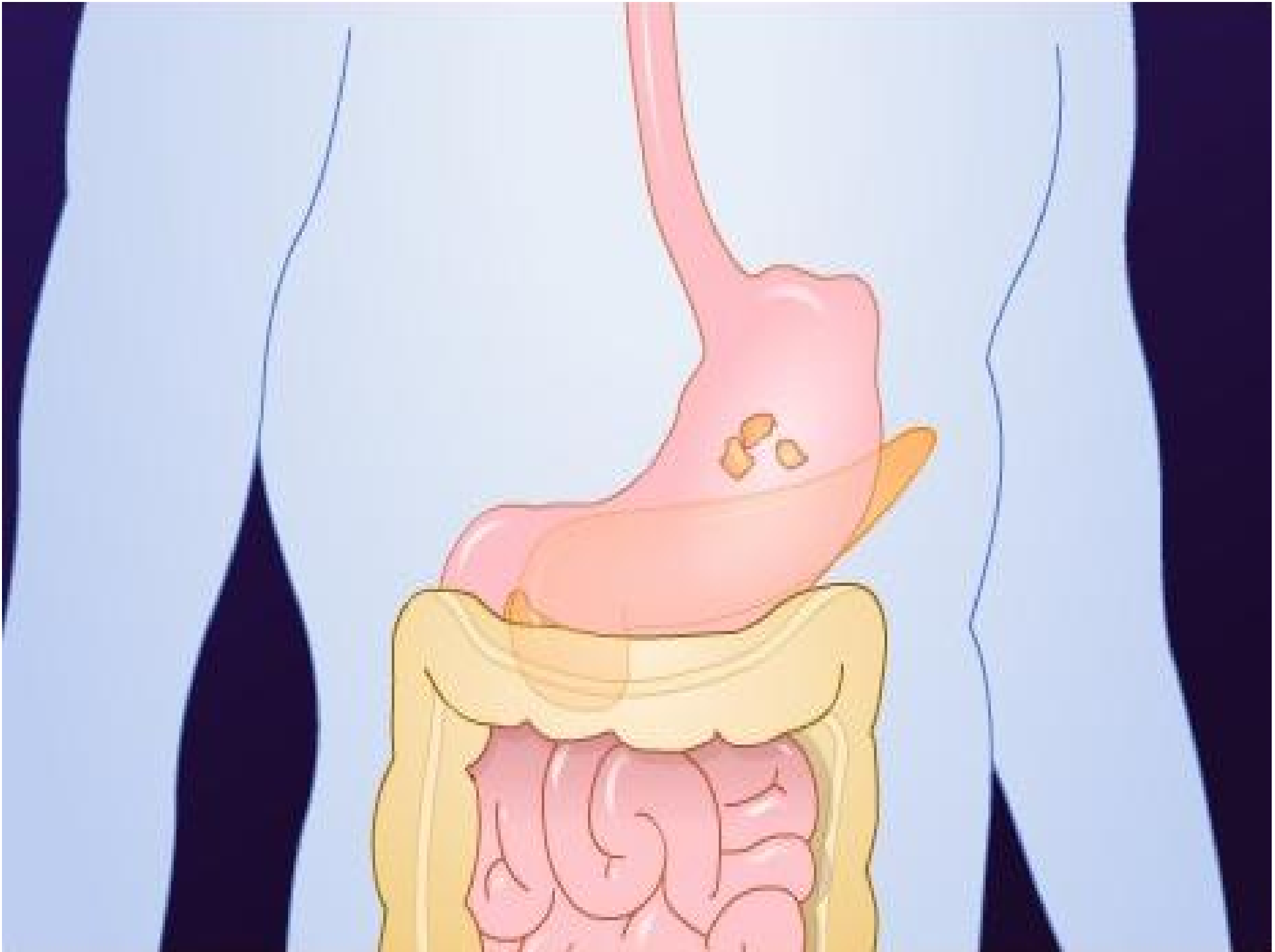
음식물의 흡수

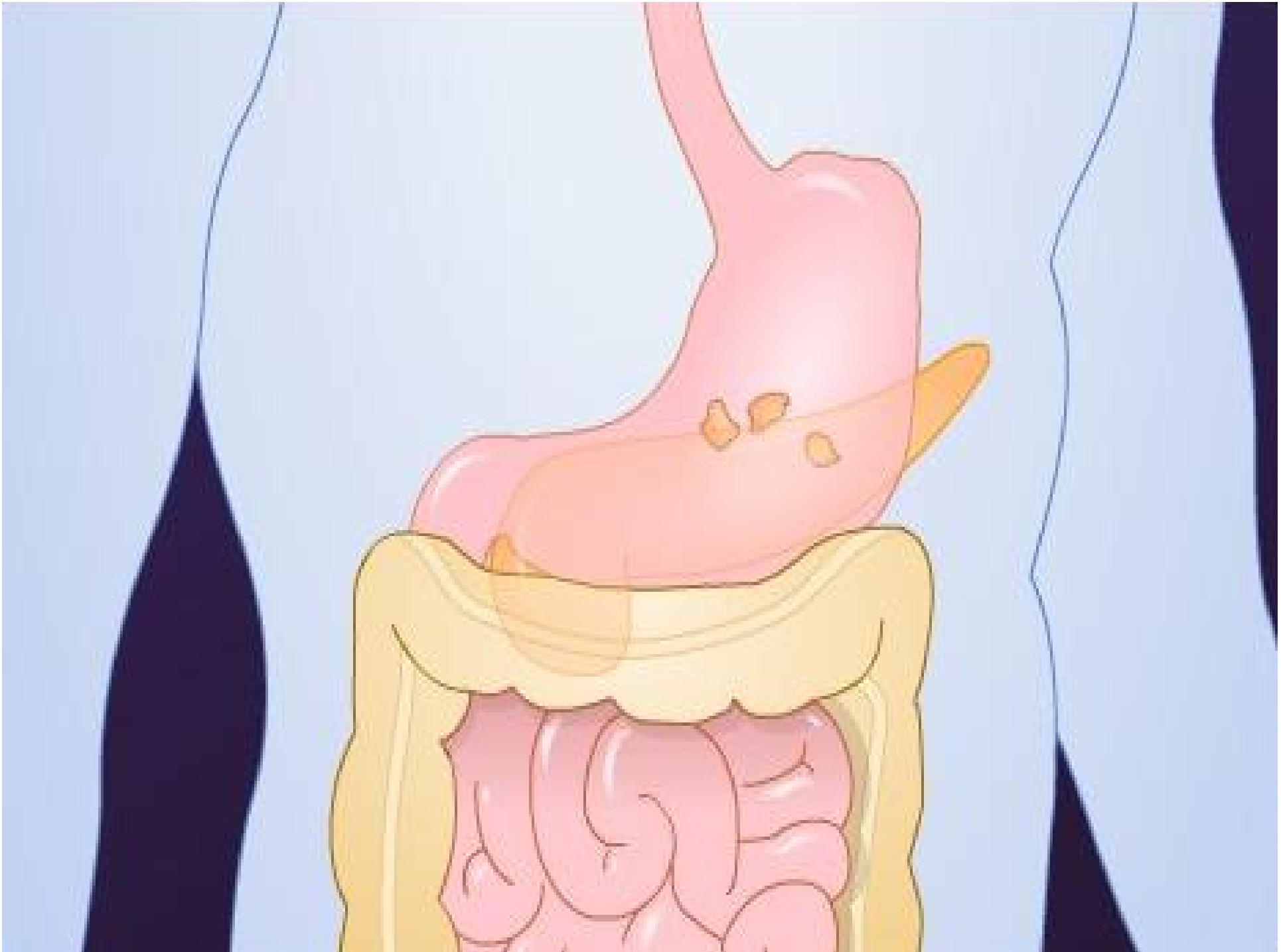


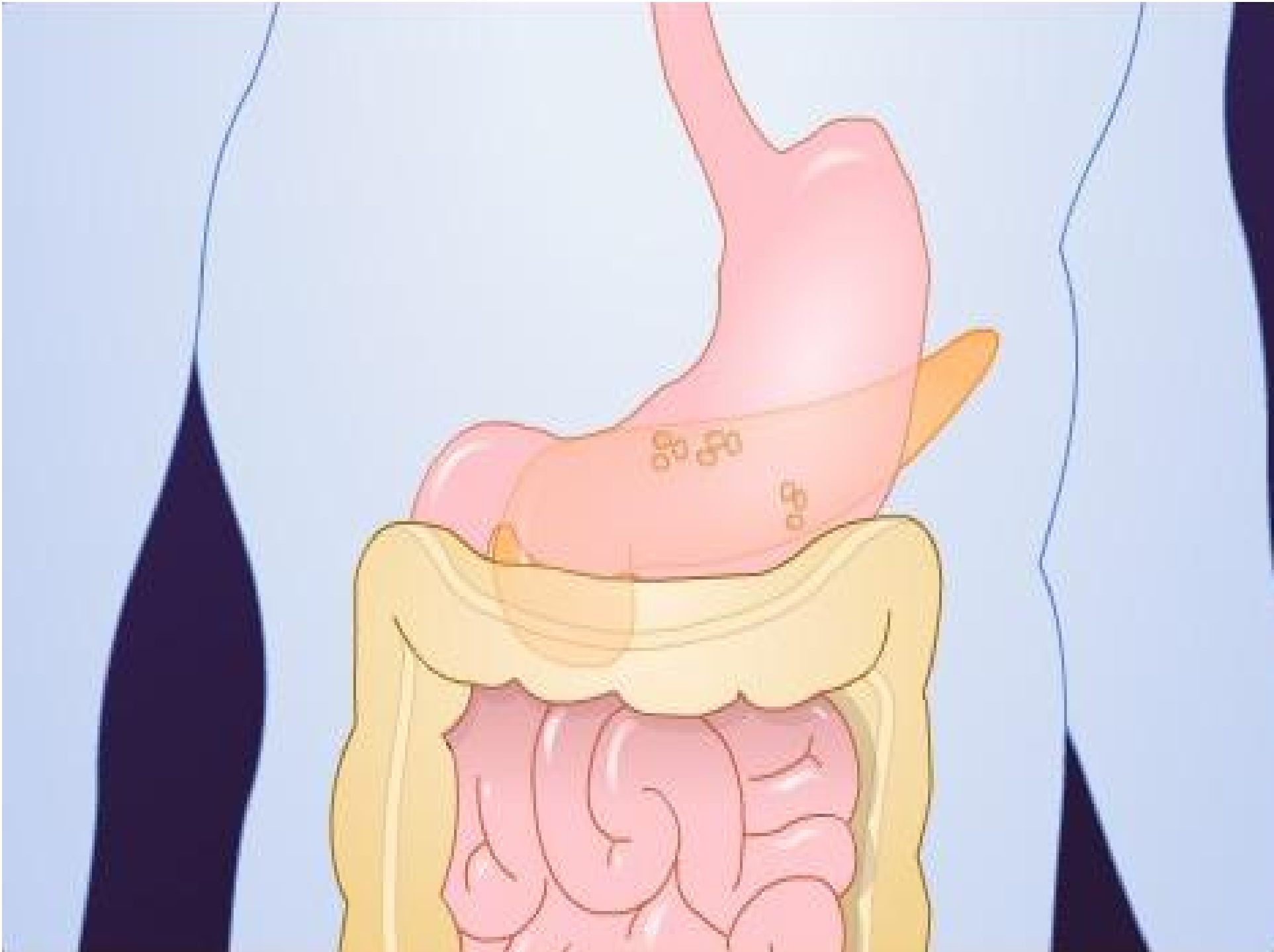


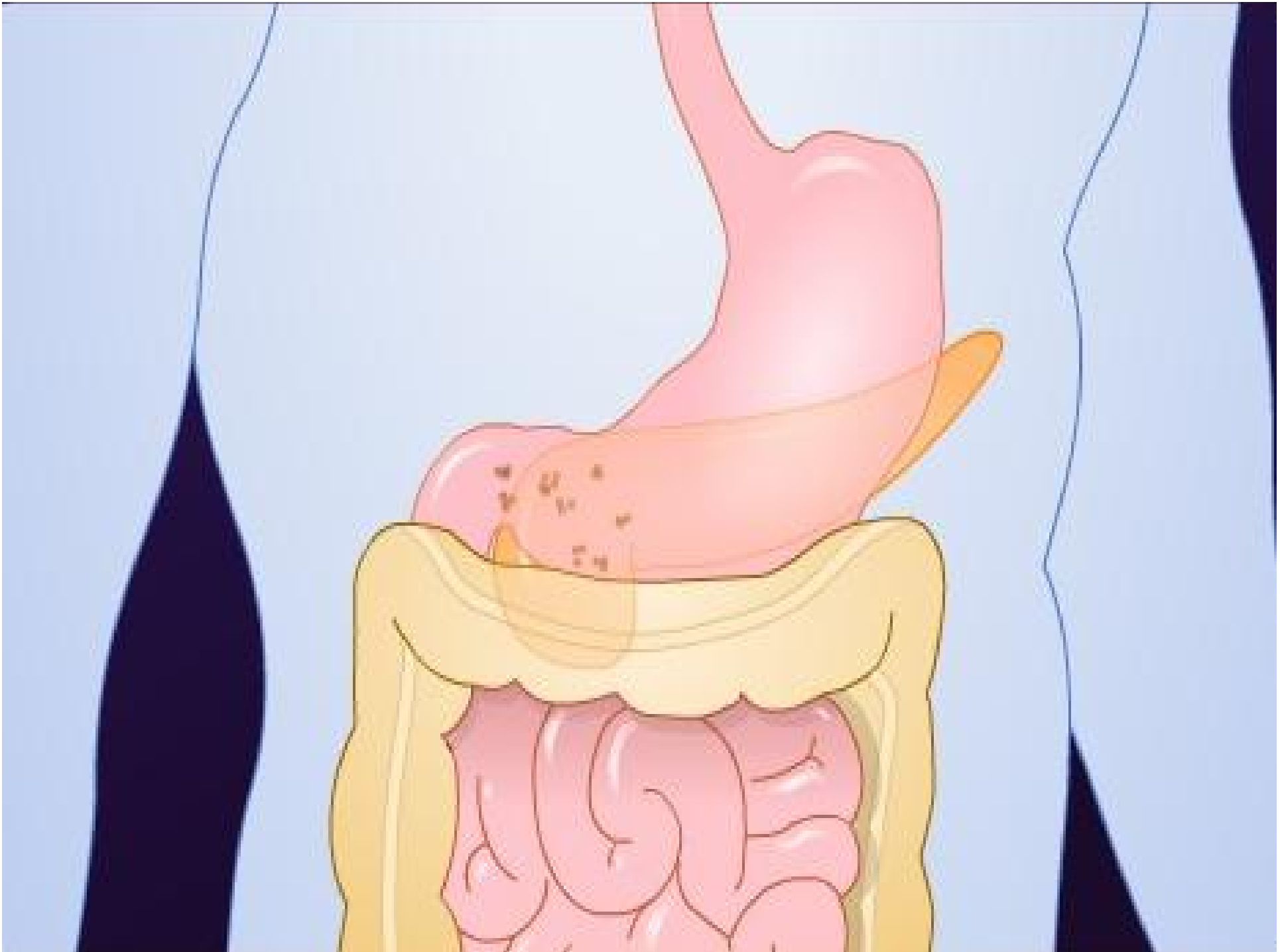


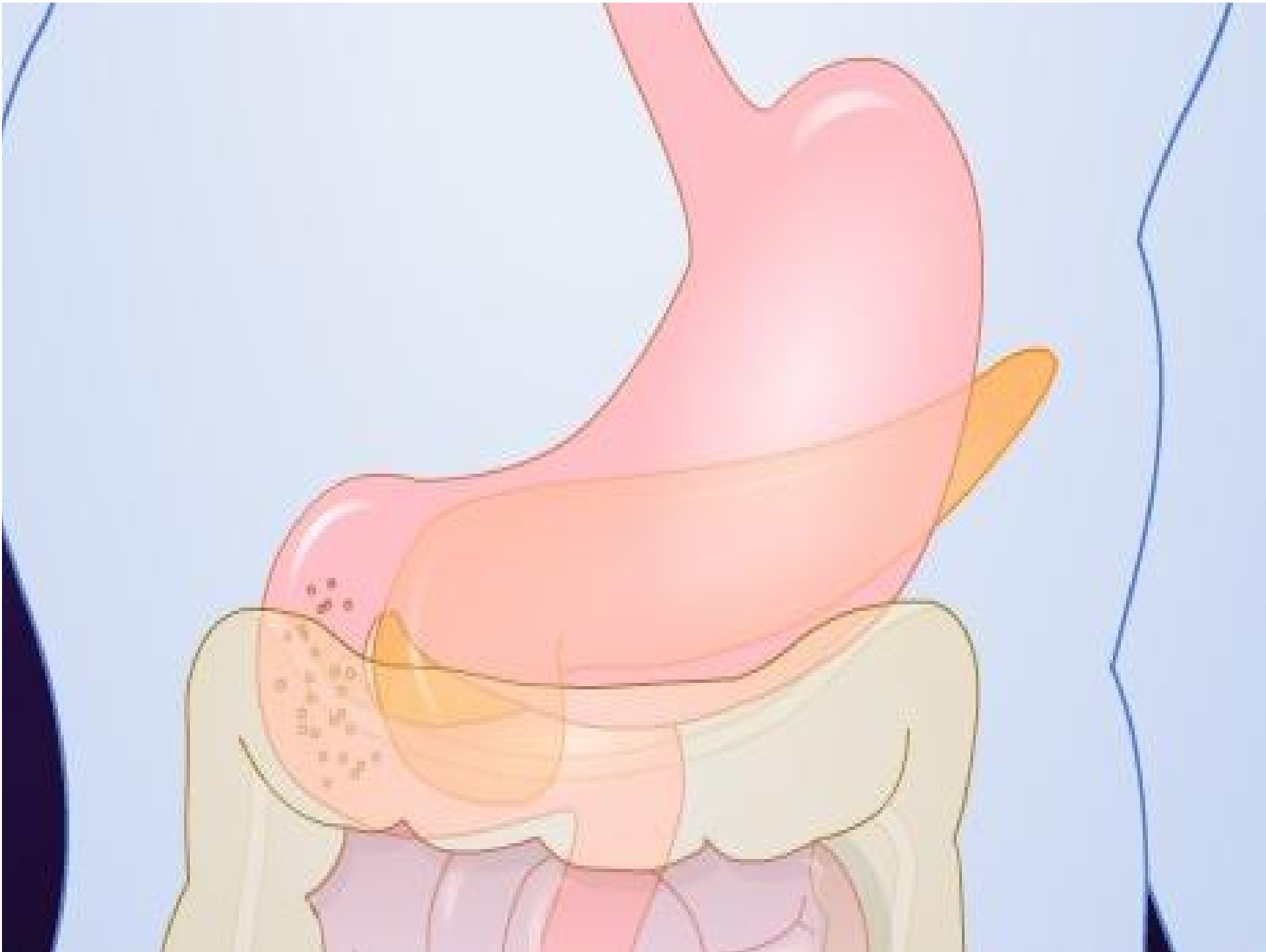














고구마

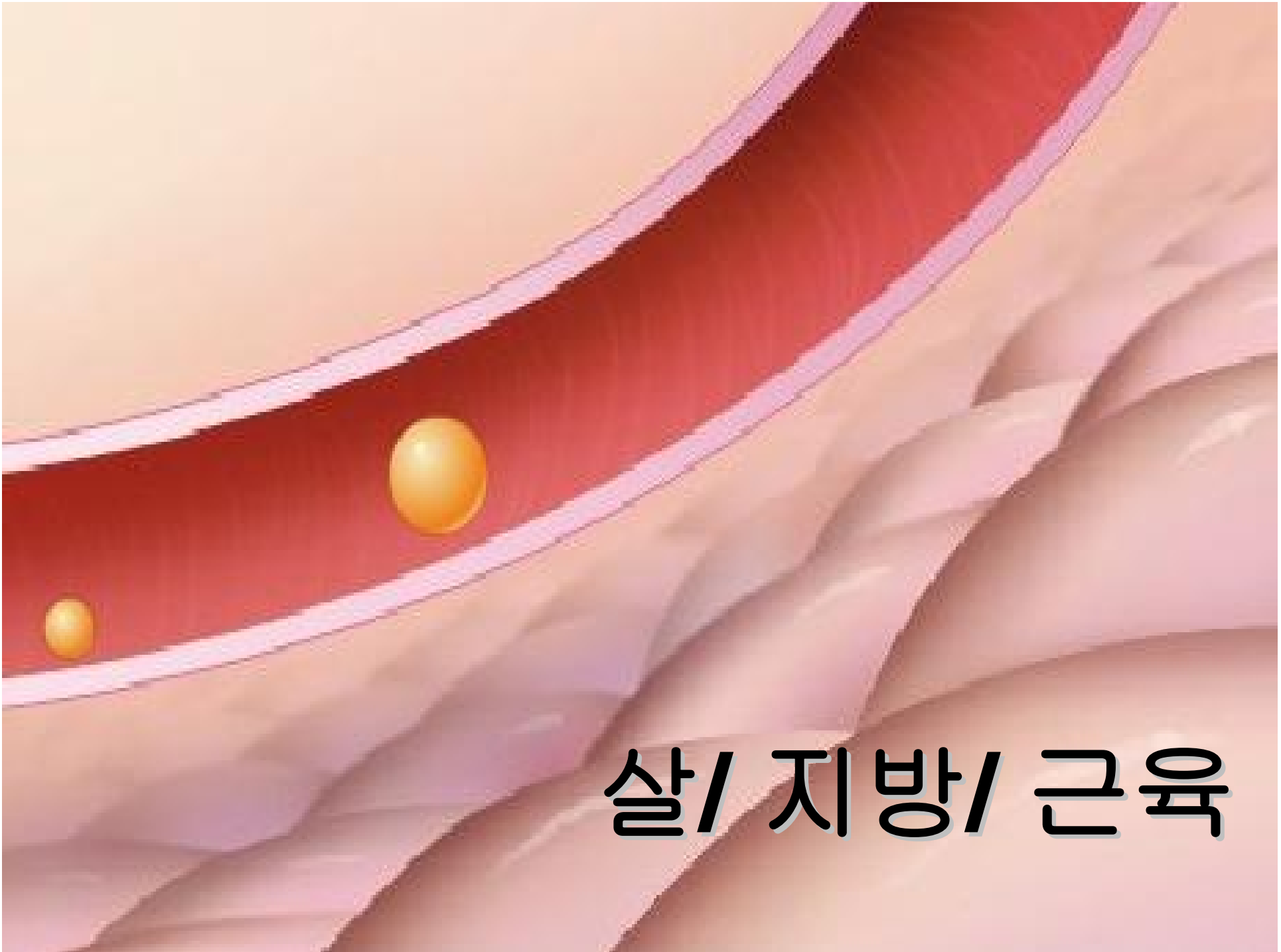


혈관

살 / 지방 / 근육



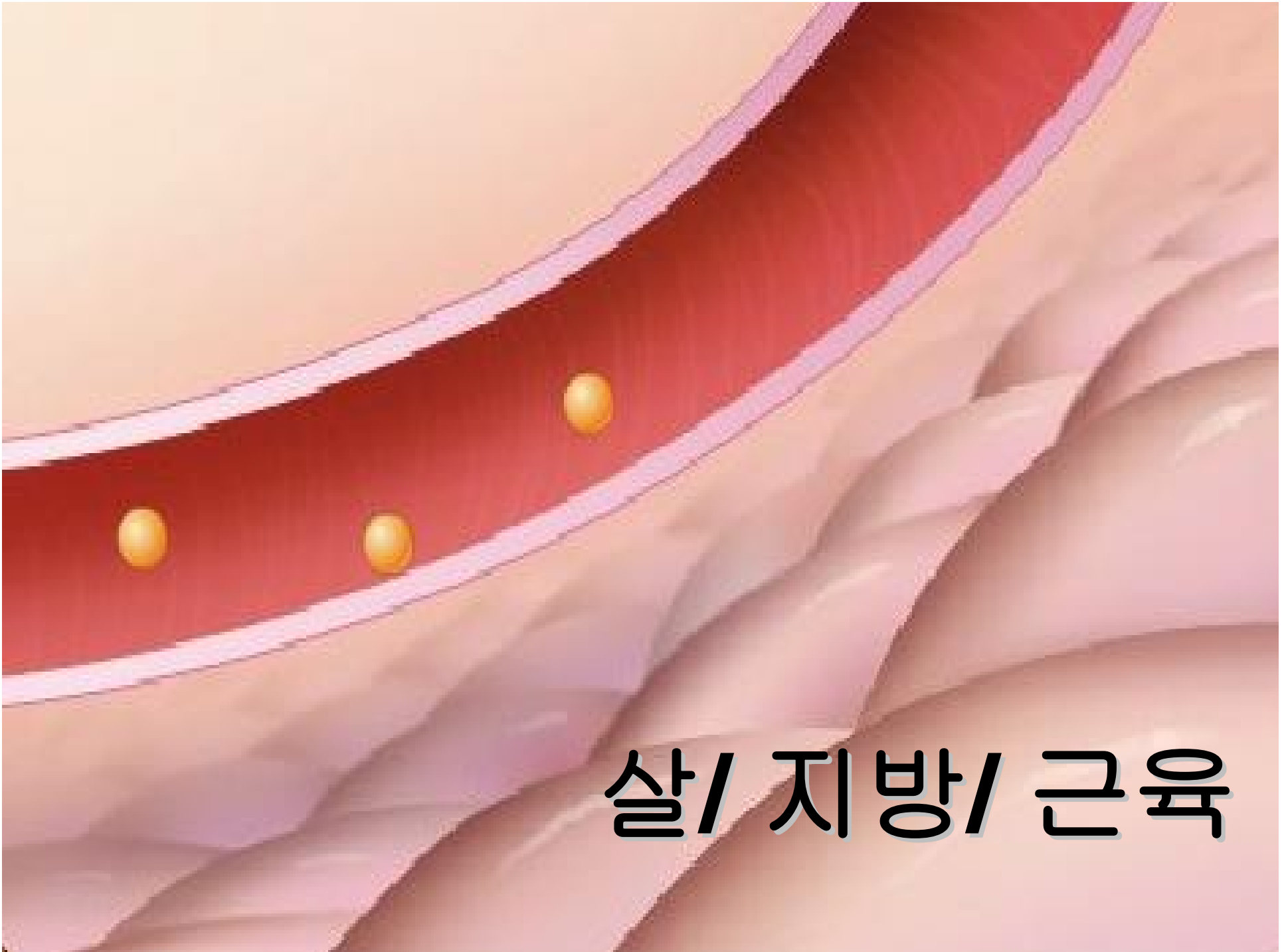
살/ 지방/ 근육



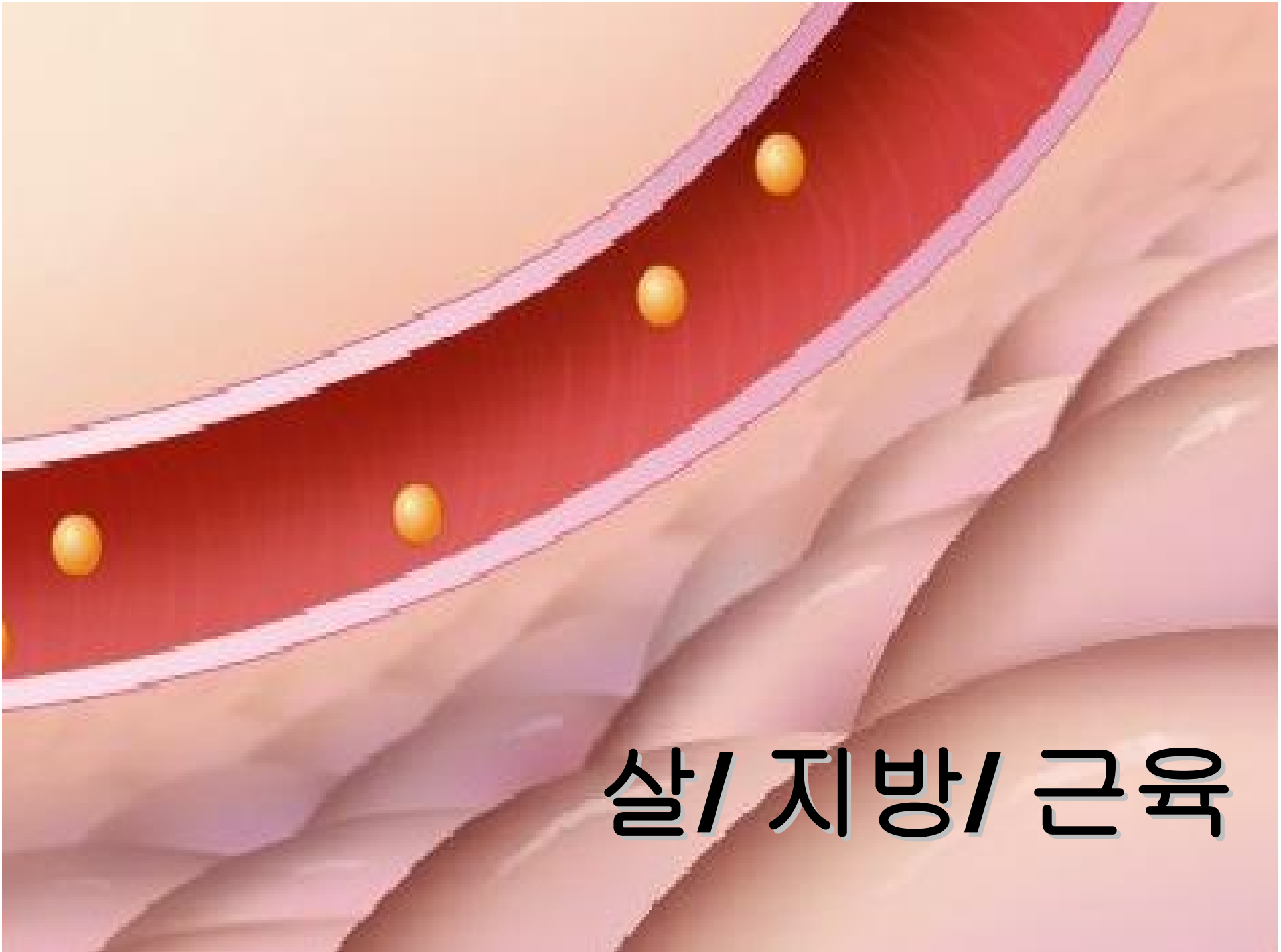
살 / 지방 / 근육



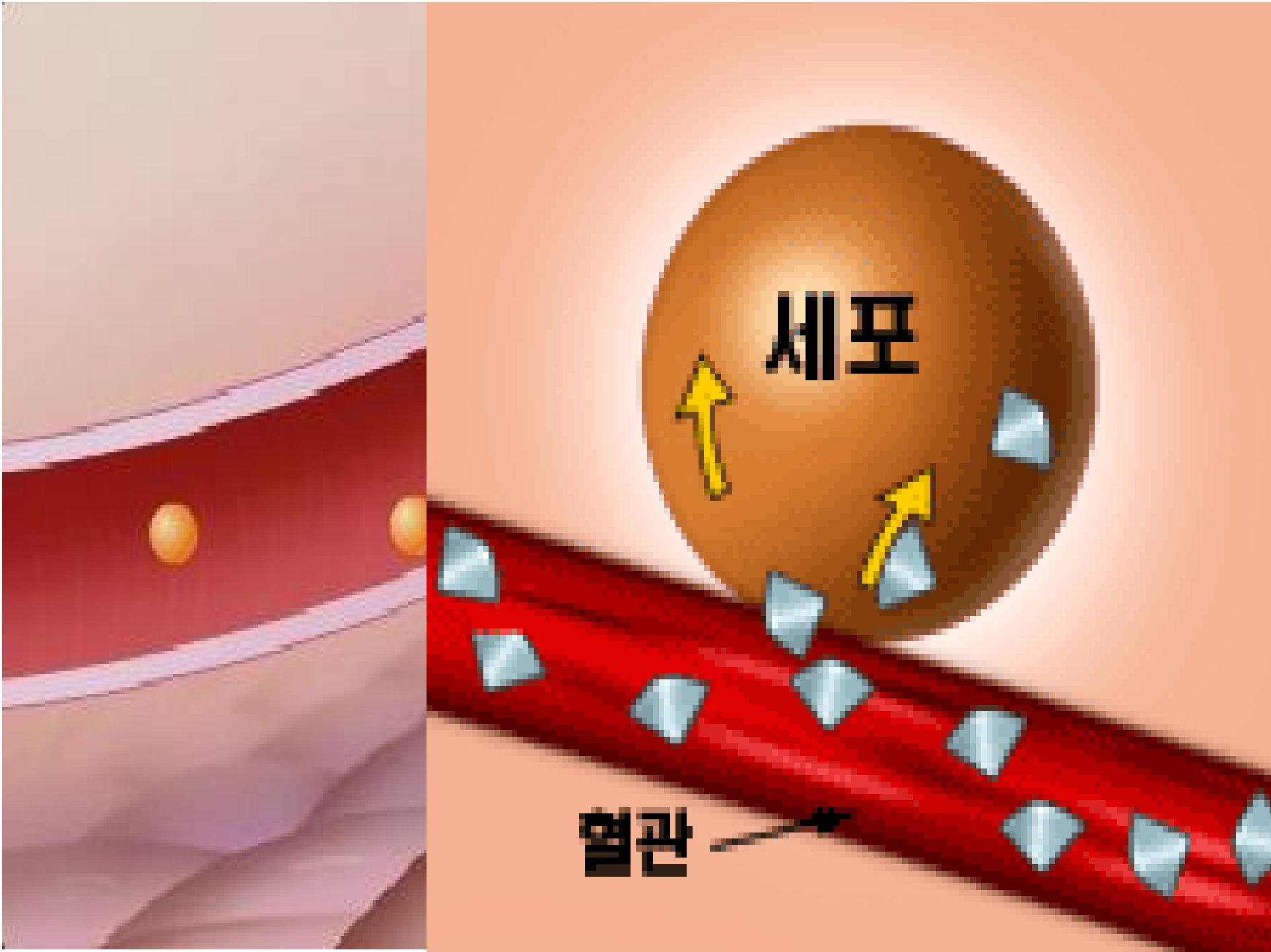
살 / 지방 / 근육

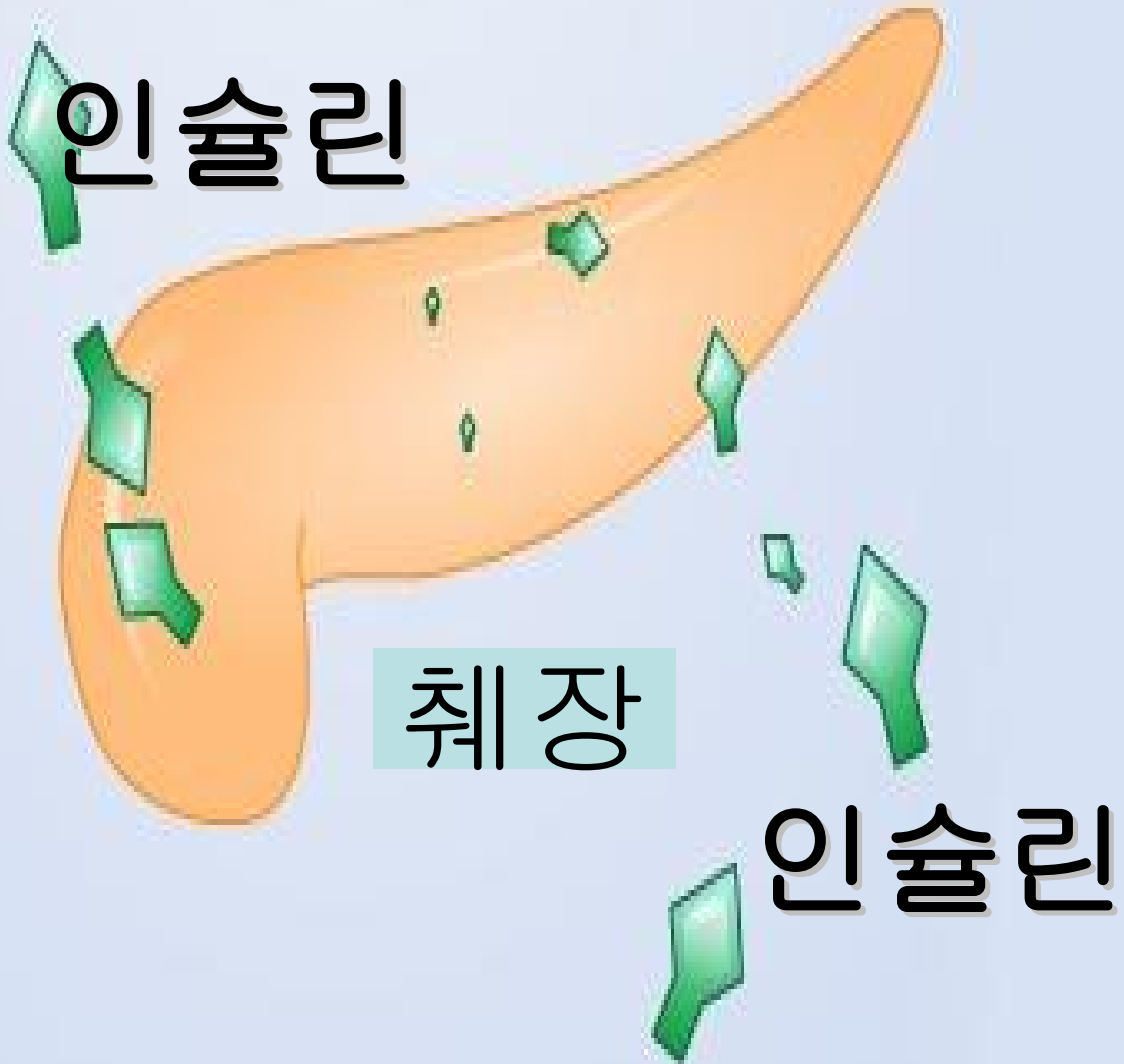
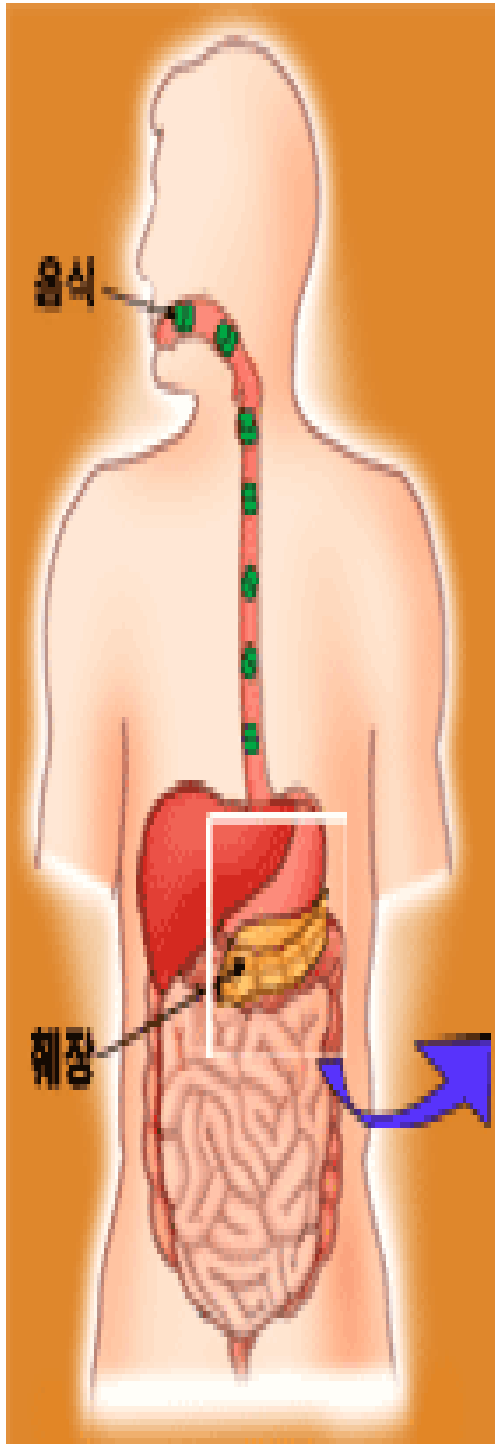


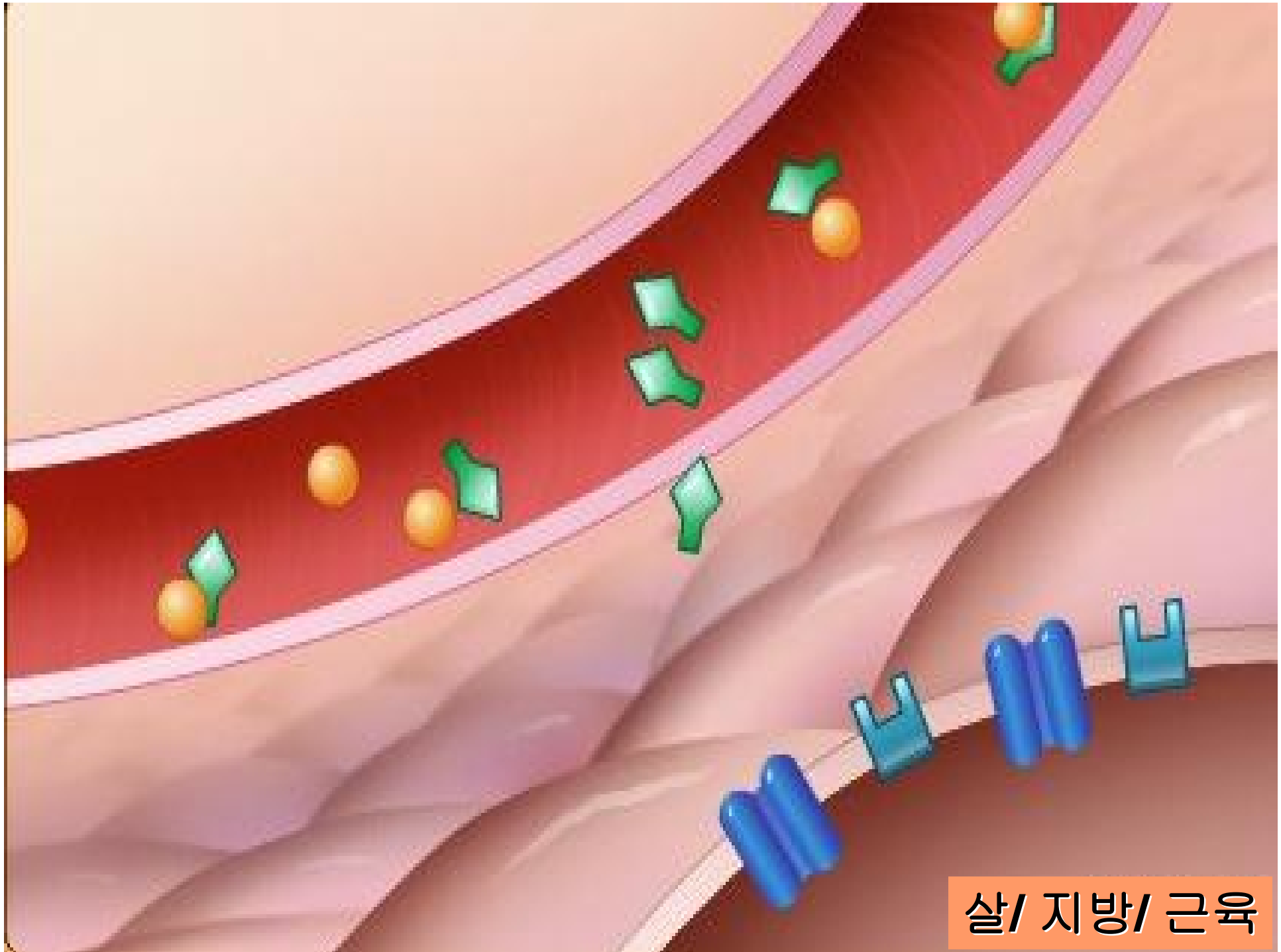
살 / 지방 / 근육



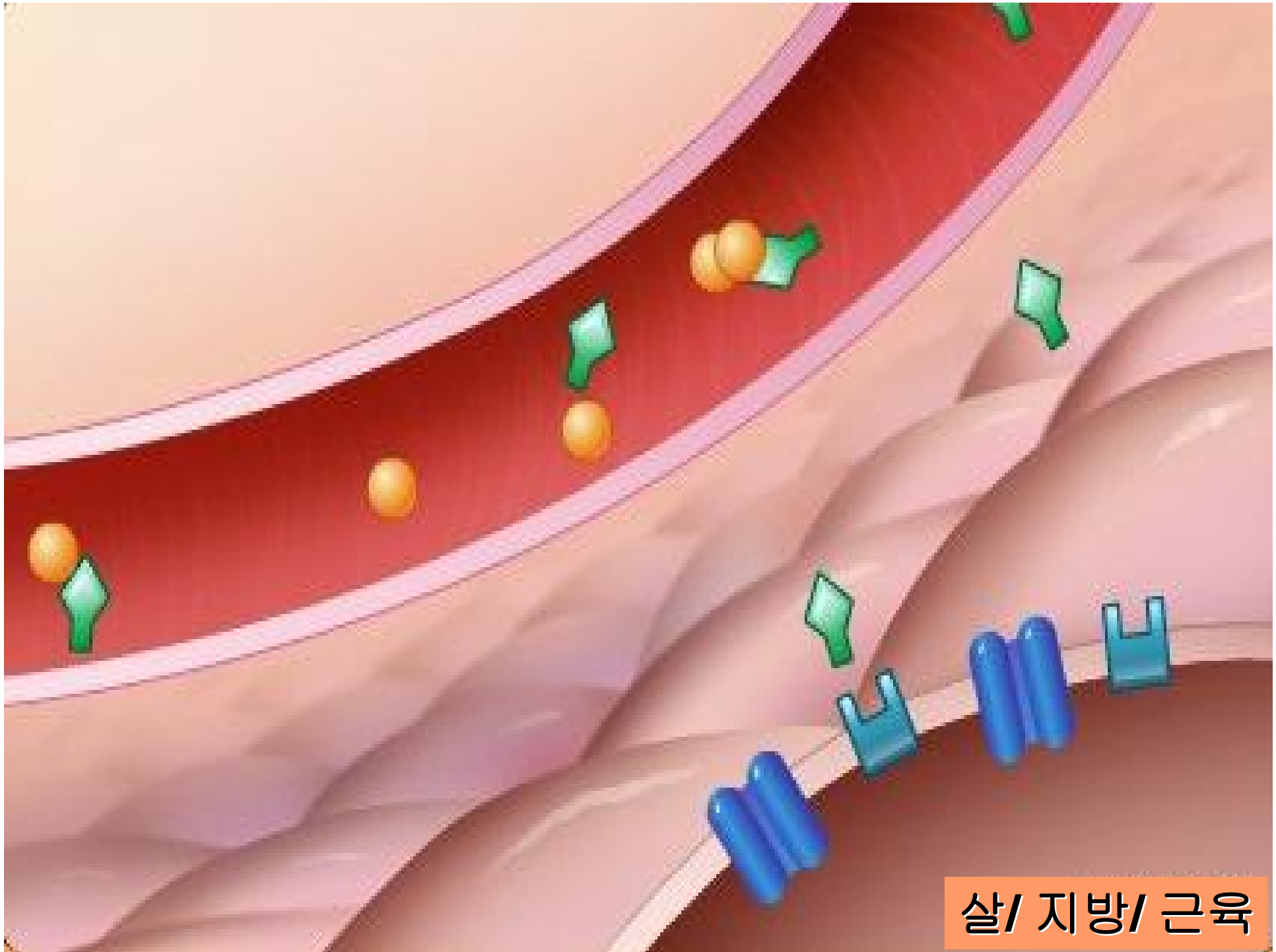
살/ 지방/ 근육

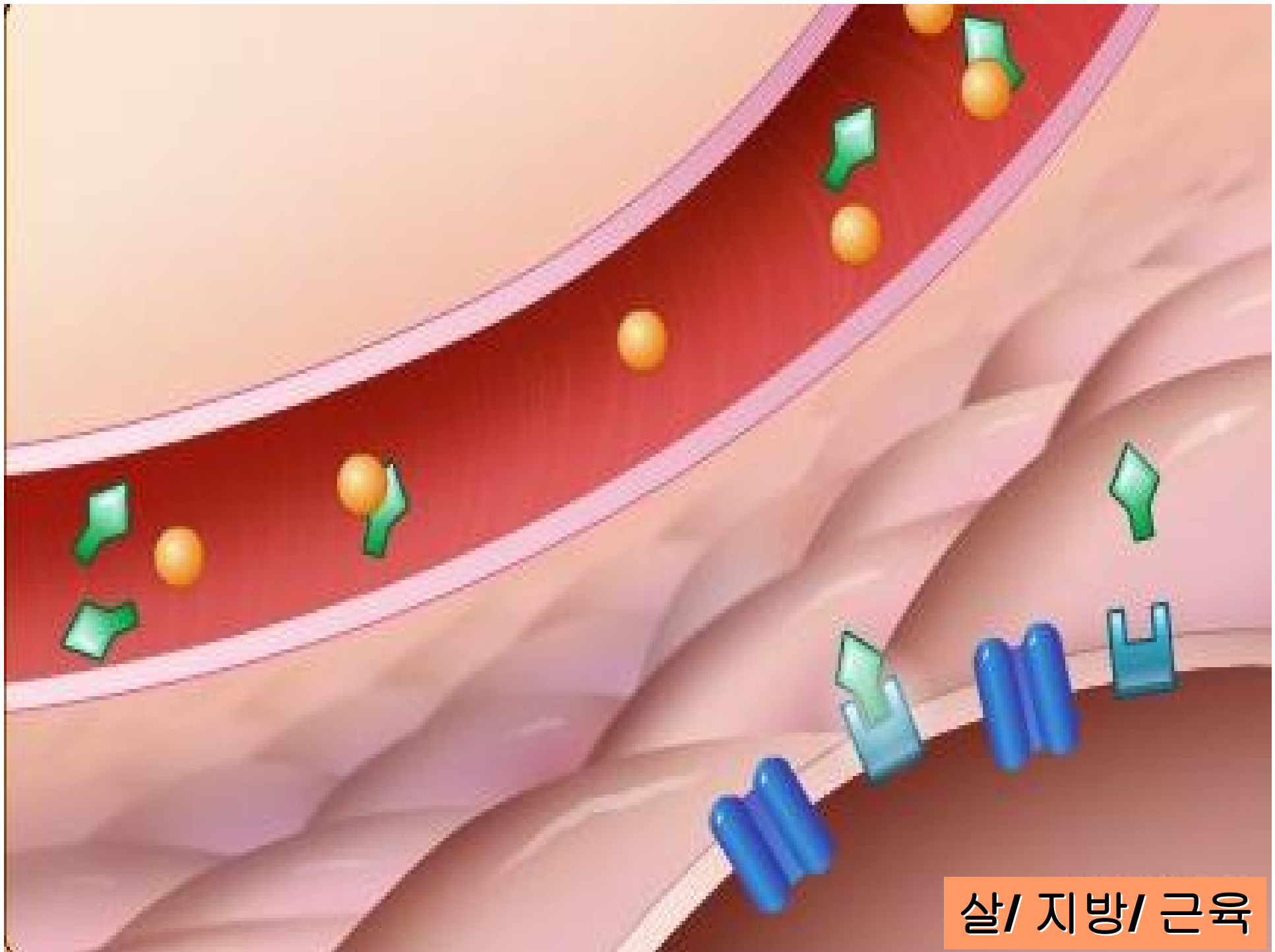


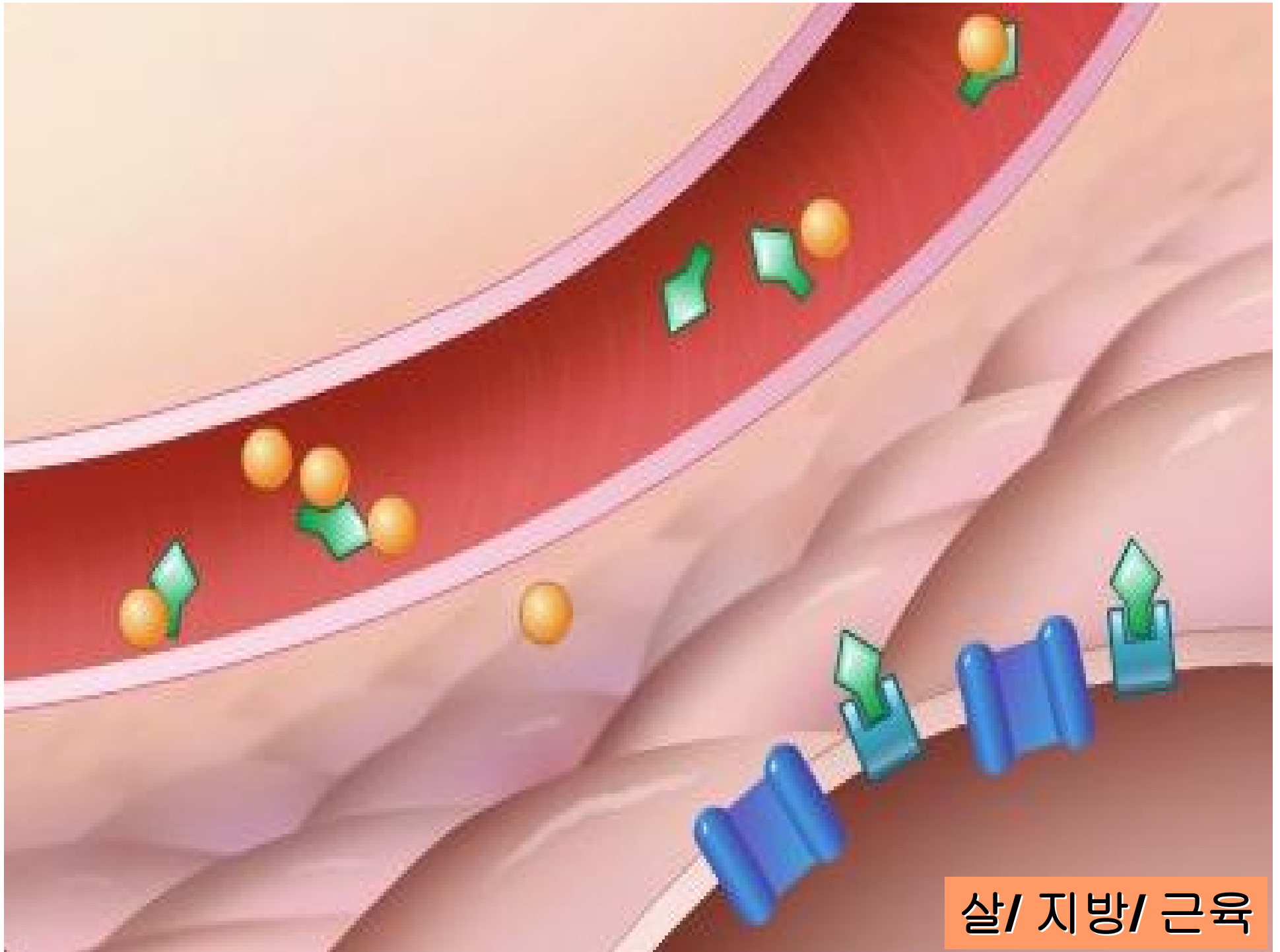


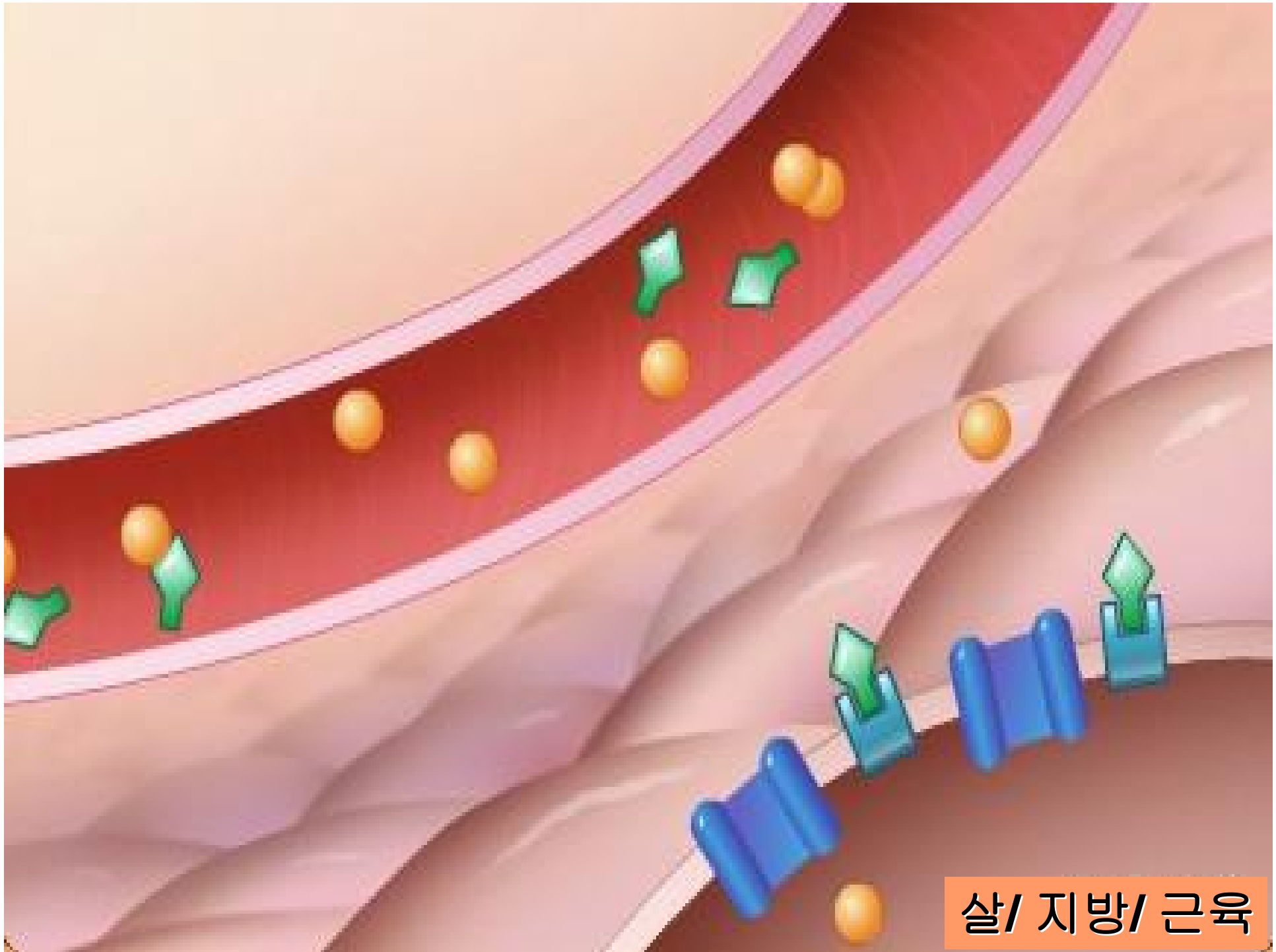


살/ 지방/ 근육





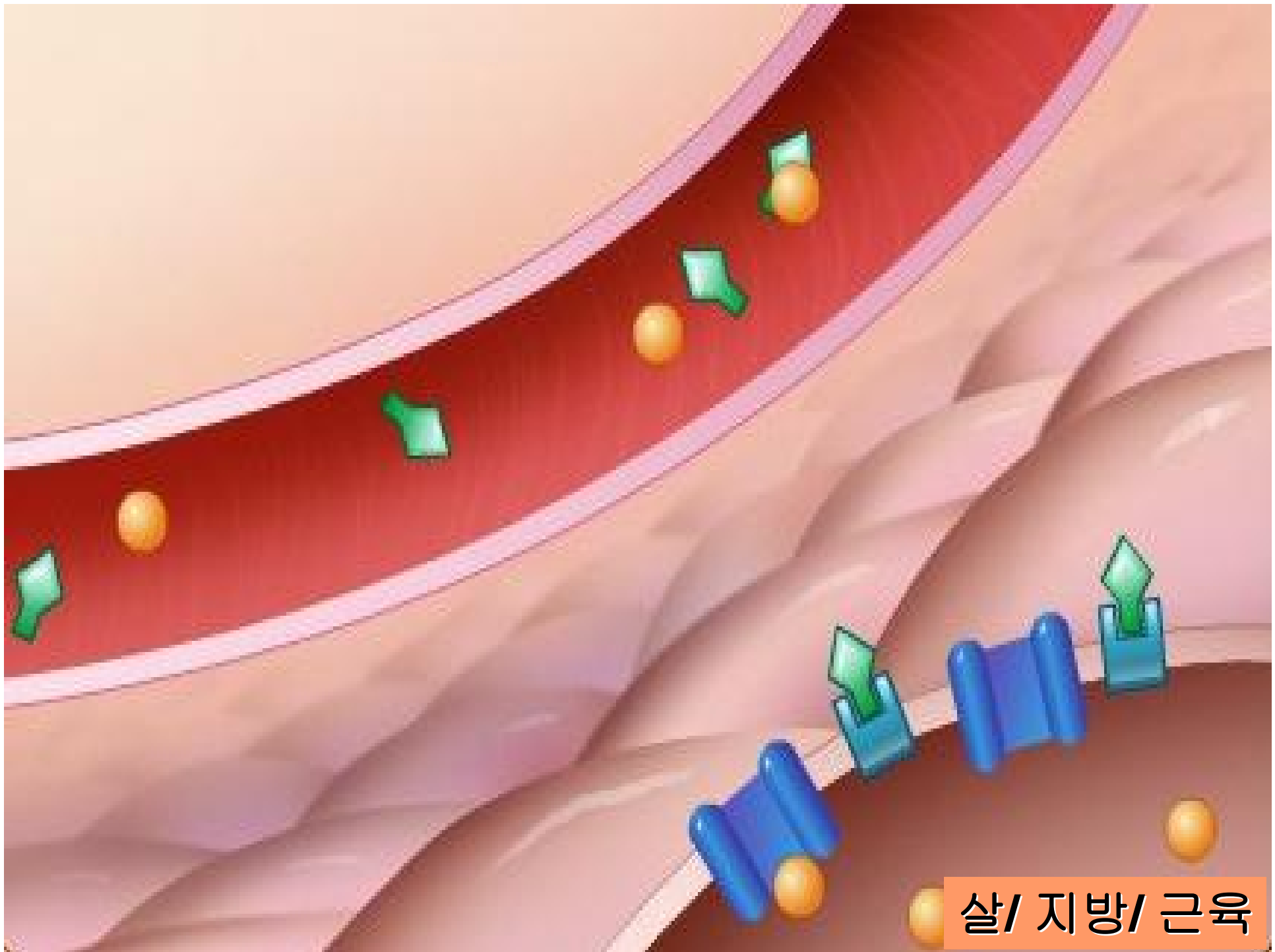




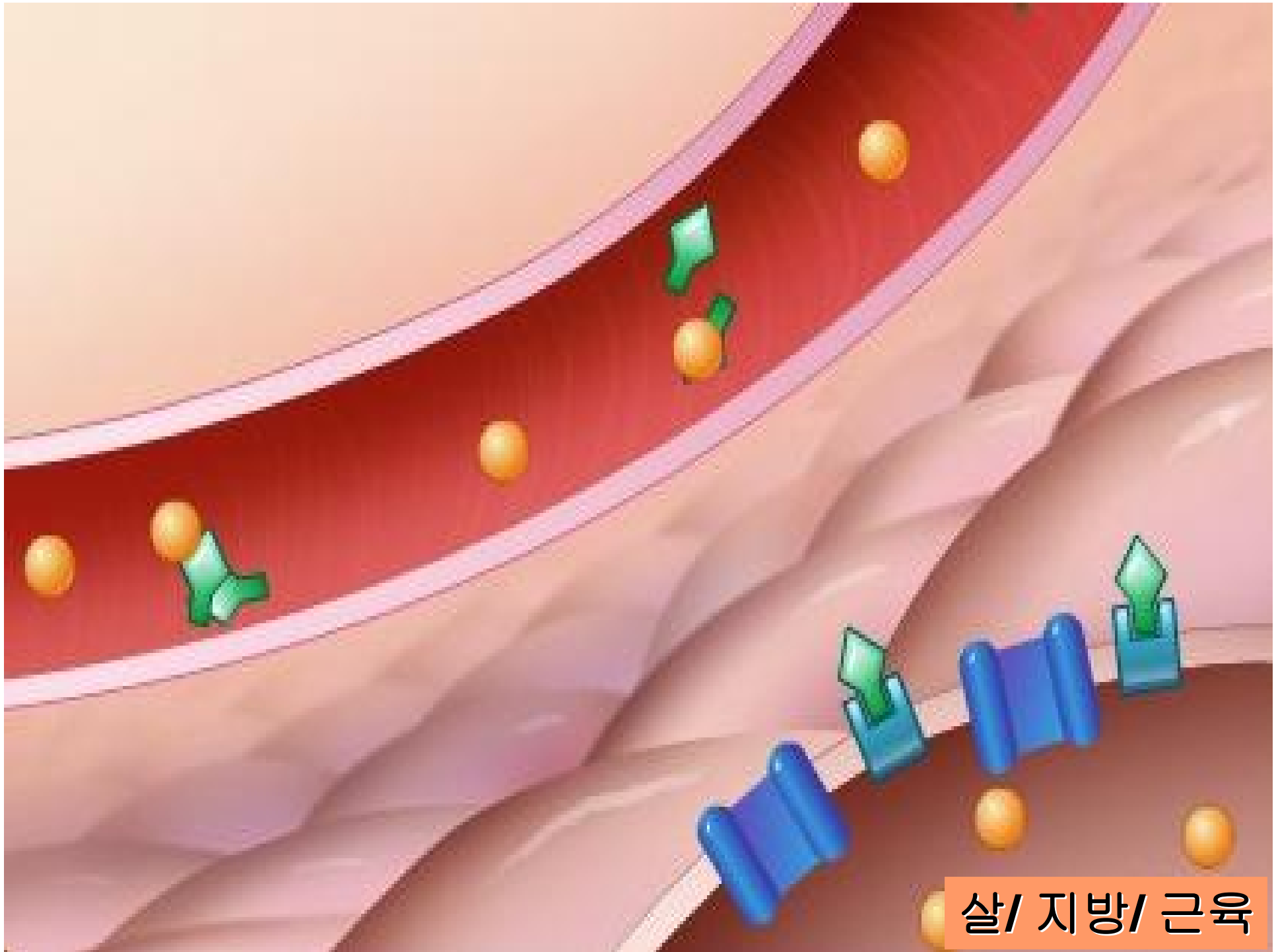
살/ 지방/ 근육



살/ 지방/ 근육



살/ 지방/ 근육



살/ 지방/ 근육

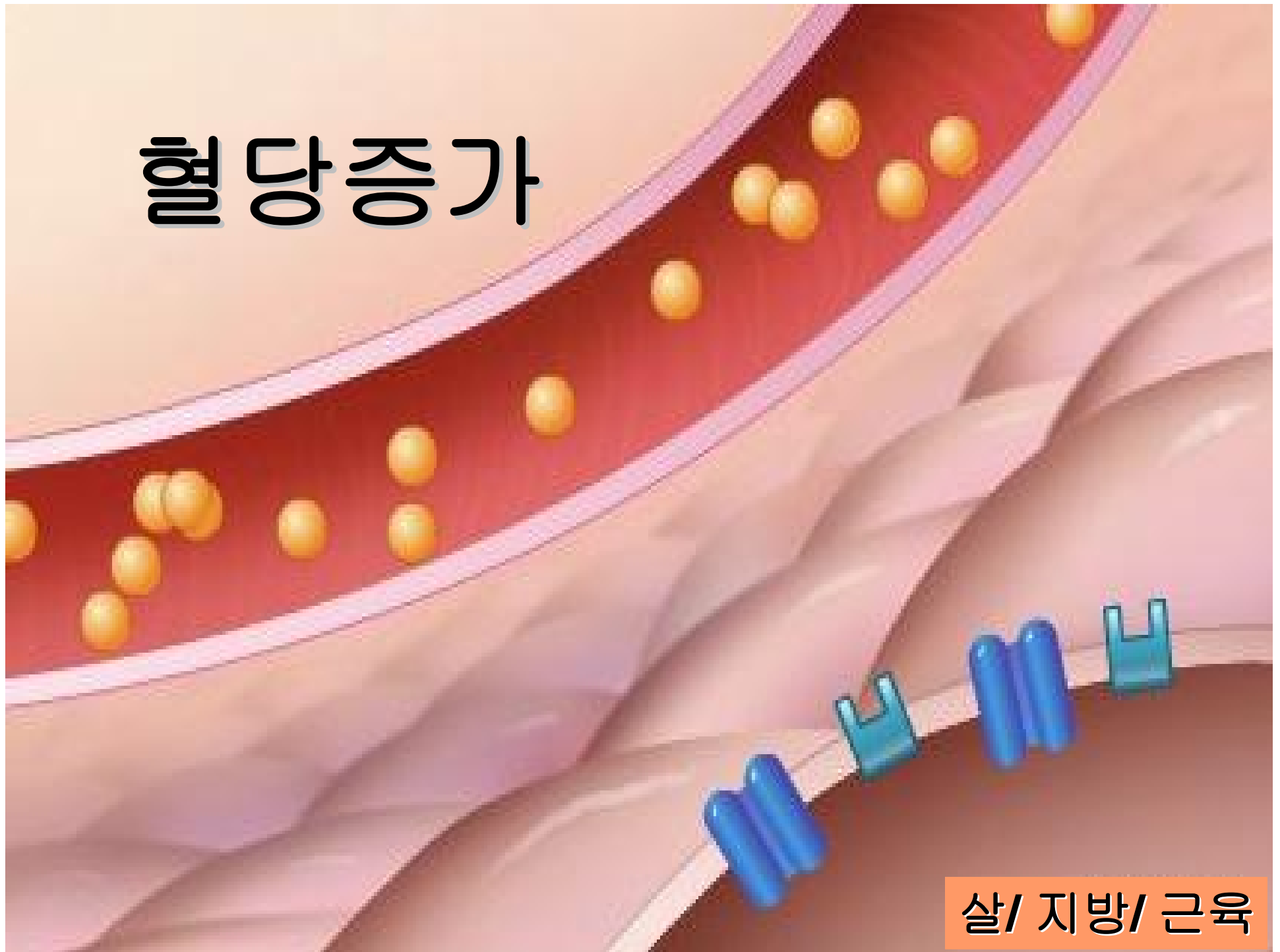


정상인
췌장

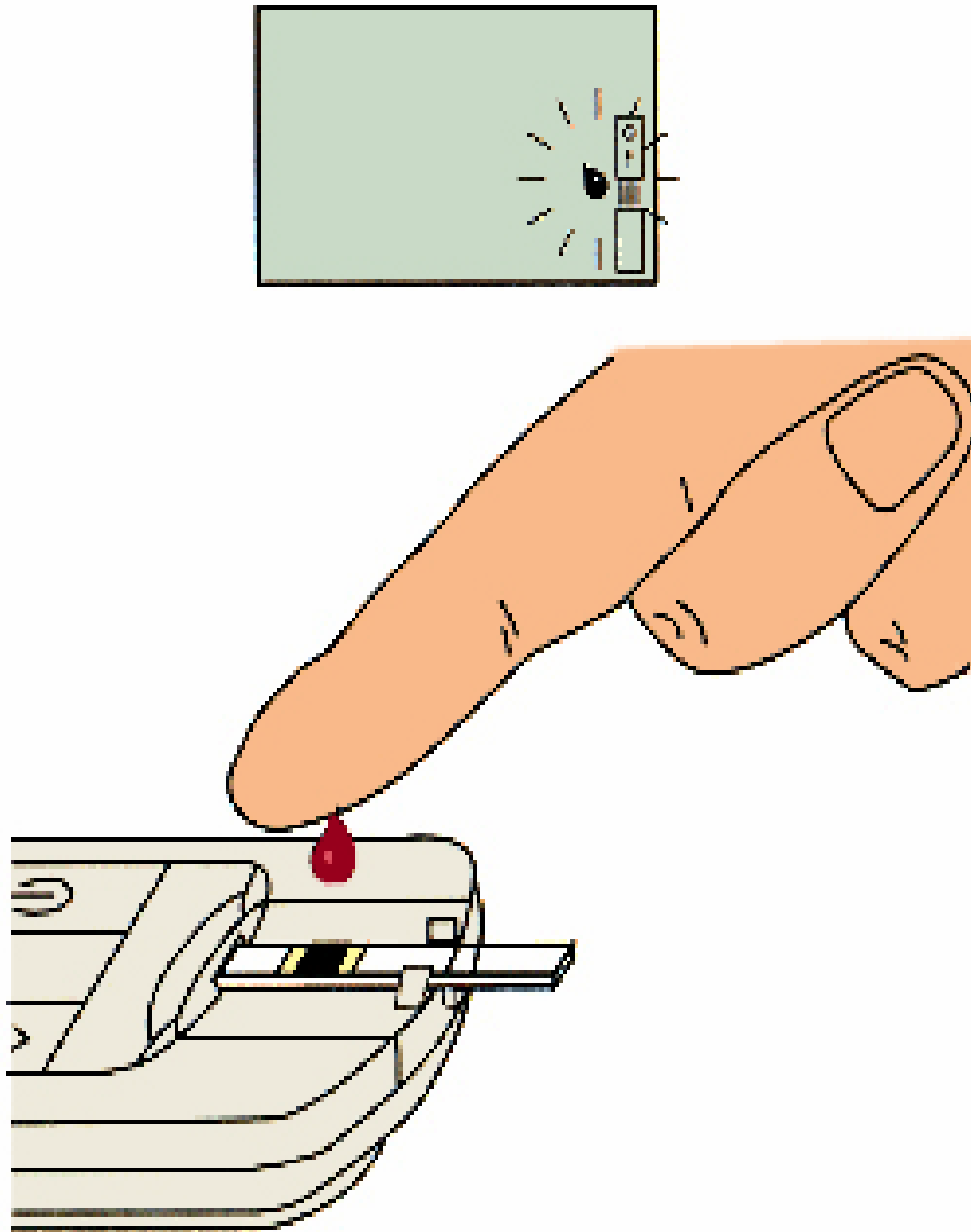


당뇨인
췌장

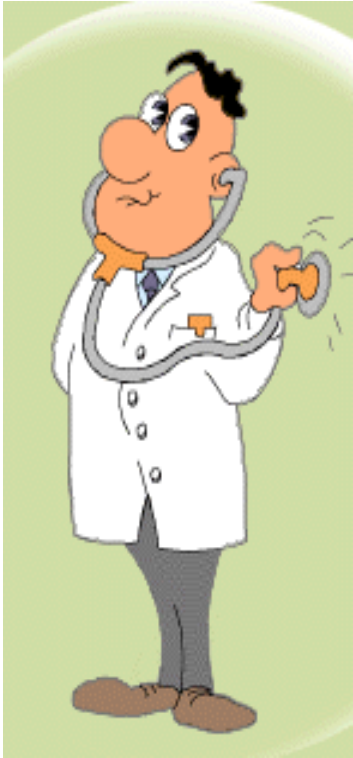
혈당증가



살/ 지방/ 근육



당뇨병이란 무엇인가?



현재는...
체내에서 인슐린의 분비나
기능의 장애로 인해 혈중에
당이 증가하는 질환

제2형 당뇨병은 진행성 만성 질환

당뇨병 문제의 핵심은 합병증

당뇨병성 망막병증

직장인
연령에서
실명의
첫 번째 원인



당뇨병성 신증

만성신부전의
가장 흔한 원인



뇌혈관 질환

뇌혈관 질환과 심혈관
질환에 의한 사망률이
2-4배 이상 높음



심혈관 질환

당뇨병 환자 10명중
8명은 심혈관
질환으로 사망



당뇨병성 신경병증

비외상성 하지 절단술의
가장 흔한 원인

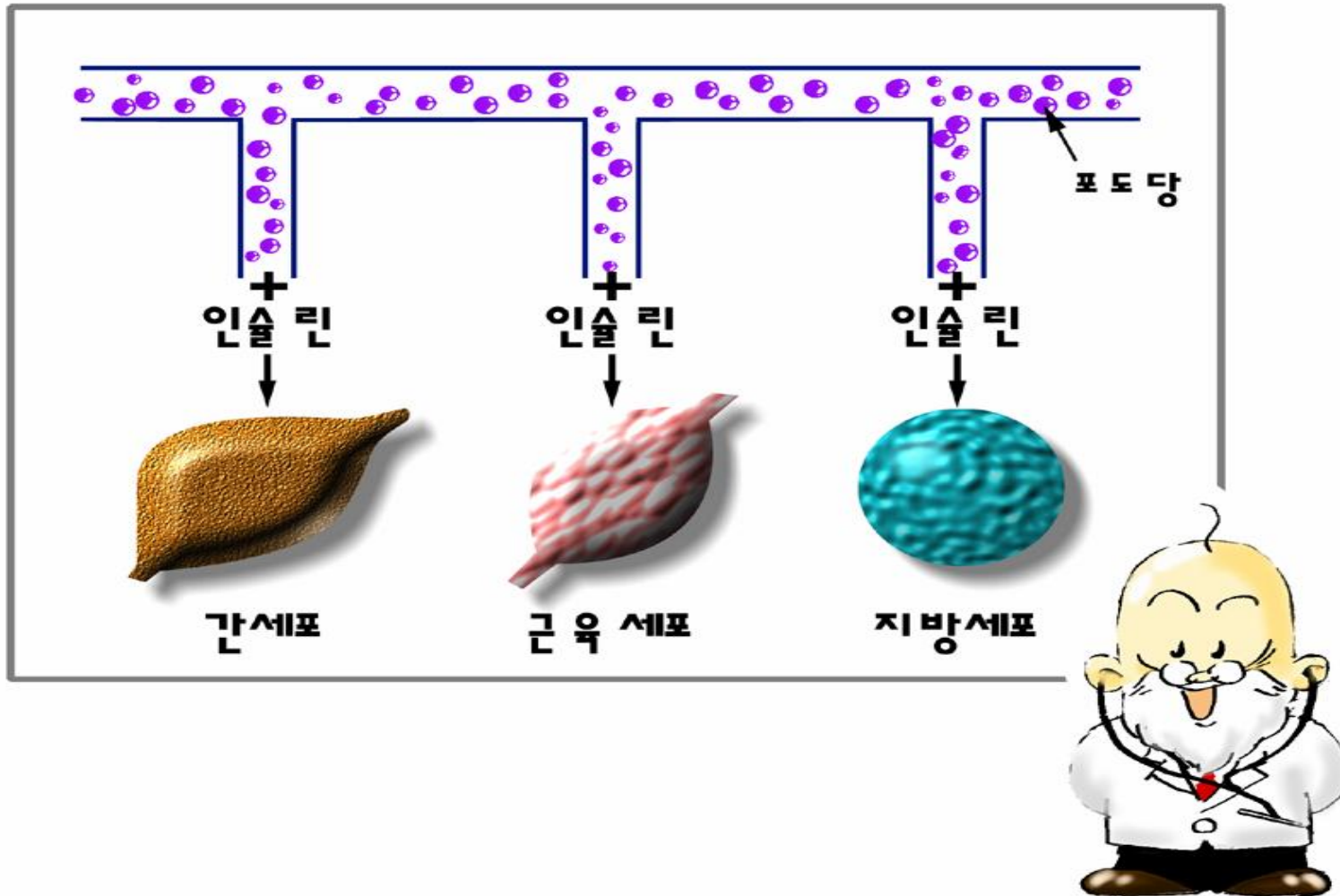


철저한 혈당조절을 하면

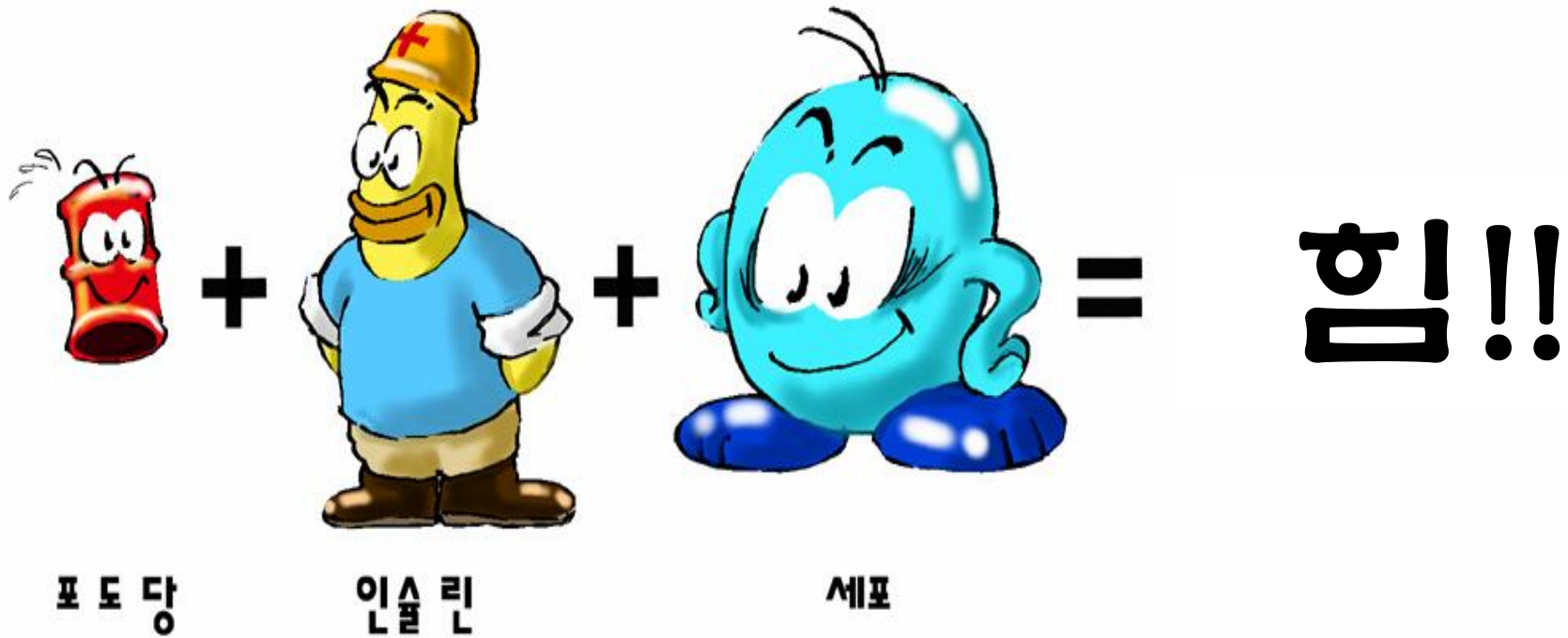
왜!!!

체중이 증가하나요??

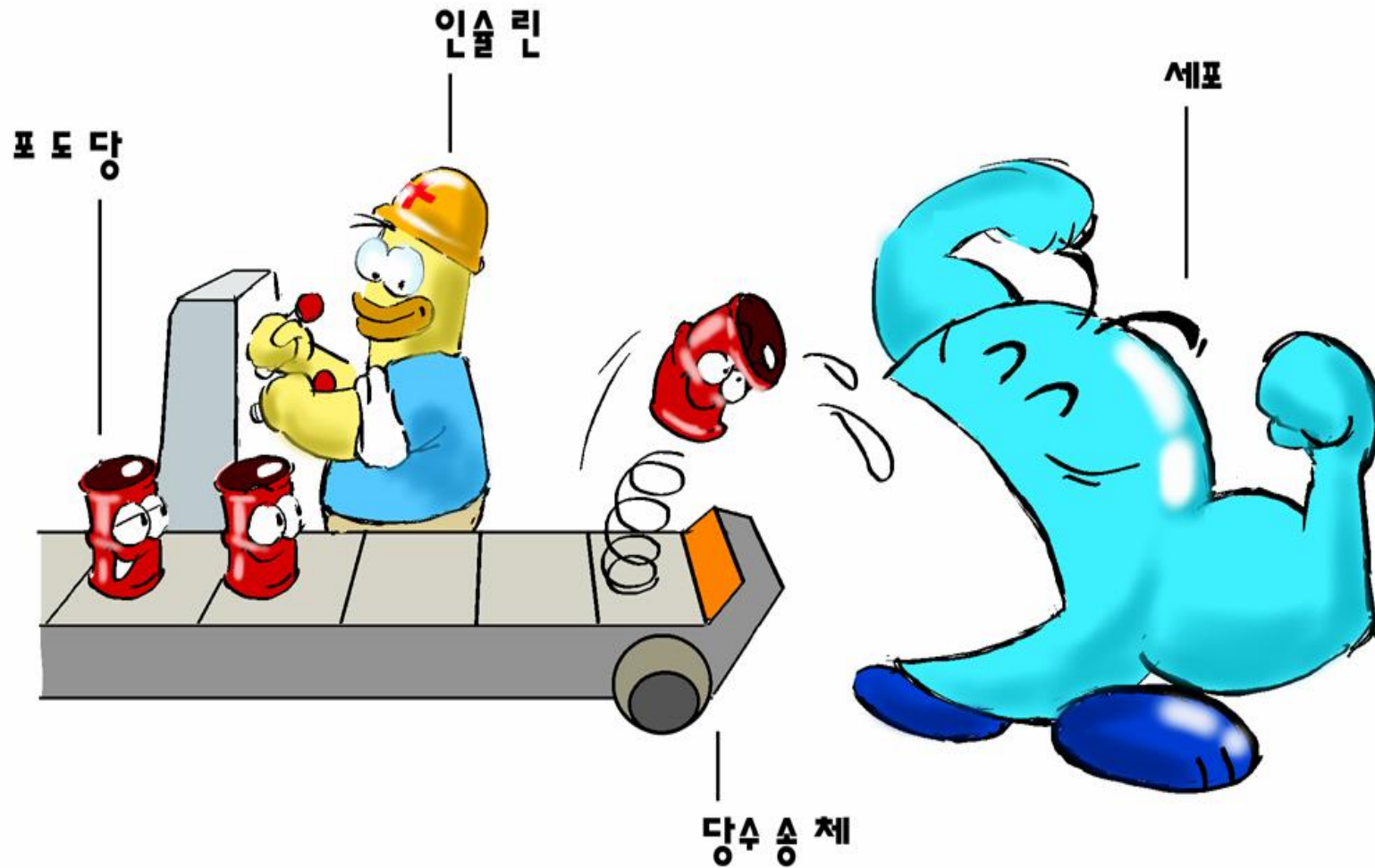
포도당 대사와 인슐린



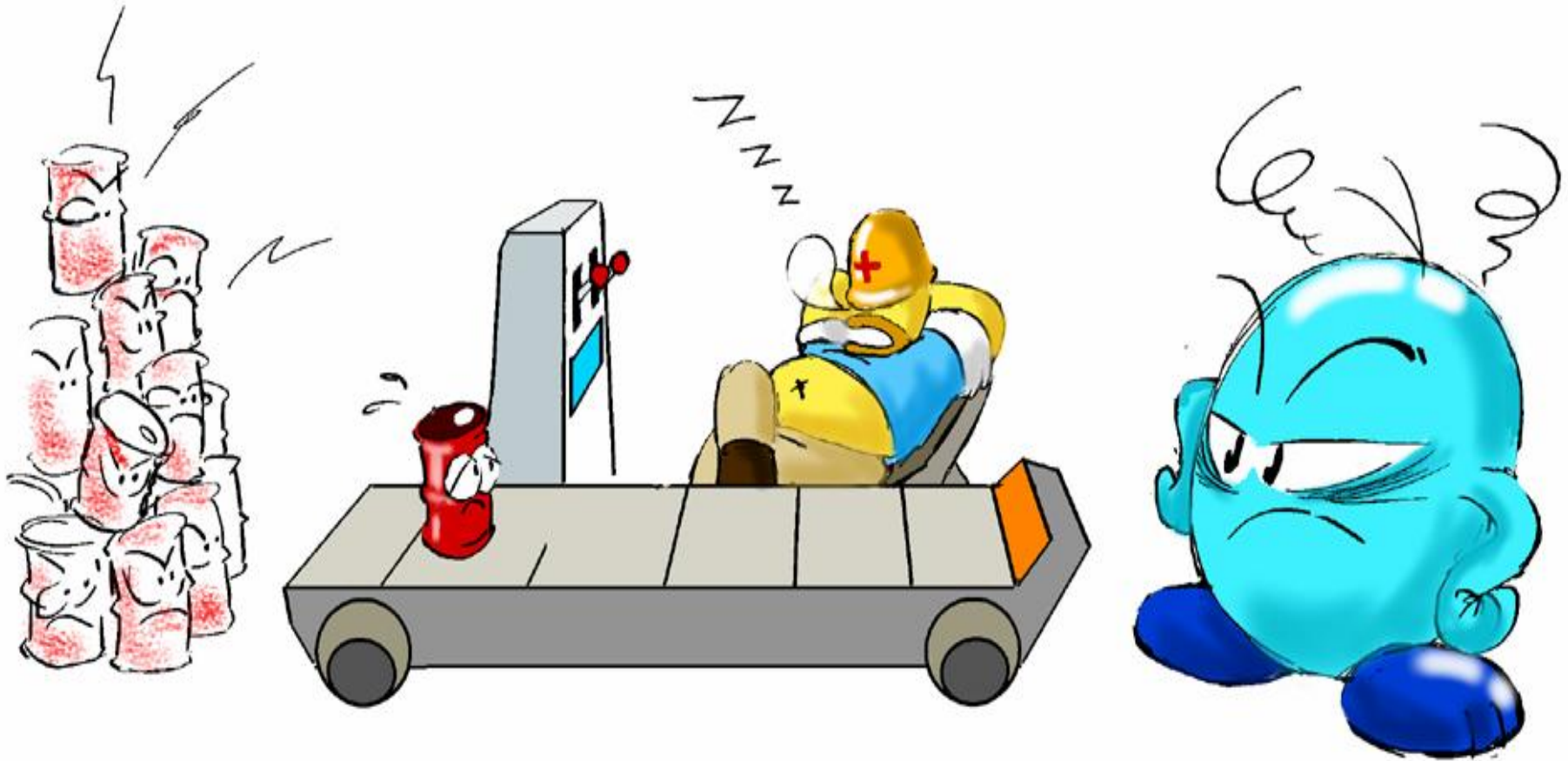
힘은 어떻게??



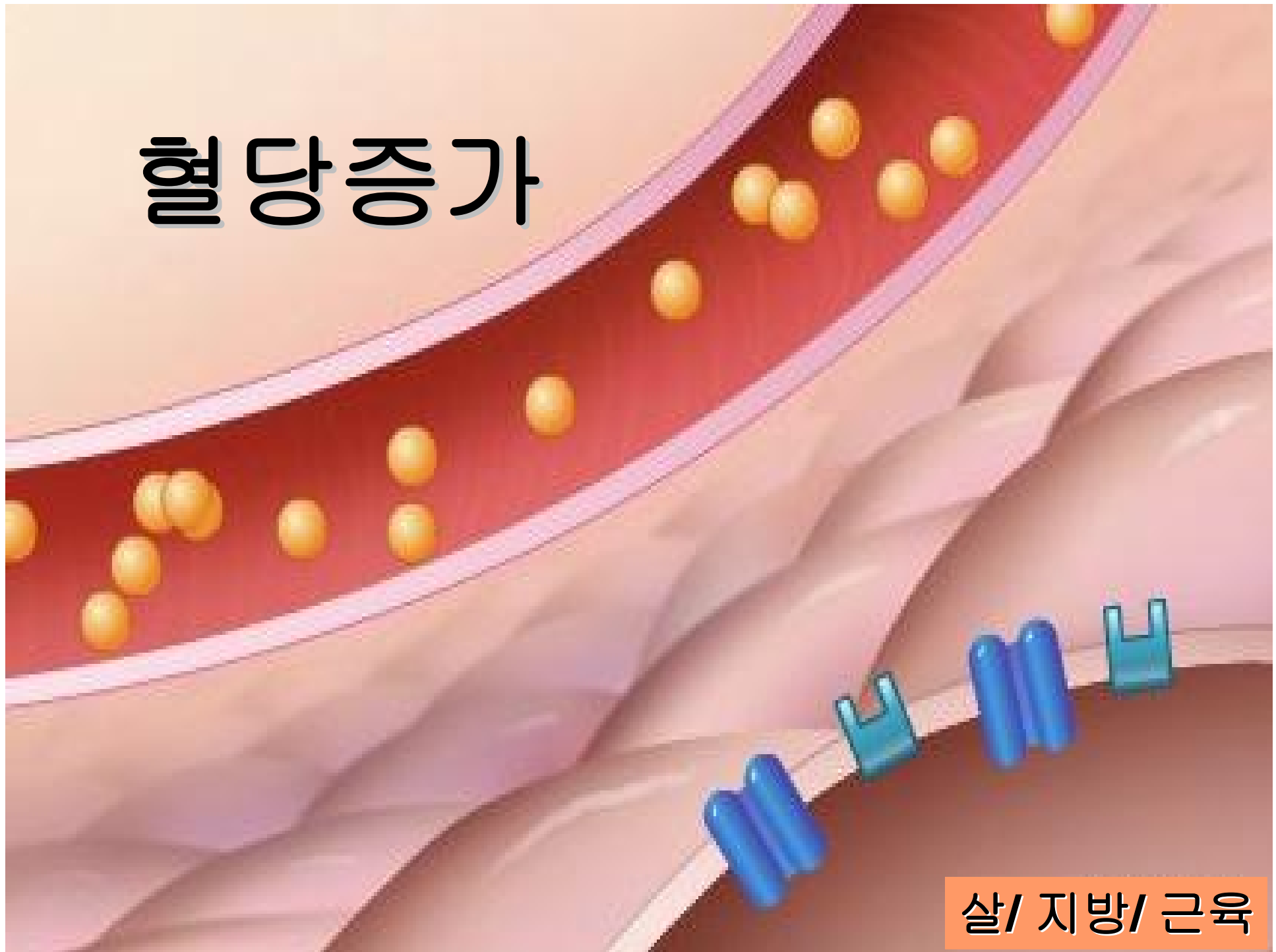
인슐린의 역할



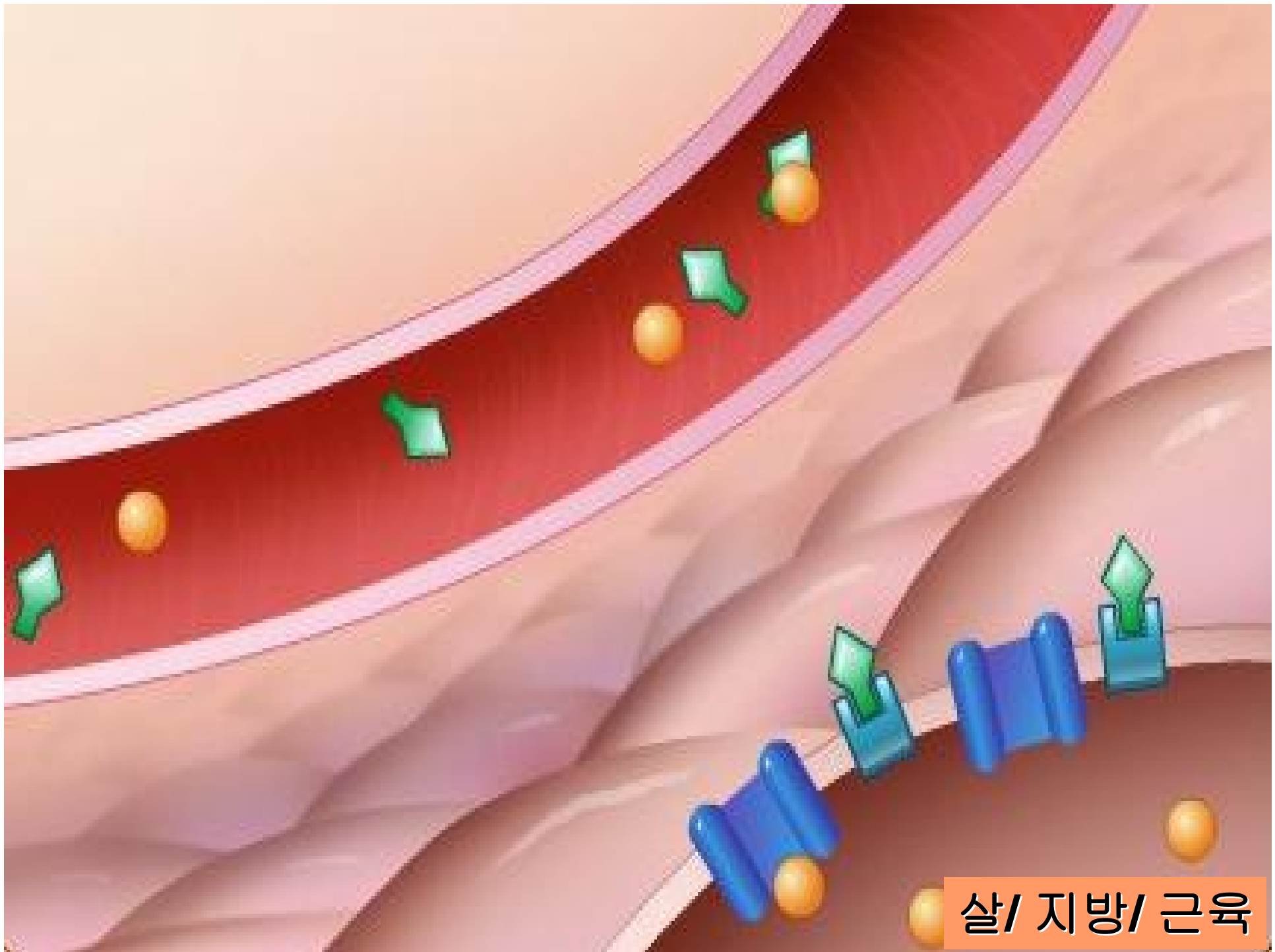
당뇨인의 경우



혈당증가



살/ 지방/ 근육

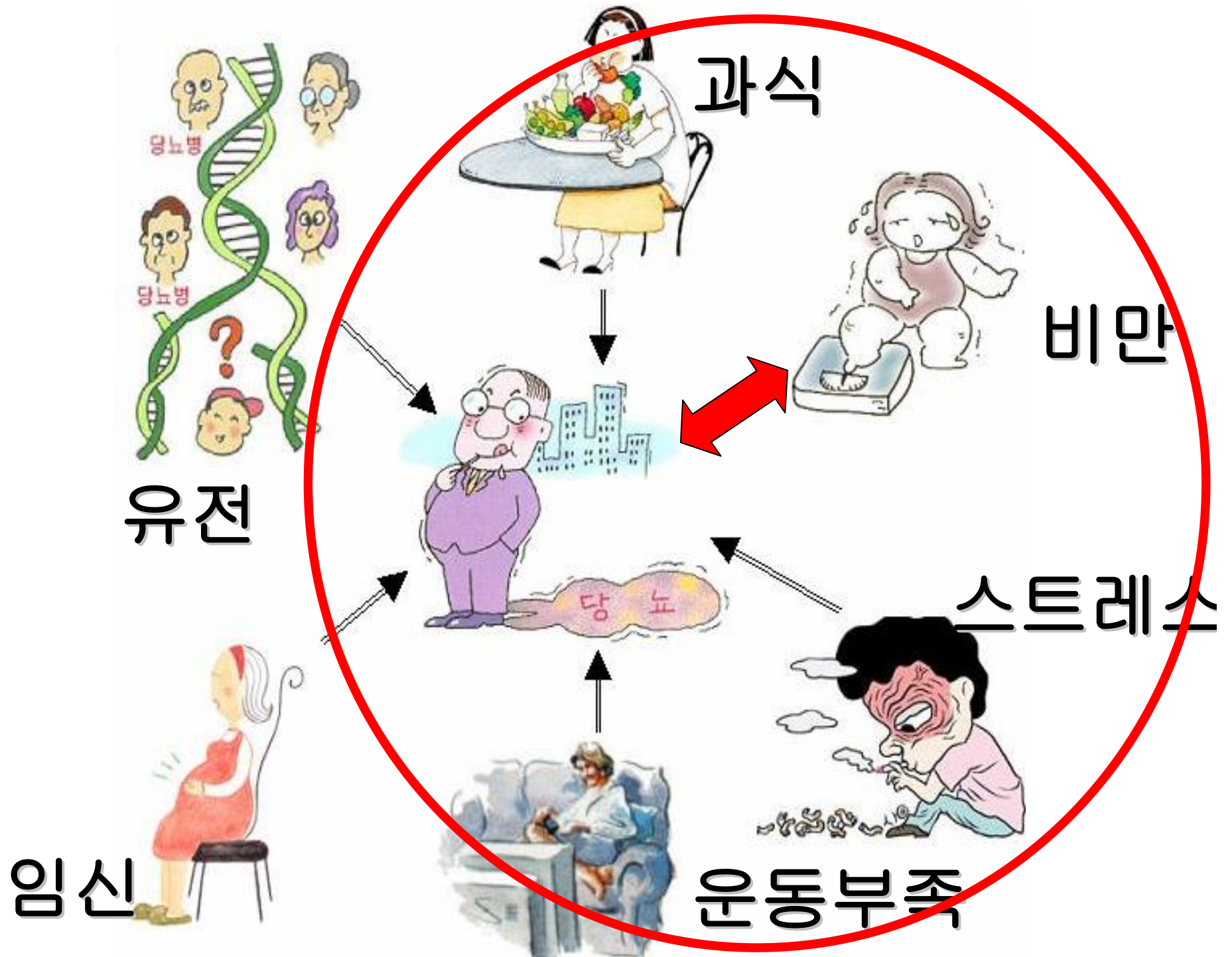


살/ 지방/ 근육

혈당조절을 하면서

체중증가를

최소화 하는 법



현재의 우리아이들

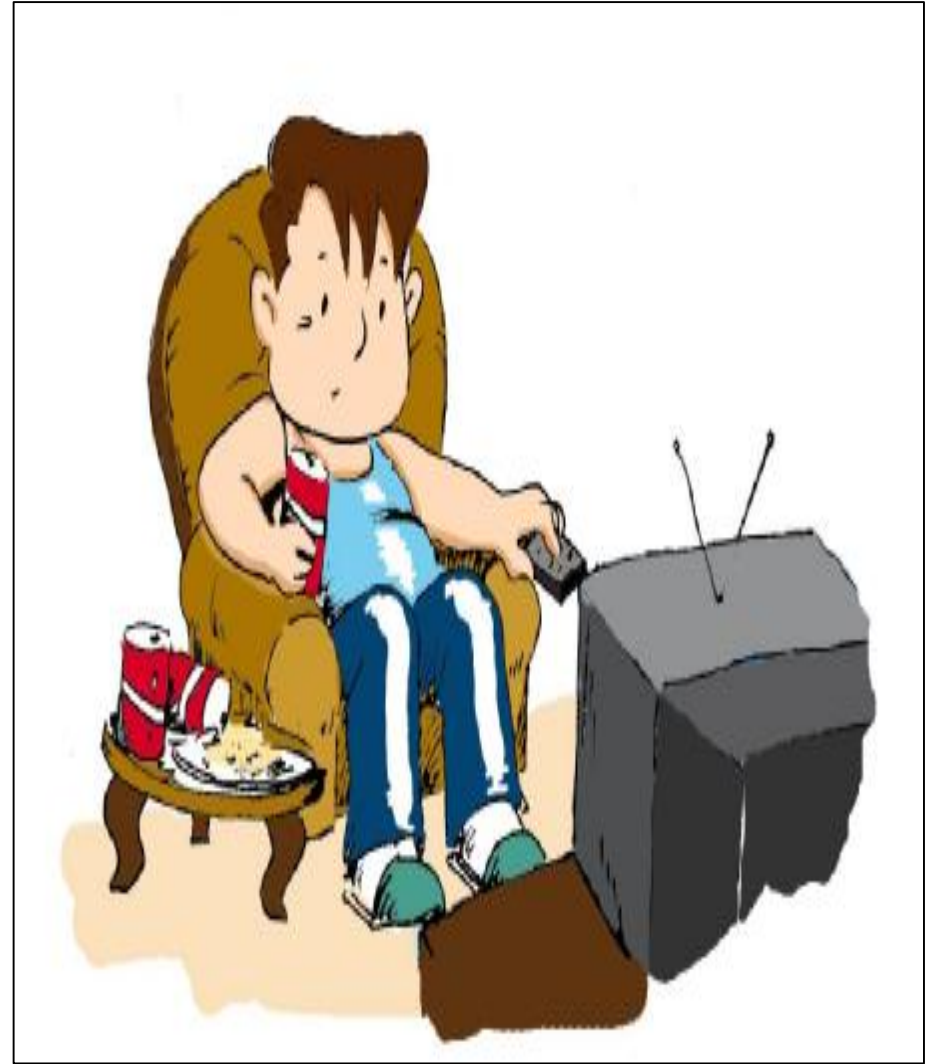


1890년 구한말 농촌



더 먹고

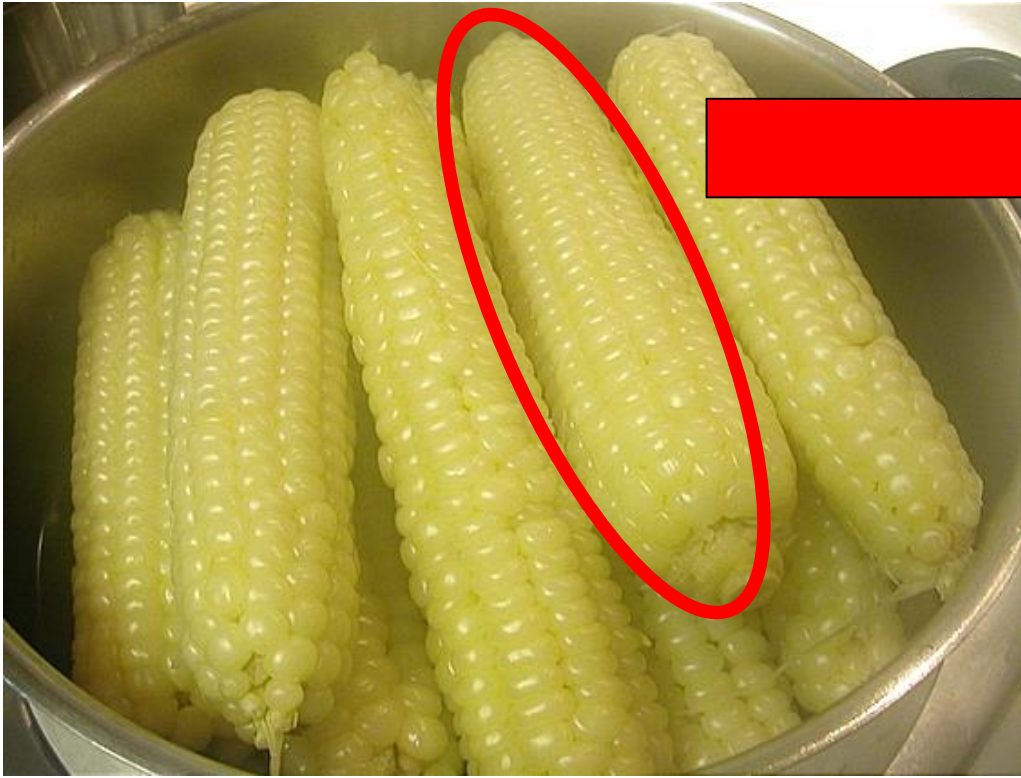
덜 움직인다.



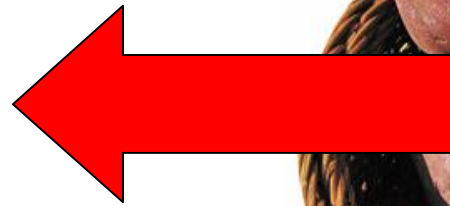
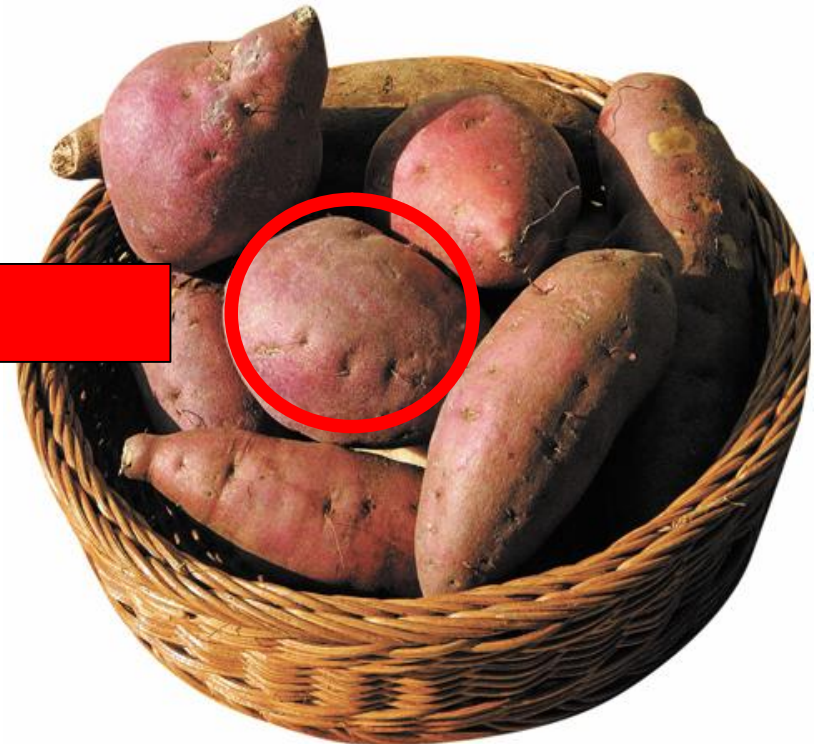




300칼로리



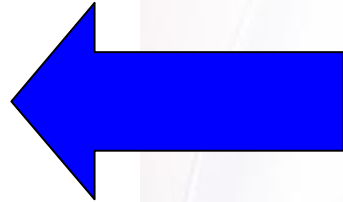
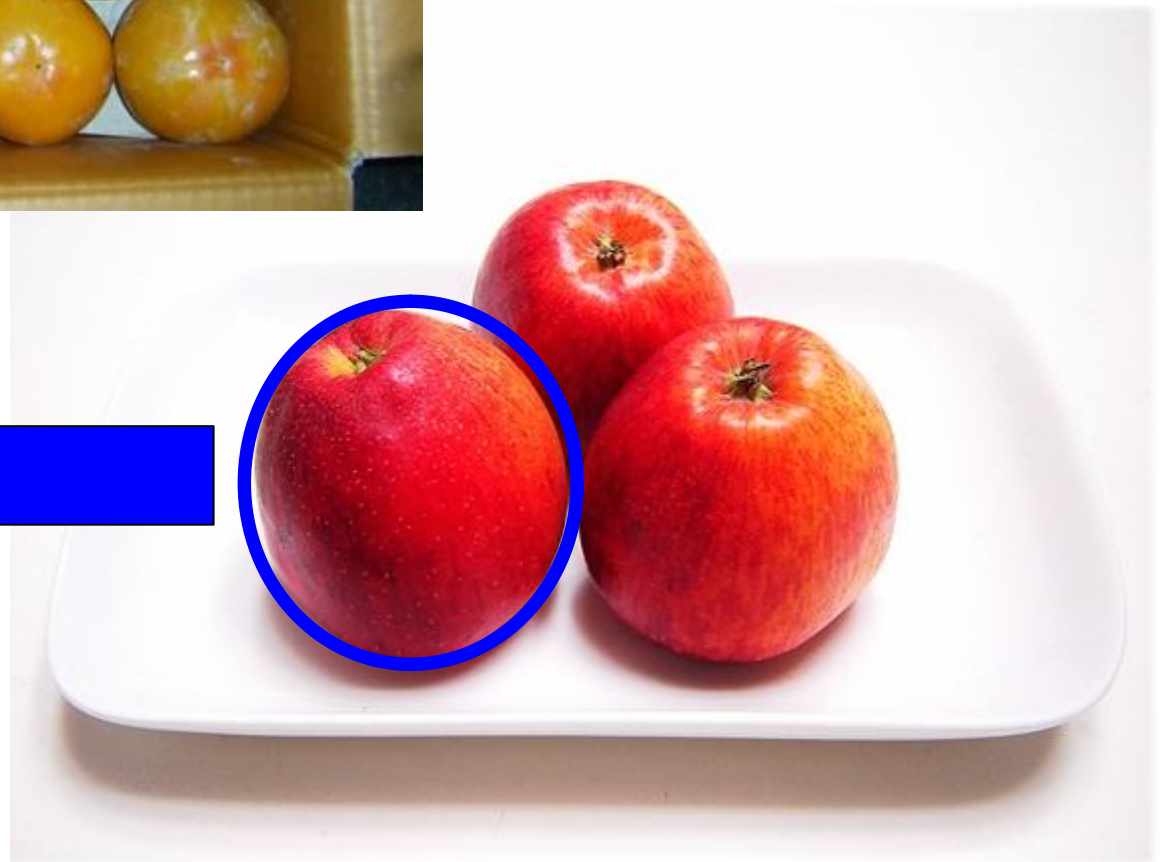
200칼로리



200칼로리



100칼로리



150칼로리

배가 고프지 않아도

때가 되면

식사를 하자

식사 시간외에는
배가 고프지 않으면
먹지 않는다.

정량을 먹었다면

배가 크게 부르지 않더라도

그만 먹는다.

마지막 주제!!!

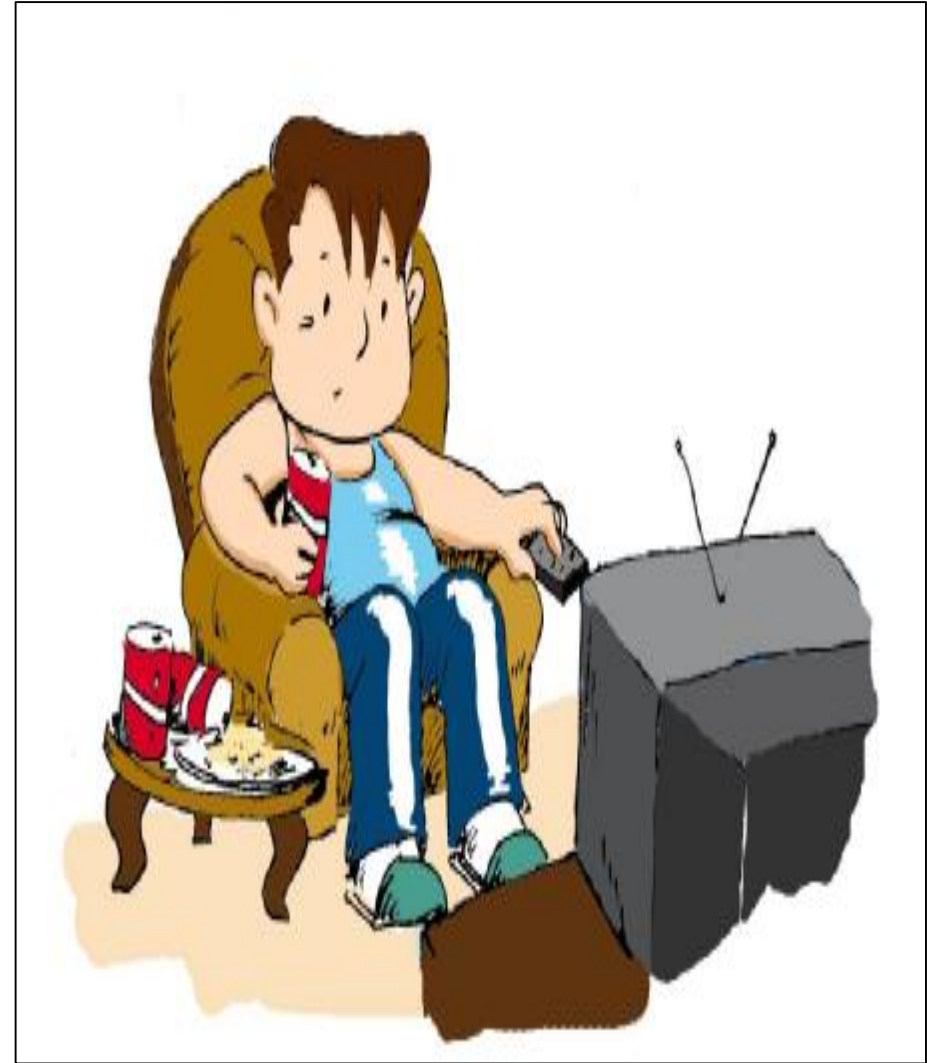
보약!!

날이면 날마다 오는 것이 아니야!!



더 먹고

덜 움직인다.



뛰어



당뇨병 환자 교육 현황

- 당뇨병 교육을 받은 적이 없다 : **60.6%**
- 당뇨병 인구의 증가
- 부정확한 당뇨병 관련 정보
- 환자를 만족시키는 교육 부족



검증된 교육과 받아드리려는 자세