

# Ntshav Qab Zib Hom 2 thiab Lub Luag Hauj lwm ntawm GLP-1

Ntau qhov chaw ntawm koj lub cev tuaj yeem pheej tim (muaj) qab zib rau koj txoj kev noj qab haus huv ntshav.

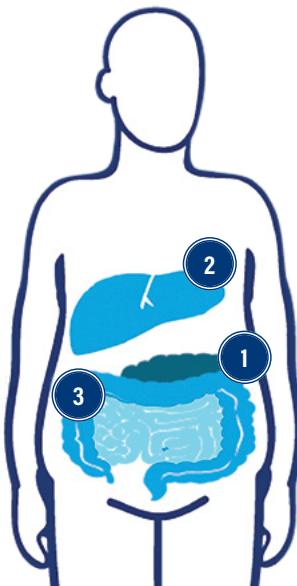


## GLP-1 yog dab si?

GLP-1 yog ib qhov luv luv thaj cob glucagon-zoo li peptide-1, ib yam tshuaj uas tshwm sim hauv lub cev. Thaum peb noj khoompeb cov ntshav qab zib (cov ntshav qab zib) nce. GLP-1 ua haujlwm nrog lub cev hauv koj lub cev hu ua pancreas tso tawm insulin kom cov ntshav qabzib sib npaug. Yog tias koj muaj ntshav qab zib hom 2, koj lub cev yuav tsis teb rau GLP-1 kom raug. Thaum koj cov tshuaj insulin tsis raug tso tawm thaum lub sijhawm lossis nyob rau qhov tsim nyog, koj cov ntshav qabzib tuaj yeem nce siab dhau.

## Ntau qhov chaw ntawm lub cev tuaj yeem ua rau muaj kev mob ntshav qab zib hom 2

Hauv cov neeg mob ntshav qab zib hom 2, muaj ntau qhov chaw ntawm lub cev uas tuaj yeem cuam tshuam cov ntshav qab zib. Ntau qhov chaw cov no, nrog rau GLP-1, insulin, thiab lwm yam tshuaj hormones, ua haujlwm ua ke los pab koj tswj koj cov ntshav qab zib. Thaum ib feem tsis ua haujlwm zoo, lwm tus tuaj yeem cuam tshuam. Cia peb saib ze dua ntawm lub cev kom nkag siab zoo dua qhov tshwm sim hauv lub cev ntawm tus neeg mob ntshav qab zib hom 2.



### 1 Cov kab mob siab



Lub siab mo yog qhov tsim cov tshuaj cov kua zom zaub mos. Insulin pab keeb kav (tswj) cov ntshav qabzib los ntawm kev txav cov piام thaj los ntawm cov hlab ntsha mus rau hauv lub cev cov hlwb kom muaj zog. Cov siab muag tseem ua rau cov tshuaj hormone glucagon. Glucagon qhia lub siab kom tso cov piام thaj rau hauv cov ntshav los pab kom cov ntshav qabzib sib npaug. nrog kab mob ntshav qabzib sib hom 2, cov tshwv muag npo kuv kua dej lom me qav hno (khoom noj) thiab ntau glucagon uas tuaj yeem ua rau cov ntshav qabzib ntau dua.

### 2 Lub siab



Yog koj muaj ntshav qab zib hom 2, koj cov siab mo tuaj yeem tso glucagon ntau dhau. Qhov no, dhau los, ua rau lub siab tso cov piام thaj ntau, ua rau cov ntshav qabzib ntau dua.

### 3 Lub plab



Lub plab yog muaj ntau yam ua kev xwb li kj kub plab zom khoom noj thiab cov hnyuv. Thaum koj noj khoom, cov tshuaj hormones hauv plab xws li GLP-1 thiab GIP (gastric inhibitory peptide) raug tso tawm los pab lub cev siv cov piام thaj los ntawm plus noj thiab ua rau koj lub cev tsis txhob ua cov piام thaj ntau. Nrog rau mob ntshav qab zib hom 2, muaj qhov tso qis GLP-1 kev ua haujlwm thiab tsis kam ua haujlwm ntawm GIP hauv lub cev. Qhov no ua rau cov tshuaj kov kab mob ntshav qab zib tsawg dua thiab nce ntshav qab zib.

Thaum koj nkaj siab tias qhov twg hauv lub cev ua haujlwm ua ke, koj muaj daim duab tiav ntxiv los pab koj tswj koj cov ntshav qab zib. Yog tias koj muaj lus nug, nco ntsoov nug koj tus kws kho mob.



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## Kev kho mob uas zoo li GLP-1 hauv koj lub cev

Qhov xwm zoo yog tias muaj haus kev kho mob uas ua hauj lwm los pab daws qhov teeb meem ntawm lub cev ua rau mob ntshav qab zib hom 2. Ib txoj hauv kev kho mob yog GLP-1 receptor agonist (RA). GLP-1 RAs yuj raws li kev ua ntawm GLP-1 hauv lub cev.

Nug koj pab neeg saib xyuas mob tshav qab zib kom paub tias kev kho GLP-1 RA puas yog qhov zoo rau koj. Yog tias nw yog, Nco ntsoov tham nrog koj pab neeg txog tej lus nug lossis kev txhawj xeeb uas koj muaj.

## Cov lus nug rau koj pab neeg

Hauv qhov chaw hauv qab no, sau cov lus nug uas koj xav nug koj pab neeg saib xyuas mob ntshav qab zib. Sau cov lus teb thiab



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