

Koontorool Sonkorowgaaga Way u Qalantaa Waqtiga Qaybta 3: Daaweynta iyo Nambarada

Si aad u koontarooshid sokortaada, sii waqti aad ku xasuusato daawada ama cirbada maalin walba. Dadka qaarkii waxay ku koontarooli karaan sokortooda jimicsi iyo cunto wanaagsan. Dadka qaarna waa inay qaataan hal kaniini ama hal ka badan. Dadka qaarna waxay u baahan yihiin inay qaataan cirbad si ay u koontaroolaan sokortooda. Taas micnaheedu ma aha in sokorowgu xun yahay hadii aad kaniini ama cirbada u baahan tahay. Micnaheedu waa jirkaaga oo aan samayn karin insulin ku filan jirkaaduna kaalmo ayuu u baahanyahay. Aad ayey muhiim u tahay inaad qaadatid kiniiniga ama cirbada maalin walba, xataa markaad dareemeysid inaad caafimaad qabto. Si aad u koontoroosho sokorta, waxaad u baahantahay inaad qaadato maalin walba, xataa markaad caafimaad qabto. Hadii aad dhib ku qabtid isticmaalka daawada, la tasho dadka kuu qaabilsan xaga caafimaadka.

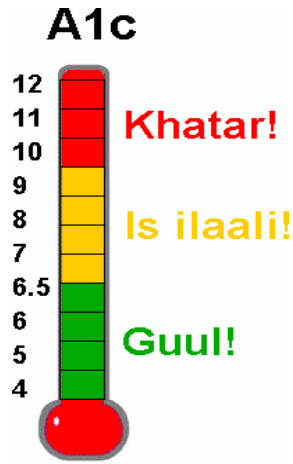
Si aad u koontorooshid sonkorowga, waa inaad taqaanid cabirka sokorta ku jirta dhiigaada.

Si fiican u cabir glukose-ka si aad u ogaatid in sonkortu aanay kugu kacsaneyn. Guriga ayaad isaga qaadi kartaa. Qolada kuu qaabilsan caafimaadka ama neersi ayaa ku tusi kara sida loo isticmaalo. Ugu yaraan laba mar sanadkii waa inaad martaa A1c test. Waa cabiraad adiga iyo qolada caafimaadka kuu qaabilsan idiin sheegaysa xaaladaadu siday ahayd sadexdii bilood ee la soo dhaafay. La soco cabirkaaga A1c intuu yahay iyo inta laga rabay inuu ahaado.

Hadii aad qaadato kaniini ama cirbada si aad u koontaroosho sokortaada, mararka qaakood glukoska dhiigaaga ku jira aad ayuu hoos ugu dhici karaa. Glukosta dhiigaaga ku jirta aad ayay hoos ugu dhici kartaa hadii:

1. hadaad ka boodo waqti cunto.
2. hadaad jimicsato in ka badan intii caadiga ahayd.
3. hadaad qaadato daawada sokorowga ama cirbada wax badan.
4. hadaad cabto aalkolo badan.

Hadii glukoska dhiigaaga ku jira ay aad hoos ugu dhacdo waxaad dareemi kartaa - gariir – dhidid - tabar daro, daal, wareer - camal xumo – aragtidaada oo is badasha. Glukoska dhiigaaga oo hoosaysa sidaad uga hortagi kartid waa. Marka hore, cabir glukoska dhiigaaga ku jirta hadii aadan aad u xauunsanayn.



Glukoska dhiigaagu aad buu u yar yahay hadii uu ka hooseeyo 70.

Kadib, cun ama cab waxyaabahan midkood:

3 ama 4 kiniiniga glukos-ka

½ koob barkii (4 oz.) cabitaanka liinta (oranjiga)

½ koob barkii soodha caadi ah (sida coke/pepsi)

1 koob oo caano xayrtu ku yartahay (low fat)

6 – 7 nacnac aad calalin karto. Ma ahan kan adag ama shukulaato

Sug 15 daqiiqo. Cabir dhiigaaga mar kale. Hadii glukoska dhiigaagu uu fiican yahay, cunto cun. Hadii uu wali hooseeyna, wax kale cun ama cab. Hadii aysan glukoskaagu wali kor u soo kicin, wac dhakhtarkaaga.

Hadii glukoskaagu ay hoos u dhacdo inta aadan wax cunin ama cabin ka hor, waad suuxi kartaa. Aqoon u lahaw waxaad samayn lahayd hadii ay glukoskaagu hoosayso. Mar walba xiro qalabka gacanta ama qoorta lagu xirto oo kuu digeya kuuna sheegaya xaaladaada. Aad bay mihiim u tahay inaad qaadato kaniiniga ama cirbada maalin walba. Si aad u koontaroosho sokortaada, waa inaad daawada qaadatid maalin walba, xataa hadii aad caafimaad dareemayso. Hadii aad dhibaato ku qabtid daawda, ama cirbadaha la tasho dhakhtarkaaga.

Wax fudud maaha qabitaanka sonkorowga. Ehelkaaga kala hadal xaaladaada. Usheeg waxyaabaha ay kuu qaban karaan. Way ku kaalmayn kartaa hadii aad la hadashid dadka kale oo qaba sonkorowga. Dadka kaa kaalmeeya caafimaadku way la socdaan xaalada aad ku sugan tahay. Xiriir joogta ah la yeelo dhakhtarkaaga.

Waxaa jira dad badan oo kaa kaalmayn kara inaad si caafimaad ah ku noolaatid adigoo qaba sonkorow. Laakiin qofka ugu muhiimsani waa adiga. Caruurto waxay aadaan iskuul si ay nolol fiican u helaan markay waynaadaan, Waxay isu diyaarinayaan mustaqbalka. Isu diyaari mustaqbalkaaga adigoo koontoroolaya sonkorowga hadda.

Waqti sii maalin walba sidii aad cunto fiican u cuni lahayd, u jimicsan lahayd iyo daawada iyo cirbada, waana inaad la socotid cabirka glukoska dhiigaaga ku jira. Waad ku noolaan kartaa nolol fiican oo dheer adigoo qaba sonkorow. Waqti bay qaadanaysaa laakiin way u qalantaa.

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