

Diabetes

Diabetes is a disease in which your body cannot properly use the food you eat for energy. Your cells need energy to live and grow.

When you eat, food breaks down into a form of energy called glucose. Glucose is another word for sugar. The glucose goes into your blood and your blood sugar rises. Insulin is a hormone made by your pancreas. It helps glucose move from your blood into your cells so your body can use it for energy. People cannot live without insulin.

There are three main types of diabetes.

- In Type 1 diabetes, the pancreas makes no insulin.
- In Type 2 diabetes, the pancreas does not make enough insulin or your body is not able to use the insulin the pancreas makes.
- In gestational diabetes during pregnancy, the mother is not able to make enough insulin to cover the needs of both mother and baby.

Risk Factors for Diabetes

You are more at risk for getting diabetes if you:

- Are from a family where others have diabetes
- Are overweight
- Are over age 40
- Are inactive
- Had diabetes during pregnancy (gestational diabetes) or a baby weighing 9 pounds or 4 kilograms or more at birth
- Are of African, Asian, Latino or Pacific Islander decent

Diyabetis

Ang diyabetis ay isang karamdaman kung saan hindi nagagamit nang mabuti ng iyong katawan para sa enerhiya ang kinakain mong pagkain. Kailangan ng inyong mga selula ang enerhiya upang mabuhay at lumaki.

Kapag ikaw ay kumakain, natutunaw ang pagkain sa isang anyo ng enerhiya na tinatawag na glukos. Ang glukos ay isa pang salita para sa asukal. Ang glukos ay napupunta sa iyong dugo at tumataas ang asukal sa iyong dugo. Ang insulin ay isang hormon na ginagawa ng inyong lapay. Tinutulungan nito ang glukos na dumaloy mula sa iyong dugo patungo sa iyong mga selula upang magamit ito ng inyong katawan para sa enerhiya. Hindi mabubuhay ang mga tao nang walang insulin.

Mayroong tatlong pangunahing uri ng dyabetis.

- Sa Type 1 na diyabetis, hindi gumagawa ng insulin ang lapay.
- Sa Type 2 na diyabetis, hindi sapat ang ginagawang insulin ng lapay o hindi nagagamit ng iyong katawan ang insulin na gawa ng lapay.
- Sa diyabetis habang nagbubuntis (gestational diabetes), ang ina ay hindi nakakagawa ng sapat na insulin upang tugunan ang mga pangangailangan ng ina at ng sanggol.

Mga Sanhi ng Panganib para sa Diyabetes

Mas nanganganib kang magkaroon ng diyabetis kung ikaw:

- Ay galing sa isang pamilyang mayroong mga miyembrong may diyabetis
- Ay labis sa timbang
- Ay lampas sa edad na 40
- Ay hindi aktibo
- Ay nagkaroon ng diyabetis habang nagbubuntis (gestational diabetes) o nagkaroon ng anak na lampas ang timbang sa 9 na libra (pounds) o 4 na kilo noong ipinanganak
- Ay may lahing Aprikano, Asyano, Latino o Pacific Islander

Signs of Diabetes

- Very thirsty
- Feeling tired
- Use the toilet often to urinate
- Blurred vision
- Weight loss
- Wounds are slow to heal
- Constant hunger
- Itchy skin
- Infections
- Numbness or tingling in feet and/or hands
- Problems with sexual activity

Often people have no signs even though their blood glucose level is high. You can be checked for diabetes with a blood test.

Your Care

The goal is to keep your glucose level as near to normal as possible. Your care may include:

- Planning meals
- Testing glucose levels
- Learning signs to know when your glucose level is too low or too high
- Exercising
- Taking medicine – insulin or pills
- Keeping all appointments with your health care team
- Attending diabetes classes

Mga Palatandaan ng Diyabetis

- Sobrang uhaw
- Pagod na pakiramdam
- Madalas na paggamit ng banyo para umihi
- Nanlalabong paningin
- Kawalan ng timbang
- Matagal na paggaling ng mga sugat
- Palaging nagugutom
- Makating balat
- Mga impeksyon
- Pamamanhid o pangingilig sa mga paa at/o mga kamay
- Problema sa sekswal na aktibidad

Madalas na walang palatandaan ang mga tao kahit na ang antas ng kanilang glukos sa dugo ay mataas. Maaari kayong masuri para sa diyabetis sa pamamagitan ng pagsuri ng dugo.

Ang Inyong Pangangalaga

Ang layunin ay upang panatilihin normal hangga't maaari ang antas ng inyong glukos. Maaaring kabilang sa iyong pangangalaga ang:

- Pagpaplano ng pagkain
- Pagsusuri ng mga antas ng glukos
- Pag-aaral sa mga palatandaan upang malaman ang antas ng inyong glukos ay masyadong mababa o mataas
- Pag-eehersisyo
- Pag-inom ng gamot – insulin o pildoras
- Pagpunta sa lahat ng mga tipanan kasama ang koponang nangangalaga sa iyong kalusugan
- Pakikilahok sa mga klase para sa diyabetis

Talk to your doctor, nurse and dietitian to learn how to manage your diabetes.

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Kausapin ang inyong doktor, nars o eksperto sa nutrisyon at diyeta upang malaman kung paano pangangasiwaan ang iyong dyabetis.

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Diabetes. Tagalog