

Kaadi sonkorow

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

Kaadi sonkorowgu waa cudur uusan jidhkaagu si habboon u isticmaali karaynin cuntada aad u cuntid inaad tamar ka hesho. Unugyadaadu waxay u baahan yihiin tamar si ay u noolaadaan una koraan.

Markaad cunto cuntid, jidhkaagu wuxuu cuntada u jajabiyaa qaab tamar ah oo loo yaqaanno glucose. Glucose waa erey kale oo loo isticmaalo sonkorta. Glucose-tu waxay gashaa dhiiggaaga ka dibna sonkorta dhiiggaaga ayaa kor u kacda. Insulin waa hoormoon ay samayso xammeetidaadu. Waxay caawisaa in glucose-tu dhiiggaaga ka dhaqaaqdo ayna aaddo unugyada jidhkaaga si markaas jidhkaagu uu ugu isticmaalo tamar. Dadku ma noolaan karaan insulin la'aan.

Waxaa jira saddex nooc oo waaweyn oo kaadi sonkorow ah.

- Sonkorowga Nooca 1, xammeetidu ma samayso insulin.
- Sonkorowga Nooca 2, xammeetidu ma samayso insulin ku filan ama jidhkaagu ma awoodo inuu isticmaalo insulin-ta ay xammeetidu samayso.
- Sonkorowga ilmuhu uurka ku jiro waqtiga uurka, hooyadu ma awooddo iney sameyso insulin ku filan si ay ugu daboosho baahida hooyada iyo ilmaha labadaba.

Arrimaha Halista leh ee Kaadi Sonkorowga

Waxaad in badan halis ugu jirtaa inaad sonkorow qaaddo haddii:

- Aad ka soo jeedo qoys ay kuwa kale sonkorow qabaan
- Uu miisaankaagu xad dhaaf yahay
- Aad ka weyn tahay da'da 40 sano

- 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

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

- Aadan fir-fircooneyn jir ahaan
- Aad sonkorow qabtay waqtigii uurka (sonkorow ilmuhu uurka ku jiraan) ama ilmo miisaankiisu yahay 9 rodol ama 4 kiilo ama ka badan waqtiga dhalashada
- Aad ka soo jeedo Afrikaan, Aasiyaan, Laatiino ama Jasiiradaha Baasifigga

Calaamadaha Sonkorowga

- Aad u oommaan
- Daal dareemid
- In badan kaadi u aadidda musqusha
- Arag ciiro ku jirto
- Caatoobid
- Dhaawacyada oo si gaabis ah u bogsada
- Baahi joogto ah
- Maqaarka oo ku cun-cuna
- Cudurro malaxaysi leh
- Kabuubyo ama xat-xato cagaha iyo/ama gacmaha ah
- Dhibaatooyin ka yimaada dhinaca hawlaha galmada

Dadku badanaa ma laha calaamado inkastoo heerka glucose-ta dhiiggoodu ay sarrayso. Waxaa sonkorowga lagaaga baari karaa iyadoo dhiig lagaa qaado.

Daryeelkaaga

Ujeeddadu waa in heerka glucose-ta laga dhigo mid ugu dhow sida caadiga ee suuragalka ah. Daryeelkaaga waxaa ku jiri kara:

- Qorsheynta cuntooyinka aad cunayso
- Baaridda heerarka glucose-ta
- Calaamadaha barashada si aad u ogaatid marka heerka glucose-taadu ay aad u hooseyso ama aad u sarrayso
- Jir dhis
- Daawo qaadasho: insulin ama kaniiniyo

- Keeping all appointments with your health care team
- Attending diabetes classes
- Xafididda dhammaan ballammada aad la leedahay kooxda daryeelka caafimaadkaaga
- Imaanshada fasallada sonkorowga

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

La hadal dhakhtarkaaga, kalkaalisada iyo cunto-yaqaanka iyo farmasiilaha si aad u baratid sida loo maamulo sonkorowgaaga.