

Ehelkaga iyo asxabtadu waxay kugu caawinkaraan inay kugu guubaabiyaan sidii aad u samayn lahayd jimicsiga jidhka kulana sameeyaan iyo inay kula dooraan cunada saxa ah.

Jimicsiga jidhku wuxuu u fiicanayahay caafimaadka, wuxuu kaa celiyaa cudurada waxa haboon in qof walaba rag iyo dumar, caruur iyo ciroole ay badiyaan dhaq-dhaqaaqa jidhka oo ay sameeyaan jimicsiga jidhka tobobaad kiib sedex maalmood. Mar walbana ay jimicsadaan uguyaraan 30 miridh.

Waxaa kale oo kaa caawinay jimicsiga adigo qaata jaran jarda adigoo qoyskaag la soo lugeeya, adigoo ciyaara kubada cagta iyo ta gacanta.

Hadii aad qabro cudurkan sonkorta, waa in aad:

- Daawooyinka lagu qory u qaado sidii lagu sheegay.
- Mar walba hubi sonkortaada meeshay marayso.
- Qaado teesaro yar oo ay ku qorantahay magacaaga, ciwaankaaga, daawadaada, iyo nooca sonkortaada.
- Xidho dhar iyo kabo debacsan
- Biyo aad u badan cab.
- Joogto u samee jimicsiga jidhka.
- Mar walba sido nac-naca adag, sabiib, iyo cabitaanka khudrad macanta si hadii sonkortaada dhiigu hoos u dhacdoaad markiiba aad u cuntid.

Hadii aad u baahan tahay warar intan ka badan oo ku saabsan cudurkan sonkorta waxaad la xidhiidhaa:

American Heart Association www.aha.org
The Center for Disease Control and Prevention
www.cdc.gov
U.S. Department of Agriculture
www.usda.gov
(The American Diabetes)
www.diabetes.org



Warak ku qoran dhambaalka waxa lag soo xigtay:

American Heart Association

The American Diabetes

The Center for Disease Control and Prevention

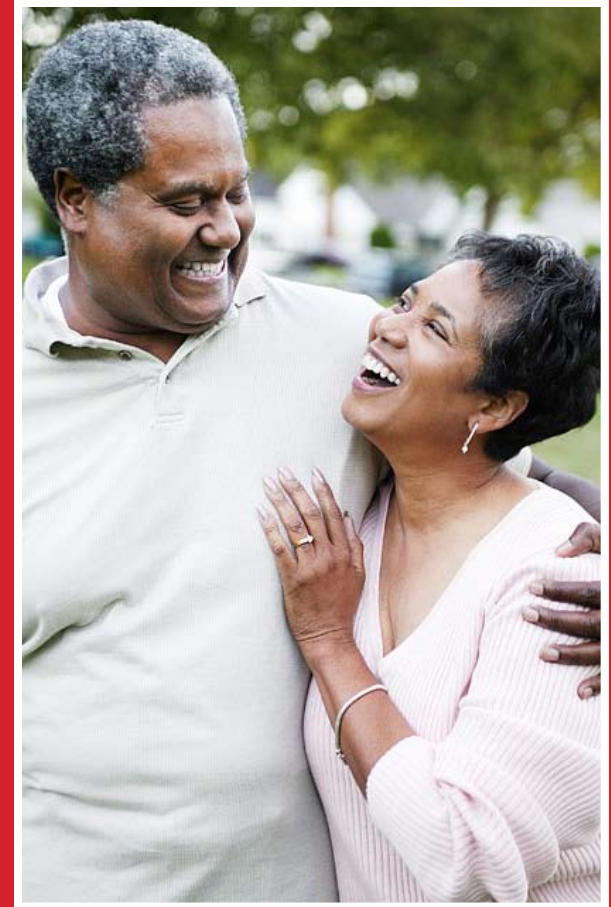
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U.S. Department of Agriculture

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**Waa maxay kaadi
macaantu? (sonkorta)**



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

Kaadi macaantu waa cudur jidhka u diida in uu samaysto Insulin macdanta cunada bur-burisa ee u rogta awood. Kaadimacaantu dhiiga waxay ku badisaa sonkorta. Marka dhiiga sonkortu ku badato waxaa khatar gala wadnaha, maskaxda, kelyaha, xididada dhiiga qaada iyo ilkaha. Kaadimacaantu waxay kale oo keentaa indho la'aan, Hamadda oo kaa guurta iyo in aad uba dhimato.

NOOCYADA KAADI MACAANTA AMA SONKORTU LEEDAHA

Nooca 1 aad ee sonkorta waxaa laga helaa caruurta iyo dhalinyarada waxaana loo yaqaanaa sonkorta ku dhacda caruurta. (Juvenile diabetes)

Nooca 2 aad sonkorta caddiyan waxaa laga heli jiray dadka waawayn. Haseyeeshee, hadda badanaa waxaa laga helaa caruurta. Sababta waxay tahay in caruurta ay aad u cayilaan dhaq-dhaqaaqooduna yar yahay. cayilka caruurta wuxuu keena sonkorta

Nooca 3 aad waa sonkorta uurka ee ku dhacda dumarka uurka leh waxan loo yaqaan sonkorta uurka (Gestational diabetes)

SIDEE LAYSGA DARYEELAA SONKORTA?

Cuddurkani wax daawo ah oo kaa kaxeeyaa majirto

- Haseyeeshee, waxaa jira daawooyin loo qaato daryeel. Waxa kale oo daryeelkaagu ku jiraa in:
- In aad cunadaa saxdo
- In aad noqoto qof dhaq-dhaqaaq badan (jimicsiga jidhka)
- In aad joojiso sigaar cabida iyo meelaha sigaarka lagu cabo.

- Iyo in aad qaadato daawooyinka laguugu qoro daryeelka.

Cuntooyinkaaga oo aad saxdo:

- In aad cunto cuntooyin nafaqo leh oo kala duwan.
- In aad yaraysato cuntooyinka ay mid yihiin buskudka, baradhada shiilan, mac-macaanka nac-naca subagyada kala duwan, milixda, jalatooyinka kala duwan iyo cabitaanka soodha ah.
- Iska yaree cuntooyinka shiilan ee dufanka badan sida mac-macaanka, buskud yada, iyo keegaga.

WAXYAA BAHA KALE EE CUNADA CAAFIMAAD IYO SAXO KU KORDHIYA:

Dooro cuntooyinka nafaqada leh sida rootiga guduudan, bariiska aan cadaanka ahayn.

Markaad cunada karinayso ha ku badinin dufanka.

Markaad cunad karinayso ha shiilin. Cuntada dup, huuri, kari, foornee, ama umatee.

Dooro hilibka aan baruurta lahayn ama hilibka cad sida digaaga, digirinka iyo kalunka (malayga).

Dooro caanaha aan dufanka badan lahayn (1%) gubnada (chees), caano-fadi iyo caanaha aan dufanka lahayn (skim)

