

# Ku dadaal Wadnahaaga Maamul Sonkorowga

- ▶ Sonkorta Dhigga
- ▶ Dhiigkarka
- ▶ Koolesteroolka



Haddii aad qabtid sonkorow, **ku dadaal wadnahaaga**. Sonkorow hadaad qabtid waxaad u badantahay in u kugu dhici karo wadna joojiye ama strook-laakinse ma aha in ay sidaas noqoto-haddii aad maamushid sonkorowgaada.

Waxaad ku noolan kartaa nolol dheer oo caafimaad leh **haddii aad maamushid sonkorta dhiggaaga, dhiigkarkaaga, iyo koolesteroolkaa**.

In muddo ah ka dib, sonkorta dhigga ee kacsan waxay halis gelin kartaa xubnaha muhiimka sida kelyahaaga iyo indhahaaga. Dhiigkarka kacsan waa cudur aad u halis ah oo ku rida wadnaha inu aad ugu shaqeyo. Koolesteroolka xun, amase LDL, wuxuu ku abuurmaa oo xira halbowlayaasha wadnaha. Ka shaqeynta saddexdooda waxay ku siin nolol dheer oo caafimaad leh.

## WEYDII TAKHTARKAAGA SU'AALAHAN

- 1 Waa maxay sonkorta dhigga, dhiigkarka, iyo lambaradeyda koolesteroolka?
- 2 Meeqa ayaa laga rabaa iney ahadaan?
- 3 Maxaan ka qaban karaa sidaan u gaari lahaa natiijoyinkaas?

Isticmaal **Foomka Warbixinta ee Sonkorowga** oo ku yaalo bogga kale si aad u qoritid su'aalahas jawaabtooda.

## HADDA WAX KA QABO

Reerkaaga cimri dheer ayaad ugu noolaan kartaa, caafimaadkaada waad kordhin kartaa, waxaadna yarayn kartaa halista cudurka wadnaha iyo strookga.

- ♥ Cun cunto qiyaasan oo ay ka mid yihiin miraha, qudaarta, digirta iyo galleyda.
- ♥ Cun cunto lagu sameyay cusbo yar iyo baruur yar.
- ♥ Samey jimicsi ugu yaraan 30 daqiiqo maalin walba.
- ♥ Ku joog misaan qiyaas ah — adiga oo ah qof firfircoon ee cuna cunto qiyaasan oo caafimaad leh.
- ♥ Jooji sigaar cabidda — cawimaad weydiiso.
- ♥ U qaado daawada sida takhtarkaada kuugu dhihay.
- ♥ Wee-idii takhtarkaada sidaan u qaadan laheyd asbiriinka.
- ♥ Wee-idii reerkaga iyo saaxiibadaa sidey kaaga caawini lahayeen wadnahaaga iyo sonkorowga.

# Natiijo

Ku dadaal wadnaahaaga adigo ku dadaalaya sonkorta dhigaaga, dhiigkarka, iyo koolesteroolka.

Istimaal foomkan sidaad ula socon laheyd **sonkorta dhigaaga, dhiigkarka**, iyo **lambarada kolesteroolka** markaad adeysid takhtarkaada. La shaqey takhtarkaaga, saaxiibadaada, iyo reerkaaga sidaad u gaari laheyd natiijadaaga.



## SONKORTA DHIGGA

Imtixaanka A1C — waa iyadoo la soo gaabiyey hemoglobin A-1-C — waa imtixaan dhiig sahlan oo cabbiraya qiyaasta sonkorta dhigga sadexdii bilood oo ugu dambeeyey. **Laga Doonayo Digga Glucose Heer: Ka Hooseesa Tan A1C Tjabbo.**

TIJAABO UGU YARAAN LABO JEER SANADKIIBA

Taarikh							
Natiija							

## DHIIGKAR

Dhiiga kacsan waa cudur aad u halis ah oo wadnaha aad ugu shaqeysiya. **Heerka Cabbirka Dhigga lagaa doonaya waa: Ka yar 130/80**

IMTIXAAN ISKA QAAD MARKASTA AAD TAKHTARKA AADID

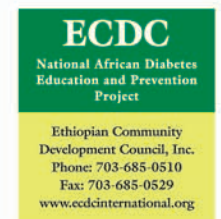
Taarikh							
Natiija							

## KOOLESTEROOLKA

Koolesteroolka xun, amase LDL, wuxu ku abuurma oo xiraa wadnaahaaga xididadiisa. **Heerka Koolesteroolka lagaa doonaya waa: LDL ka yar 100**

IMTIXAAN ISKA QAAD SANADKIIBA HAL MAR

Taarikh							
Natiija							



The National Diabetes Education Program is a joint program of the National Institutes of Health and the Centers for Disease Control and Prevention. **Website: www.ndep.nih.gov**  
**Phone: 1-800-438-5383**