

NDSS
National Diabetes Services Scheme
An Australian Government Initiative

Inaad dhaqdhaqaaq samayso: macluumaad kooban

Inaad dhaqdhaqaaq samayso waxay kaa caawinaysaa inaad xal u hesho sonkortaada aadna caafimaad ku noolaato.

Faa'iidooyinka kujira jimicsiga joogtada ah waxaa ka mid ah:

- Waxay yareysaa khatarta cudurrada wadnaha iyo istaroogga/faaliga
- Waxay kaa caawinaysa in sonkorta dhiigaaga ay joogto meel caafimaad leh
- Waxay awood u yeelaysaa muruqyada iyo lafaha
- Waxay kaa caawinaysaa inaad miisaankaaga xakameyso
- Waxay wanaajisaa dareenka guud iyo enarjigaaga

Siyaabaha kala duwan ee loo sameyn karo dhaqdhaaq jireed

In la sameeyo noocyo kala duwan oo jimicsi jireed ah ayaa ah wax aad ugu fiican jirkaaga, oo ay ku jiraan:

Dhaqdhaqaaqa wadnaha (Cardio activity)

Dhaqdhaqaaq sababaya inaad neef-tuurto oo wadnahaaguna boobsiis u garaacmo

- Socodka
- Dabaasha
- Baaskiil wadista

Samee 30 daqiiqo oo jimicsi wadne ah (cardio) inta badan maalmaha usbuuca.

Biro qaadista

Jimicsiga ka dhigaya muruqahaaga iyo lafahaaga ku awood leh, sida:

- Jimicsiga miisaanka jirka
- Jimicsiga iska caabinta
- Biro qaadista

Samee jimicsiga murqo-dhisida ugu yaraan 2 jeer usbuucii.

Dhaqdhaqaaqa/jimciyada aad maalin kasta sameyn karto

Dhaqdhaqaaq aad sameyso ee qybta ka ah nolol-maalmeedkaaga caadiga ah, sida:

- Dhirta inaad shaqo ka qabato (gardening)
- Shaqada guriga
- Inaad u lugeeyso busteejada baska laga raaco

Isku day inaad sameyso wax ka badan inta aad hadda samayso. Tusaale, inaad jaranjarada isticmaasho meeshii aad wiishka ka isticmaali lahayd.

Khadka Caawinta NDSS 1800 637 700
ndss.com.au

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diabetes australia
The NDSS is administered by Diabetes Australia

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Inaadan is dhaawicin markaad jimicsi samaynayso



La xiriir dhakhtarkaaga ama xirfadlaha caafimaadka ka hor intaadan bilaabin jimicsi cusub.



Xidho kabo si fiican ugu habboon oo hubi cagahaaga jimicsiga ka dib.



Biyo cab ka hor, inta lagu jiro iyo jimicsiga ka dib ba.



Jooji haddii aad wareerto, xanuun laabta ka qabto ama aad xanuunsan tahay.

Haddii la qaadato insulin ama daawooyinka sonkoroowga/ macaanka



Weydii dhakhtarkaaga haddii aad u baahan tahay in wax laga badalo insulin-kaaga, daawooyinka ama cuntada si jimicsi u sameyso.



Hubi heerarka sonkorta dhiiggaaga ka hor iyo jimicsiga ka dib ba. Cun karbohaydraytyo haddii aad u baahan tahay inaad heerarkaaga kor u qaado.



Ha sameyn jimicsi haddii heerka sonkorta dhiiggaagu ka sarreeyo 15 mmol/L ama aad xanuunsan tahay.



Had iyo jeer hore usii qaado sahayda la qaato marka ay sonkorta dhiiga dhacdo.

Ha joojin dhaqdhaqaaqa

- Kala hadal dhakhtarkaaga wixii ku saabsan jimicsiyada aad u baahan tahay si caafimaadkaagu u hagaago.
- Dhaqdhaqaaqa/jimicsiyada dheelitirka iyo isku-duwidda, sida boodboodka, boodista iyo Tai Chi, ayaa sidoo kale ah kuwo kuu wanaagsan.
- Ha fadhin saacado badan – kac oo dhaqaaq samee intii suurtogal ah.

Talooyin ku saabsan sidii aad dhaqdhaqaaq/jimicsi joogto ah u samayn lahayd



- Wax walba tartiib u biloow kabacdina tartiib-tartiib u kordhi.
- Waxyar oo dhaqdhaqaaq ama jimicsi ah oo aad sameyso ayaa isu tagaya - tusaale 10 daqiiqo oo aad socoto 3 jeer maalintii.
- Qorshee waqtiga iyo maalmaha aad jimicsiga sameynayso oo ku darso jadwalkaaga.
- Samee wax aad jeceshahay ama saaxiib la samee jimicsi.

NDSS-ta iyo adiga

Si aad u hesho macluumaad dheeraad ah (oo ay ku jiraan mid ku qoran luuqadaada), iskaan garee QR koodhka, tag **ndss.com.au** ama kawac **Khadka Caawinta NDSS 1800 637 700**.

Fiiro gaar ah: Macluumaadkan waxaa loogu talagalay inuu noqdo hagitaan oo kaliya. Maaha in lagu baddesho talada caafimaadka ee uu qofku si khaas ah u heli lahaa. Haddii aad wax welwel ah ka qabto caafimaadkaaga, ama aad qabto su'aalo dheeraad ah, waa inaad la xiriirtaa dhakhtarkaaga.

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