

nDSS
National Diabetes Services Scheme
An Australian Government Initiative

In la eego sonkorta dhiigga: sharaxaad kooban

Maxay tahay sababta loo eegayo heerka sonkorta dhiiggaaga?

Eegista la eegayo sonkorta dhiiggaaga waa qayb muhiim ah oo ka mid ah daryeelista xanuunka macaankaaga. Waxay adiga iyo dhakhtarkaagaba ka caawinaysa:

- in sonkorta dhiiggaaga lagu hayo heerka loo baahan yahay ee caafimaad ahaan u fiican
- inaad aragtaan raashinka aad cunayso, waxyaabaha aad samayso ama daawooyinka sida ay u saameynayaan sonkorta dhiiggaaga
- in hoos loo dhigo khatarta laga yaabo in dhibaatooyin caafimaad oo la xiriira sonkorta ay kugu dhacdo.

Sida loo sameeyo baaritaanka sonkorta dhiiga ee farta laiska durayo

Dhakhtarkaaga ama xirfadlaha caafimaadka ee sonkorta ayaa ku tusi doona sida loo ogaan karo sonkorta dhiiggaaga. Hoos waxaad ka heli kartaa sharaxaad guud. Waxaad u baahan tahay:



mitirka lagu ogaado sonkorta dhiigga



xariijimaha (strips) lagu fiiriyo sonkorta dhiiga



qalabka farta laisaga duro/mudo



meel lagu rido cirbadaha

Tallaabooyinka muhiimka ah waa:

1. Gacmahaaga ku dhaq biyo diirran iyo saabuun, si fiicana u qalaji.
2. Ku rid xariiqda (strip) mitirka.
3. Farta isaga mud qalabka laisku mudo.
4. Xariiqda taabsii dhiigga si ay ugu qalasho.
5. Mitirka ayaa soo saari doona tirada oo ku tusi doona sonkorta dhiigaaga inta ay tahay.

Waxaa jira qaabab kale oo aad u fiirin karto sonkorta dhiigaaga. Kala hadal dhakhtarkaaga ama khabiirka caafimaadka ee ku takhasusay cudurka macaanka wixii adiga kugu habboon.

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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Sonkorta dhiiggaaga heerka loo baahan yahay inay ahaato ee caafimaadka u fiican

Inta badan dadka xanuunka sonkorta qaba, sonkorta dhiiggaaga heerka loo baahan yahay inay ahaato ee caafimaadka u fiican waa:

- **Intaadan cunto cunin kahor** or markaad sooman tahay: 4 ilaa 7 mmol/L
- **2 saacadood kadib markaad cunto cunto** (laga bilaabo markaad inta ugu horreysa afka geliso): 5 ilaa 10 mmol/L

Weydii dhakhtarkaaga inta adiga caafimaad ahaan kuu fiican – dadku way ku kala duwanaan karaan.

Waxyaabaha beddeli kara heerka sonkorta dhiiggaaga

Sonkorta dhiigga ayaa kor u kacda marka	Sonkorta dhiigga ayaa hoos u dhacda marka
 Aad cunto raashin leh karbohaydrayt badan	 Aad cunto raashin uu ku yaryahay karbohaydrayt ka
 Aadan dhaqdhaqaaq badan samayn	 Aad dhaqdhaqaaq badan samayso
 Aadan qaadan daawo kugu filan oo xanuunka sonkorta ah	 Aadan qaadato daawo badan oo daawooyinka sonkorta ah
 Aad jiran tahay ama aad xanuun dareemayso	 Aad matageyso ama shubmeyso
 Aad welwel dareemayso	 Aad cabeyso khamri

Haddii ay sonkorta dhiiggaaga ka sarreeyo ama ka hooseeyo heerka caafimaad ahaan fiican, u sheeg dhakhtarkaaga.
Waxaa laga yaabaa in loo baahan yahay in wax laga badelo qaabka sonkortaada loo maareynayo.

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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