

**GAARI  
HA KAXEYN  
HEERKA  
SHANAAD  
WIXII KA  
HOOSEEYA**

# Gaari kaxeynta iyo Sonkorroow ga: tilmaamo kooban

## Gaari kaxeynta iyo hoos u dhaca sonkortaada

Ammaan ma aha inaad gaari kaxeeyso markaad qabto hypo (heerka hoose ee gulukoosta dhiiga). A hypo waxay dhici kartaa marka heerka gulukoosta dhiigaagu ay ka hooseyso 5mmol/l. Tani waxay dhici kartaa haddii aad qaadatid insulin ama daawooyinka gulukoosta hoos u dhiga.

A hypo waxay u dhici kartaa si dhakhso ah, oo leh astaamaha digniinta ah oo hore ee ah:

Gariir

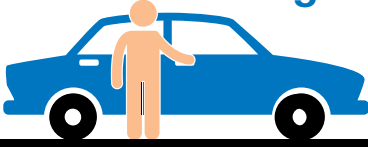
Wareer

Gaajo

Madax xannuun

Dadka qaarkii waxaa dhibi ka heysaa dareemida astaamaha hore ('ka warqab la'aanta hypo') saa daraadeed waa muhiim in la jeegareeyo heerka gulukoosta dhiigaaga ka hor intaadan gaari kaxeyn.

# Jeegaree heerka gulukoosta dhiigaaga ka hor gaari kaxeeynta.



**TALO:** Qaado cabirahaaga, walaxda laysku duro iyo daawada sonkorta. Waa inaan gaariga lagaga tegin. Kuleylka iyo iftiinka ayaa waxyeeli doona.

## Gaari kaxeeynta iyo kor u kaca sonkorta (Hyperglycaemia)

Hyperglycaemia, (heerka gulukoosta dhiiga ee sare) waxay keeni kartaa daal, araga oo caad yeesha iyo go'aan qaadashada bedelan, oo saameynaysa gaari kaxeeynta

Haddii aad xannuunsaneysid oo heerka gulukoosta dhiigaagu uu sareeyo waa muhiim in aadan gaari kaxeeyn.

## Qodobada kale ee saameyn kara gaari kaxeeynta

Caqabadaha la xiriira sonkorta waxaa laga yaabaa inay saameeyso awoodaada gaari u wadida si amaana. Tusaalayaasha qaarkood waxaa ka mid ah **dhibkaad ku qabto dareemida** alaada gaariga laga wado sida **bareega**, sheelaraaha iyo kaleeshka sababtuna tahay waxyeelada neerfayaasha cagahaaga, **ama isbedelka aragaaga**. La hadal dhakhtarkaaga wixii ku saabsan saameynta suurtagalkka ah ee awoodaada inaad si amaan ah gaari u kaxeeyso.

## Liiska sixitaanka ee sonkortaada iyo si amaan ah gaari u kaxeeynta.

✓	Dakhtarkaagu ma jeegareeyey <b>HbA1c</b>
✓	<b>Cagahaaga</b> ma la jeegareeyey ugu yaraan 12 biloodba ee kasta
✓	<b>Indhahaaga</b> ma la jeegareeyey ugu yaraan 2 sannaba ee kasta
✓	Kala hadal dhakhtarkaaga wax ku saabsan <b>neefta oo kugu xiranta markaad hurudo (sleep apnoea)</b> haddii aad ogaato lulo xad dhwaaf ah markaad gaariga wadid.
✓	U hubi si joogta ah inaad jeegareysid saxnaanta cabirka gulukoosta dhiigaaga. Waxaa ku caawin kara barahaaga sonkorta ee aqoonsiga leh ama farmashiyaha.

# Waxaad sameyn lahayd haddii adoo gaari wada ay sonkortaadu hoos u dhacdo



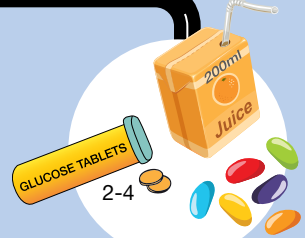
1

Si amaan ah wadada uga bax oo gaariga demi. Ka saar furaha gaariga.



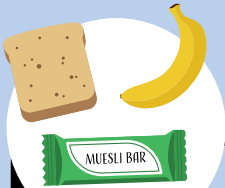
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Jeegaree gulukoostaada dhiiga.



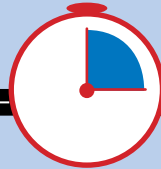
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Haddii ay ka hooseyso 5mmol/L, cab ama cun 15 garaam oo ah mid ka mid ah kaarbohaydareydka dhakhsaha u shaqeeya.



5

Isla markay ka koreyso 5mmol/L, cun mid ka mid ah kaarbohaydareydka wakhtiga dheer ku shaqeeya.



4

Sug 15 daqiiqo mar labaadna hubi. Haddii ay weli ka hoosayso 5mmol/L, ku celi talaabooyinka 3aad iyo 4aad.



6

Sug 30 daqiiqo oo jeegaree heerka gulukoosta dhiigaaga mar labaad.



7

Waad kaxeyn kartaa gaariga haddii aad ka koreyso 5mmol/L oo aad dareemeyso ka soo fiicnaansho.

Qaado nasasho oo xasuuso inaad jeegareyso heerkaaga gulukooska dhiigaaga labadii saacba safarada dhaadheer.

## Ceymiska gaariga iyo sonkorta

Haddii aad wax dhib ah kala kulanto ceymiska gaarigaaga, la xiriir Hay'ada Cabashooyinka Maaliyada Australiya **1800 931 678**.

## Sonkorta iyo laysankaaga gaari kaxeynta

Shuruudo ayaa laga yaabaa in la saaro liisankaaga gaari kaxeyntaada. Waa musaaliyadaada sharciyeed inaad u sheegto Hay'ada Laysanka Darawalka ee gobolkaaga/Territory-ga haddii aad qaadata insulin ama daawaayinka gulukoosta hoos u dhiga.

Gobol	Xiriir	Website	Taleefan
ACT	Access Canberra	<a href="http://accesscanberra.act.gov.au/">accesscanberra.act.gov.au/</a>	13 22 81
NSW	Roads and Maritime Services	<a href="http://rms.nsw.gov.au">rms.nsw.gov.au</a>	13 22 13
NT	Driving and Transport	<a href="http://nt.gov.au/transport">nt.gov.au/transport</a>	08 8999 1800
QLD	Department of Transport and Main Roads	<a href="http://tmr.qld.gov.au">tmr.qld.gov.au</a>	13 23 80
SA	Service SA	<a href="mailto:servicesa@sa.gov.au">servicesa@sa.gov.au</a>	13 10 84
TAS	Department of State Growth	<a href="http://transport.tas.gov.au">transport.tas.gov.au</a>	1300 135 513
VIC	Vic Roads	<a href="http://vicroads.vic.gov.au">vicroads.vic.gov.au</a>	13 11 71
WA	Department of Transport	<a href="http://transport.wa.gov.au">transport.wa.gov.au</a>	13 11 56
Qaranka	Austrroads Assessing Fitness to Drive guidelines	<a href="http://austrroads.com.au/drivers-vehicles/assessing-fitness-to-drive">austrroads.com.au/drivers-vehicles/assessing-fitness-to-drive</a>	13 11 56
Khadka caawinta NDSS	Weydiiso Baraha Sonkorta oo Aqoonsi leh	<a href="http://ndss.com.au">ndss.com.au</a>	1800 637 700