

NDSS
National Diabetes Services Scheme
An Australian Government Initiative

Hubinta caafimaadka macaanka: sharaxaad kooban

Waa maxay baaritaannada caafimaadka ee sonkorta?

Sonkorowgu wuxuu saameyn karaa qaybo badan oo jirkaaga ka mid ah, sida wadnahaaga, kelyahaaga, indhahaaga iyo lugahaaga. Muddo ka dib, tani waxay keeni kartaa dhibaatooyin kale oo caafimaad la xiriira.

Baaritaannada caafimaadka ee sonkorowga ayaa kaa caawinaya:

- inaad la socoto sonkortaada oo aad caafimaad ku noolaato
- inaad xilli hore ogaato wixii dhibaatooyin caafimaadka ah, marka ay sahlan tahay in la maareeyo
- in hoos loo dhigo khatarta laga yaabo in dhibaatooyin caafimaad oo la xiriira sonkorta ay kugu dhacdo.

Baaritaannada caafimaadka ee sonkorowga ee aad u baahan doonto



HbA1c
Baaritaan dhiig oo lagu eegayo heerka celceliska sonkorta dhiiggaaga.



Dufanka dhiigga
Baaritaan dhiig ah si loo hubiyo heerarka cholesterol iyo dufanka dhiigga kale.



Kelyaha
Baaritaano dhiig iyo kaadi ah si loo ogaado sida kelyahaagu u shaqeynayaan.



Cadaadiska dhiigga
Baaritaan lagu cabbirayo shaqada adag ee uu wadnahaaga hayo si uu dhiiga u bambeeyo



Cagaha
Baaritaanka cagahaaga ee laga baarayo inay jiraan dhibaatooyin la xiriira sonkorta oo ay cagahaagu qabaan.



Indhaha
Baaritaanka indhaha ee laga baarayo inay jiraan dhibaatooyin la xiriira sonkorta oo ay indhahaagu qabaan.



Ilkaha iyo cirridka
Baaritaan lagu eegayo in ilkahaaga iyo cirridkaagu caafimaad qabaan.



Miisaanka iyo dhexda
Baaritaan lagu eegayo in miisaankaaga iyo cabbirka dhexdaadu ay meeshii looga baahnaa caafimaad ahaan joogaan.

Khadka Caawinta NDSS 1800 637 700
ndss.com.au

diabetes australia
The NDSS is administered by Diabetes Australia

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Waxyaabaha kale ee uu dhakhtarkaaga kaala hadli doono



Dawooyinka aad isticmaalayso



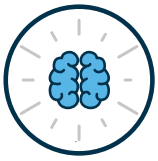
Cunto caafimaad leh inaad cunto



Dhaqdhaqaaqa jirka



Sigaarka inaad iska dhaafto (haddii aad cabto)



Caafimaadka dareenka/shucuurta

Sida loo heli karo baaritaannada caafimaadka ee sonkorowga

- Weydii dhakhtarkaaga inuu kaa caawiyo sidii uu kuugu sameyn lahaa baaritaannada caafimaadkaaga ee sonkorowga.
- Ayaga ayaaba kuu sameyn kara qaar ka mid ah baaritaannada inta lagu jiro ballantaada.
- Wixii baaritaanno kale ah, waxay kuu gudbin doonaan xirfadle caafimaad.
- Inta badan baaritaanada caafimaadka waxaa la sameeyaa hal mar sanadkii, laakiin waxaad u baahan doontaa baaritaanno badan. Weydii dhakhtarkaaga inta jeer ee aad u baahan tahay.

Helitaanka natiijooyinkaaga

- Marka aad sameyso baaritaan kasta oo sonkorta ah, weydii dhakhtarkaaga in natiijooyinka baaritaanka la sameeyay ay yihiin kuwo caafimaad leh.
- Dhakhtarkaaga ama xirfadlaha caafimaadka ee sonkorowga ayaa kaa caawin kara inaad sameyso qorshe aad ku hagaajinayso natiijooyinkaaga ama aad ku daweynayso wixii dhibaato caafimaad ah haddii loo baahdo.

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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