

NDSS
National Diabetes Services Scheme
An Australian Government Initiative

Sonkorta dhiiga marka ay dhacdo: macluumaad kooban

Waa maxay heerka gulukooska dhiigga ee hooseeya?

- Heerka sonkorta (sonkor) dhiigga hoose waa heer ka hooseeya 4.0 mmol/L.
- Tani sidoo kale waxaa loo yaqaan hypoglycaemia ama hypohypo.
- Ma dhacdo in qofkasta oo xanuunka sonkorta qaba ay sonkortoodu hoos u dhacdo. Weydii dhakhtarkaaga haddii aad halis ugu jirto.

Calaamadaha lagu garto sonkorta dhiiga ee hoos u dhacda?

Haddii aad isku aragto mid ka mid ah calaamadahan, isla markiiba hubi heerka sonkorta dhiiggaaga.

- Inaad dareemayso tabar-darri, gariir ama jarays
- Dhidid
- Madax qafiif ama inaad dareemayso wareer
- Madax xanuun
- In feejignaantu kugu adkaato
- Inaad gaajo dareemayso
- Waji gariirka
- Isbeddelada aragtida

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

- 2 ama 3 nooc oo ka mid ah karbohaydraytyada isla markiiba shaqeeya
- Cunto fudud oo leh karbohaydraytyada muddo dheer ka bacdi shaqaynaya (Long-acting carbohydrates)
- Qalabka lagu hubiyo sonkorta dhiigga
- Qalabka duritaanka glucagon-ka haddii dhakhtarkaagu kugula taliyay

Khadka Caawinta NDSS 1800 637 700
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diabetes australia
The NDSS is administered by Diabetes Australia

Sonkorta dhiiga marka ay dhacdo: macluumaad kooban

Hore ka daawee marka ay sonkorta dhiigaaga hoos u dhacdo

Haddii ay sonkorta dhiiggaaga ka hooseyso 4.0 mmol/L, raac tallaabooyinka hoose.

Tallaabada 1-aad: Cun 15 garaam oo karbohaydraytyo degdeg ah u shaqaynayo ah.



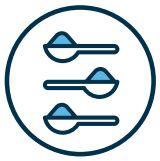
6 xabo oo jellybeans ah

ama



150 ml oo juice ah

ama



3 qaado oo sonkor ah

Tallaabada 2-aad: 15 daqiiqo sug oo hadana mar kale hubi sonkorta dhiigaaga heerka ay joogto.



Weli haddii ay ka hooseyso 4.0 mmol/L: ku celi **Tallaabada 1-aad**



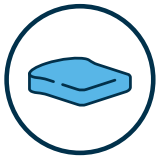
Haddii ay ka sarreyso 4.0 mmol/L: u gudub **Tallaabada 3-aad**

Tallaabada 3-aad: Cun 15 g oo karbohaydraytyo muddo dheer shaqeeya haddii cuntadii aad cuni lahayd ee xigta ay ka dhiman tahay wax ka badan 15 daqiiqo.



Cad furuut ah

ama



Xabbad rooti ah

ama



Muesli bar

- Haddii aad isku aragto calaamadihii xanuunka laakiin aadan hubin karin sonkorta dhiiggaaga, daawee sonkorta hooseysa waxkasta oo ay ahaataba.
- Haddii ay sonkortaada aad hoos ugu dhacdo, waxaa laga yaabaa inaad miyir beesho oo aad u baahato caawimaad caafimaad oo degdeg ah.

Sida loo yareeyo khatartaada

- Xilliyada aad cunto raashinka haka boodin ama ha daahin
- Kala hadal dhakhtarkaaga wixii ku saabsan waxa laga badalayo cuntadaada ama daawooyinkaaga markaad jimicsi sameynayso
- Haddii aad khamri cabto, jooji oo cun cunto
- Cab cabitaanno leh karbohaydraytyo haddii aad xanuunsan tahay oo aadan wax cuni karin.

U sheeg dadka sidii ay kuu caawin lahaayeen

- U sheeg dadka kugu xeeran (qoyska, asxaabta, shaqada) sida loo garan karo heerka sonkorta dhiigga ee dhacda, iyo sida laguu caawin karo.
- U sheeg inaysan marnaba **ku siin cunto iyo cabitaan haddii aad miyir beesho**.
- Taa badelkeeda, waa inay isla markiiba wacaan 000.

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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