

NDSS
National Diabetes Services Scheme
An Australian Government Initiative

Xanuunka sonkorta nuuca loo yaqaan type 2: hage degdeg ah

Waa maxay nooca 2-aad ee xanuunka macaanka/sonkoroowga?

- Nooca 2-aad ee sonkorowga waa xaalad sababta heerarka gulukooska dhiigga (sonkorta) inay kor u kacdo.
- Markaad wax cunto, jirkaaga wuxuu cuntada karbohaydraytyada ah u badelaya sonkor, taas oo dhiigaaga galeysa.
- Jirku waxa uu leeyahay ama sameeyaa wax loo yaqaan insulin taas oo jirkaaga ka caawinaysa in sonkorta jirkaaga gashay eey usii gudubto unugyada jirka si aad enarji u hesho.
- Nooca 2-aad ee sonkorowga, waa marka uusan jirkaagu sameyn karin insulin ku filan, ama uusan insulin kaas si fiican u shaqeynayn.
- Tani waxay ka dhigan tahay in sokorta ay kusii raagto dhiiggaaga, taasoo keenta in sonkorta dhiiga ay kor u kacdo.

Calaamadaha lagu garto sonkorowga nooca 2-aad



Inaad dareemayso harraad/oon, ama aad maanta dhan biyo cabayso



Aragtida oo uu caad kaa fuulo



Inaad marar badan musqusha u aadeyso kaadi



Dhaawacyo ama meelo maqaarkaaga ka saran oo si tartiib ah u bogsada



Inaad dareemayso daal



In marar badan uu infekshan kugu dhaco ama aad xanuunsato

Calaamadaha sonkorowga waxaa sabab u ah sonkorta dhiiga oo kor u kacda. Haddii aad isku aragto mid ka mid ah calaamadahan, la hadal dhakhtarkaaga – xitaa haddii horey lagaaga helay sonkorowga nooca 2.

Khadka Caawinta NDSS 1800 637 700
ndss.com.au

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diabetes australia
The NDSS is administered by Diabetes Australia

Xanuunka sonkorta nuuca loo yaqaan type 2: hage degdeg ah

Inaad si fiican u maareyso sonkoroowga/macaanka waxay kaa caawinaysaa inaad caafimaad ku noolaato

Takhtarkaaga ama xirfadlaha caafimaadka ee sonkorowga ayaa kula samayn doona qorshe lagu daryeelayo sonkorowgaaga.
Taasina waxaa qeyb ka ahaan karta:



Cunto caafimaad leh inaad cunto
Waxay nafaqeynaysaa jirkaaga waxayna ka caawinaysaa in heerarka sonkorta dhiiggaaga uu noqdo mid caafimaad qaba



Inaad noqoto qof firfircoon
Waxay sonkorta dhiiga u isticmaasha inaad enarji hesho waxayna ka caawisaa insulin-ka inuu si fiican u shaqeeyo



Hubinta sonkorta dhiigga
Waxay ku tusaysaa sida cuntada iyo waxyaabaha kale ay u saameeyaan heerka sonkorta dhiiggaaga



Insulin-ka iyo daawooyinka
Waxay hoos u dhigtaa heerka sonkorta dhiigga si ay u joogto meeshii la rabay



Baaritaanada caafimaadka macaanka
Inaad si joogto ah baaritaan ugu sameyso indhahaaga, kelyahaaga, wadnahaaga, cagahaaga iyo dareemayaasha ayaa kaa caawinaysa in la ogaado wixii xanuuno ah xilli horena la daaweeyo



Inaad maareeyso miisaankaaga
Waxay ka caawinaysaa insulin-ka inuu si fiican u shaqeeyo, hoos u dhigo khatarta cudurrada wadnaha, isla markaasna wanaajiyo dareenkaaga iyo enarjigaaga



Inaadan sigaar cabin
Inaad joojiso sigaar cabista waxay isla markiiba wanaajinaysaa caafimaadkaaga waxayna wax badan yareynaysaa khatarta dhibaatooyinka la xiriira sonkorowga

Marka loo baahan yahay inaad dhakhtarkaaga u tagto

- Haddii aad isku aragto calaamadaha sonkorowga.
- Haddii la gaaray xilligii aad joogto u sameyn lahayd inaad baaritaan ku samayso sonkortaada.
- Haddii aad dareemayso welwel, culays, ama wax su'aalo ah ka qabto sonkorowgaaga ama daawooyinkaaga.

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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