

Dhibaatooyinka Sonkorta iyo Kelyaha

Diabetes and Kidney Problems

The kidneys remove waste from the body, remove excess fluids, and keep important proteins in the body.

If diabetes is not well controlled, high blood sugar can harm the blood vessels and nerves in the kidneys. This can cause kidney damage, which is also called nephropathy. Without treatment, this can lead to kidney failure.

Signs of Nephropathy

You will not have signs in the early stages, which is why you need to get regular checks for kidney problems from your doctor. If not controlled, and the condition gets worse, you may have one or more of these signs:

- Feeling tired
- Unusual weight gain from fluid build up in the body
- Foamy urine from protein in urine
- Nausea, vomiting or poor appetite
- Swelling, numbness or tingling in the legs, ankles or feet
- High blood pressure called hypertension
- Feeling itchy (from imbalance of phosphorous in the body)
- Hiccups

Kelyaha ayaa jirka ka saara wasakhda, ka saara dhacaanka xad dhaafka ah, oo ku haaya buritiinkamuhiimka ah jirka.

Haddii sonkorta aanan si wanaagsan loo xakameynin, sonkorta dhiiga ee sareeya waxay waxyeeleen kartaa xididaha dhiiga iyo neerfayaasha kelyaha. Tani waxay sababi kartaa dhaawaca kelyaha, kaas oo sidoo kale loo yaqaan cudurka sonkorta kelyaha. Iyada oo aan jirin daaweyn, tani waxay u hogaamin kartaa guuldarada kelyaha.

Astaamaha Cudurka sonkorta kelyaha

Ma isku arkaysid astaamaha xiliyada hore, taasi oo ah sababta aad ugu baahantahay inaad heshid baaritaano joogto ah oo dhibaatooyinka kelyaha ee dhakhtarkaaga ka imaaneyso. Haddii aanan la xakameynin, iyo xaalada ka sii darto, waxaad heli kartaa hal ama astaamo badan oo kuwaan ah:

- Dareenka daalka
- Helitaanka culeyska aan caadiga ahayn ee ku dhisan dhacaanka jirka
- Kaadida xumbada ee burutiinka kaadida ku jirto
- Lalabada, mataga ama cunista yar
- Bararka, kabuubashada ama jiriricada lugaha ku jirto, canqowyada ama cagaha
- Dhiig karka sareeyo ee loo yaqaan dhiig karka
- Dareenka cuncunka (ee kala duwanaanshaha kiimakada jirka ku jirto)
- Hingo

Testing

Each year, have your urine checked for protein as part of a physical exam. If protein is found in the urine, it can be a sign of kidney damage.

Your doctor may order these tests:

- Blood test:
 - Hemoglobin A1C to see how well glucose levels are controlled.
 - Blood urea nitrogen (BUN test) or creatinine test to check how well your kidneys are working.
- Urine test for protein called albumin. You doctor may also call it a microalbuminuria test.
- Foot checks to check for numbness and tingling in your feet and legs as kidney disease affects blood flow and may cause nerve damage. Nerve conduction tests may be given to check for nerve damage.
- Blood pressure checks.
- Blood tests for cholesterol and triglycerides. These types of fat in your blood are harder to control if the kidneys are not working well.

Treatment

Treatment is done to keep the kidney disease from getting worse. Blood sugar and blood pressure control can slow kidney damage.

- Check and record your blood sugar levels. Take your diabetes medicines as ordered. Talk to your doctor or diabetes

Baaritaanka

Sannad walba, kaadidaada miyaa laga eegay burutiinka sida qeyb ka ah baaritaanka jirka. Haddii buritiinka laga helo kaadida, waxay astaan u noqon kartaa dhaawaca kelyaha.

Dhakhtarkaaga wuxuu amri karaa baaritaanadaan:

- Baaritaanka dhiiga:
 - Unugyada dhiiga A1C si aad u aragtid sida wanaagsan ee heerarka sonkorta loo xakameeyay.
 - Baaritaanka dhiiga kiimikada (baaritaanka BUN) ama baaritaanka wasakhda dhiiga ee lagu baarayo sida wanaagsan kelyahaaga u shaqeynayaan.
- Baaritaanka kaadida ee buritiinka waxaa loo yaqaan buritiinka dhiiga. Dhakhtarkaaga wuxuu sidoo kale ugu yeeri karaa baaritaanka kaadida.
- Baaritaanada cagaha ee laga baarayo kaduudashada iyo jiricada cagahaaga iyo lugaha sida cudurka kelyaha ee saameeyo qulqulka dhiiga oo wuxuu sababi karaa dhaawaca neerfaha. Baaritaanka qaadida neerfaha waxaa la siin karaa in lagu baaro dhaawaca neerfaha.
- Baaritaanada dhiig karka.
- Baaritaanada dhiiga ee sonkorta iyo dufanta dhiiga. Noocyadaan dufanta ah ee dhiigaaga ku jirto way ka adagtahay inay xakameyso haddii kelyaha aysan si wanaagsan u shaqeynin.

Daaweynta

Daaweynta waxaa loo sameeyaa si looga illaaliyo cudurada kelyaha ee ka sii darista. Sonkorta dhiiga iyo xakameynta dhiig karka waxay tartiibin kartaa dhaawaca kelyaha.

- Baar oo qor heerarka sonkorta dhiigaaga. Qaado daawooyinka sonkortaada sida laguugu amray. La hadal dhakhtarkaaga ama macalinka sonkorta haddii

educator if your blood sugar levels are not controlled with medicine.

- Exercise for at least 30 minutes most days of the week.
- Avoid tobacco and alcohol, manage your weight, your stress and get enough sleep. Lifestyle behavior can improve your diabetes.
- Talk to your doctor or pharmacist before taking any over the counter medicines. Some medicines may be harmful to weakened kidneys. For example, medicines used for pain called NSAIDS, like ibuprofen or naproxen, should not be used.
- Your doctor may order medicines to lower your blood pressure while protecting your kidneys from damage. Use a home blood pressure monitor to check your blood pressure between doctor visits.
- Follow your meal plan, and talk with a dietitian about changes you can make to control your blood sugar. If your kidneys are not working well, you may need to limit protein in your diet.

As kidney disease progresses, dialysis may be needed. Transplantation may also be an option for treatment.

Talk to your doctor or diabetes educator if you have questions or concerns.

heerarka sonkorta dhiigaaga aanan lagu xakameynin daawada.

- Jimicso ugu yaraan 30 daqiiqo maalmaha ugu badan ee isbuuca.
- Ka fogow tubaakada iyo qamriga, maamul culeyskaaga, murugadaada oo hel hurdo kugu filan. Dabeecada hab nololeedka way wanaajin kartaa sonkortaada.
- La hadal dhakhtarkaaga ama farmashiistaha ka hor inta aadan qaadan wax daawooyinka dukaanka lagu iibiyo. Qaar ka mid ah daawooyinka waxay noqon karaan waxyeelo si ay u liidiso kelyaha. Tusaale ahaan, daawooyinka loo isticmaalay xanuunka waxaa loo yaqaan NSAIDS, sida ibuprofen ama naproxen, waa inaan la isticmaalin.
- Dhakhtarkaaga wuxuu amri karaa daawooyinka si loogu yareeyo dhiig karkaaga adiga oo ka illaalinayo kelyahaaga dhaawaca. Isticmaal kormeeraha dhiig karka guriga si aad u baartid dhiig karkaaga inta u dhaxeyso booqashooyinka dhaqtarka.
- Raac qorshaha cuntadaada, oo kala hadal dhakhtarkaaga cuntada isbeddelada aad sameyn kartid si aad u xakameyso sonkorta dhiigaaga. Haddii kelyahaaga aysan si wanaagsan u shaqeynin, waxaad u baahan kartaa inaad xaddido burutiinka cuntadaada ku jirto.

Sida cudurka kelyaha sii hormaro, kelyo sifeyn ayaa loo baahan karaa. Ku beerida sidoo kale waxay noqon kartaa dooqa daaweynta.

La hadal dhakhtarkaaga ama macalinka sonkorta haddii aad qabtid su'aalo ama walaacyo.