

Sonkorta iyo Bogsashada Dhaawaca

Diabetes and Wound Healing

Diabetes is a condition where the body is not able to use the insulin or there is not enough insulin in the body to control blood sugar levels. Having an injury or an illness can change your body's insulin needs and make it harder to control your blood sugar. High blood sugar can slow healing and put you at risk for infection.

Check your blood sugar and work to keep it in a normal range. Talk to your doctor, nurse or diabetes educator for help to manage your diabetes.

Wound Problems with Diabetes

If your diabetes is not controlled and you often have high blood sugar, you are at greater risk for:

- Skin breaks or ulcers in the skin.
- Slow healing of wounds from poor blood flow.
- Small scrapes or blisters becoming infected wounds.
- Nerve damage that causes loss of feeling in your hands or feet. You may not feel any pain or pressure to make you aware that you have a sore or other injury to your hand or foot.

Sonkorta waa xaalad halka jirka aysan u suurtoqaleynin inuu isticmaalo insuliinta ama waxaa jiro insuliin ku filan ee jirka ku jirto si ay u xakameyso heerarka sonkorta dhiiga. Lahaanshaha dhaawaca ama jirada way badeli kartaa baahiyada insuliinta jirkaaga oo waxay adkeysaa inay xakameyso sonkorta dhiigaaga. Sonkorta dhiiga ee sareeya waxay yareyn kartaa bogsashada oo ku gelisaa halista infekshanka.

Hubi sonkorta dhiigaaga oo ka shaqey si aad ugu haysid qaab caadi ah. La hadal dhaqtarkaaga, kalkaalisada ama macalinka sonkorta wixii caawin ah ee lagu maamulayo sonkortaada.

Dhibaatooyinka Dhaawaca iyo Sonkorta

Haddii sonkortaada aysan xakameysneyn iyo adiga inta badan wuxuu leeyahay sonkorta dhiiga oo sareeyo, waxaad ku jirtaa halis weyn:

- Dhaawaca maqaarka ama boogaha maqaarka.
- Yarey bogsiinta dhaawacyada ka imaanaya qulqulka dhiiga liito.
- Nabarada yar ama finanka ee noqonayo dhaawacyo qaadsan.
- Dhaawaca neerfaha ee sababto lumitaanka dareenka gacmahaaga ama cagta. Waxaa laga yaabaa inaad dareemin wax xanuun ah ama cadaadis ah ee ku ogeysiinayo inaad leedahay xanuun ama dhaawac kale ee gacantaada ama cagta.

What You Can Do

Protect Your Skin

- Check your skin each day for any cuts, scrapes, boils or blisters. Look for red or bruised spots. Use a mirror to view hard to see areas like the bottom of your feet.
 - Use a moisturizing lotion on your skin that does not have perfumes or alcohol in it.
 - Wear gloves and clothing to protect your skin from cuts or scrapes.
 - Wear shoes that fit well and cotton socks that absorb moisture.

Treat Any Wounds

- **If you have a wound, clean it right away.** Rinse the skin for several minutes under water to remove dirt and germs. Use a mild soap to clean. Do not use hydrogen peroxide or iodine that can injure the skin.
- **Apply an antibiotic cream or ointment.** You can find antibiotic cream or ointment at grocery or drug stores. Ask the pharmacist to help you find it.
- **Cover the wound with a sterile bandage or band-aid** to keep it clean and protected until it heals. The bandage should be about an inch larger than the wound to be sure the wound is covered on all sides.
 - Change the bandage each day or anytime it is wet or soiled.
 - Check daily for signs of infection such as redness, warmth, swelling or a change in drainage from the wound site.

Maxaad Sameyn Kartaa

Ilaali Maqaarkaaga

- Hubi maqaarkaaga maalin walba oo wixii jarmo ah, nabaro, gubasho ama finanka. Raadi goobo gaduud ama masuubsan. Isticmaal muraayad si aad ugu aragtid si adag aagaga sida hoosta cagtaada.
 - U isticmaal kareem qoyan maqaarkaaga oo aanan laheyn barfuun ama aalkulo.
 - Xiro gacan geshiyo iyo dhar looga hortago maqaarkaaga sarmooyinka ama nabaraha.
 - Xiro kabaha la eg iyo sigsaan suuf ah ee dhuuqa qoyaanka.

Daawey Dhaawac Walba

- **Haddii aad dhaawac leedahay, nadiifi isla markaas.** Ku raaci maqaarka dhoor daqiiqo biyaha hoostooda si aad uga saartid wasakhda iyo jeermiska. Isticmaal saabuun qafiif ah si aad u nadiifisid. Ha isticmaalin daawooyinka hydrogen peroxide ama iodine ee maqaarka dhaawici karta.
- **Mari kareemka qalajiyaha ama boomaatada.** Waxaad ka heli kartaa kareemka qalajiyaha ama boomaatada dukaamada bagaashka ama daawada. Weydii farmashiistaha inuu kugu caawiyo inuu midkuu helo.
- **Ku dabool dhaawaca faashada suufka ama faashada gargaarka** si aad nadiif ugu haysid oo aad u ilaalisid illaa ay ka bogsooto. Faashada waa inay hal inji ka weynaataa dhaawaca si loo hubiyo in dhaawaca ka soo kabsaday dhinacyada oo dhan.
 - Bedel faashada maalin walba ama xili walba oo ay qoyantahay ama wasakhowday.
 - Ka fiiri maalin walba astaamaha caabuqa sida gaduudashada, diirmitaanka, bararka ama isbedelka dheecaanka aaga dhaawaca.

- **Keep pressure off the wound as it heals.** Protect the area by wearing clothing to keep dirt and germs away. Modify exercise as needed until the skin heals.
- **If a wound is not healing or looks worse, call your doctor.** You need to have your wound checked for infection.

Eat a Healthy Diet

Your body needs more calories, protein, vitamins A and C, and the mineral zinc to help with the healing process. Talk to your doctor, dietitian or diabetes educator about your diet or medicines while your body heals.

- Eat a variety of foods for a balanced diet, so you get enough calories, protein, vitamins and minerals.
- **Increase your protein intake.** Eating too little protein can delay or affect how well the wound heals.
 - Eat at least 2 to 3 servings each day. A serving equals 2 to 3 ounces of meat, 1 cup of cooked beans, 1 egg or 2 tablespoons of peanut butter.
 - Try to eat protein-rich foods at every meal and snack. Foods high in protein include meat, poultry, fish, eggs, milk, cheeses, peas, nuts and soy foods. Dry beans such as black, kidney and pinto beans are also good sources of protein.

- **Ka ilaali xayaasiyaadda dhaawaca marka ay bogsooneyso.** Ka ilaali aaga adiga oo xiraanaya dharka si aad u ilaalisid wasakhda iyo jeermisika. Bedel jimicsiga sida loogu baahanyahay ilaa maqaarka bogsoodo.
- **Haddii dhaawaca uusan bogsooneyn ama u muuqdo inuu ka sii darayo, soowac dhaqtarkaaga.** Waxaad u baahantahay in dhaawacaaga laga baaro caabuqa.

Cun Cunto Caafimaad ah

Jirkaaga wuxuu u baahanyahay sonkor badan, borotiinka, fitamiinka A iyo C, iyo macdanta zinc si ay nidaamka bogsashada uga caawiso. Dhakhtarkaaga la hadal, dhakhtarka cuntada ama macalinka sonkorta ee ku saabsan cuntadaada ama daawooyinka iyada oo jirkaaga bogsoonayo.

- Cun cuntooyin kala duwan ee cuntada dheeli tiran, si markaas aad u heshid sonkor ku filan, burutiinka, fitamiinada iyo macdanta.
- **Kordhi qaadashadaada buritiinka.** Cunista buritiin aad u yar waxay daahin kartaa ama saameyn kartaa sida wanaagsan ee dhaawaca u bogsoodo.
 - Cun ugu yaraan 2 ilaa 3 qaadasho maalin walba. Qaadashada wuxuu la mid yahay 2 ilaa 3 waqiyadood oo hilib ah, 1 koob ee digir karsan, 1 ukun ama 2 qaado ee subuga looska.
 - Isku day inaad cuntid cuntooyinka nafaqada ku badan ee cunto walba iyo cuntada yar. Cuntooyinka ku badan burutiinka waxaa ku jira hilibka, digaaga, kaluunka, ukunta, caanaha, jiiisaska, digirta, looska iyo cuntooyinka digirta. Digirta qalalan sida digirta madow, beebeeshaada iyo digirta cadka sidoo kale waa ilo wanaagsan ee buritiinka.

- Protein supplements, such as powders or liquids like Ensure, may be needed for people with poor nutrition or for people who cannot eat enough protein.
- **Get enough vitamins A and C, and the mineral zinc.** Eating a balanced diet should help you get enough vitamins and minerals, but your doctor may ask you to take a multivitamin and mineral supplement.
 - Good sources of vitamin A include liver, eggs, sweet potato, carrots, peas, broccoli, kale, spinach, collard greens, pumpkin, winter squash, cantaloupe, apricot, papaya and mango. Eat at least 1 serving a day.
 - Good sources of vitamin C include citrus fruits, orange juice, tropical fruits such as guava, papaya and mango, red and green peppers, broccoli, spinach, collard greens, strawberries, tomatoes and peas. Eat at least 1 serving a day.
 - Good sources of zinc include meat, poultry, some seafood like lobster and crab, liver, eggs, milk, whole grains, tofu and fortified cereals.
- Waxyaabaha buritiinka, sida budada ama biyaha sida Hubin, ayaa loo baahan karaa ee dadka nafaqada ku yar ama dadka aanan cuni karin buritiin ku fillan.
- **Hel fitamiino ku filan ee A iyo C, iyo macdanta zinc.** Cunista cunto dheeli tiran waxay kugu caawineysaa in fitamiino iyo macdanta ku fillan, laakin dhakhtarkaaga wuxuu ku weydiin karaa inaad qaadatid waxyaabaha fitamiinka ku badan iyo macdanta.
 - Ilaaha wanaagsan ee fitamiinka A waxaa ku jira beerka, ukunta, bataatiga, kaarootada, digirta, barookoli, cagaarka kale, koostada, cambaqada, bocorka jaale, bocor hindi, miraha cantaloupe, qudaar, babaay iyo cabmo. Cun ugu yaraan 1 qaadasho maalintii.
 - Ilo wanaagsan oo fitamiin ah C waxaa ku jira miraha bambeelmada, cabitaanka oranjiga, miraha kuleelaha sida saytuunka, babaayga iyo cambaha, barbarooniga gaduudka iyo cagaarka, barookoli, koostada, cambaqada, istarowbariga, yaanyada iyo digirta. Cun ugu yaraan 1 qaadasho maalintii.
 - Ilo wanaagsan ee zinc waxaa ku jira hilibka, digaaga, qaar ka mid ah cuntada bada sida aargoosatada iyo caarsaanyada, beerka, ukunta, caanaha, badarka, burcadka iyo badarka la xoojiyay.

When to Call Your Doctor

If you have any of these signs, call your doctor right away:

- Redness, warmth or swelling at the site or streaking away from the wound
- A temperature over 100.5 degrees F or 38 degrees C
- An increase or change in draining from wound or any pus drainage

Marka la Wacayo Dhakhtarkaaga

Haddii aad qabtid wax ka mid ah astaamahaan, soo wac dhakhtarkaaga isla markaas:

- Gaduudashada, diirmitaanka ama bararka aaga ama diilmaha dhaawaca ah
- Heer kululka ka badan 100.5 heerka F ama 38 heerka C
- Korodhka ama bedelka ee ka daadashada dhaawaca dadaashada malaxda

- Wound gets bigger or is not showing signs of healing

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

- Dhaawca ayuu weynaadaa ama ma muujinayo astaamaha bogsashada

La hadal dhakhtarkaaga, kalkaalisada ama macalinka sonkorta haddii aad qabtid wax su'aalo ama walaacyo ah.