

Sonkorowga

Diabetes

Diabetes is a disease in which your body cannot properly use the food you eat for energy. Your cells need energy to live and grow. When you eat, food breaks down into a form of energy called glucose. Glucose is another word for sugar. The glucose goes into your blood, and your blood sugar rises. Insulin is a hormone made by your pancreas. It helps glucose move from your blood into your cells, so your body can use it for energy. People cannot live without insulin.

Sonkorowgu waa cudur uusan jidhkaagu si fiican ugu isticmaali karin cuntada aad u cunto inaad tamar ka hesho. unugyadeenu waxay u baahan yihiin tamar si ay u noolaadaan una koraan. Markaad wax cuno cunto, cuntadu waxay isku baddeleysaa ama u jajabeysaa nooc tamar ah oo loo yaqaan gulukoos. Gulukoostu waa kelmad kale oo sonkorta ah. Gulukoostu waxa ay gashaa dhiigaaga, oo waxaana kor u kaca sonkorta dhiigaaga. Insuliinku waa hormoonnada ay sameeyso xameetadaada. Waxay kaa caawinaysaa in ay gulukoosta ka guuriso dhiiggaaga una rarto unugyadaada, si jidhkaagu ugu isticmaalo tamar ahaan. Dadku ma noolaan karaan la'aanta insuliin.

Types of Diabetes

- With type 1 diabetes, the pancreas makes no insulin.
- With type 2 diabetes, the more common type, the pancreas does not make enough insulin, or your body is not able to use the insulin the pancreas makes. Without enough insulin, the glucose stays in your blood.
- With diabetes during pregnancy, called gestational diabetes, the mother is not able to make enough insulin to cover the needs of both mother and baby.
- With prediabetes, your glucose is higher than normal, but not high enough to be called diabetes. Prediabetes raises your risk for type 2 diabetes, heart disease, and stroke. The good news is that type 2 diabetes can be prevented or delayed with lifestyle changes, such as losing weight, eating healthy food, and being active.

Noocyada Sonkorowga

- Marka uu qofka qabo nooca 1-aad ee sonkorowga, xameetadu ma sameeyo insuliin.
- Marka uu qofka qabo nooca 2-aad ee sonkorowga, nooca ay dadku u badan yihiin iney qabaan, xameetidu ma samayso insuliin jidhka ku filan, ama jidhkaagu ma awoodo inuu isticmaalo insuliinka ay xameetadaadu sameeyso. Marka ay jirto Insuliin aan ku filnayn, gulukoostu waxay ku sii jireysaa dhiiggaaga.
- Sonkorowga xilliga uurka, oo loo yaqaan sonkorowga uurka, hooyadu ma awooddo inay samayso insuliin ku filan jidhkeeda oo ay ku daboosho baahideeda iyo tan dhallaanka labadoodaba.
- Qabida heerka sonkorta dhiiga ee sida caadiga ah ka sareeysa, gulukoostaadu way ka sarraysaa inta caadiga ah, laakiin kuma filna in loogu yeedho sonkorow. Heerka sonkorta dhiiga ee sida caadiga ah ka sareeya wuxuu kor u qaadaa khatartaada ku aadan ku dhicida nooca 2-aad ee sonkorowga, cudurada wadnaha, iyo istaroog. Warka wanaagsani ayaa ah in nooca 2-aad ee xanuunka sonkorowga laga hortagi karo ama dib loo dhigi karo marka la eego isbeddelka qaab nololeedka, sida yareeynta miisaanka jidhka, cunista cunto caafimaad leh, iyo firfircoonaanta.

Over time, having too much glucose in your blood can cause serious problems. It can damage your eyes, kidneys, heart, and nerves. Diabetes can also cause heart disease, stroke, poor circulation, and wounds that do not heal. When untreated and uncontrolled, these wounds could progress to limb loss.

Signs of Diabetes

Everyone responds differently to diabetes. Some of the common warning signs are:

- Having to go to the bathroom often to pass urine
- Feeling thirsty, even though you are drinking fluids
- Losing weight
- Blurry vision
- Healing is slow for cuts or scrapes on your skin
- Feeling tired
- Feeling hungry
- Being irritable or grumpy

Often people may not notice any signs of diabetes. One in four people with diabetes doesn't know they has it.

If you have any of these signs of diabetes, ask your doctor for a blood test to check your glucose level.

The most important blood tests are a fasting blood sugar and an A1C.

Muddo ka dib, ku qabida gulukoos badan gudaha dhiigaaga ayaa sababi kartaa dhibaatooyin daran. Waxay wax yeeleyn kartaa indhahaaga, kelyahaada, wadnahaaga, iyo neerfahaada. Sonkorowgu waxa kale oo uu keeni karaa wadne xanuun, istarooq, wareegga dhiigga oo xumaada, iyo nabarro aan bogsanba. Marka aan la daweyn oo aan la xakameynin, nabarradani waxay hor ugu sii socon karaan in uu qofka lumiyo addin.

Calaamadaha lagu garto Sonkoroowga

Qof kastaa si kala duwan ayuu uga falceliyaa cudurka sonkoroowga. Qaar ka mid ah calaamadaha digniinta ee guud waa:

- In badan aadditaanka musqusha si loo soo kaadsho
- Dareemida haraad, inkastoo aad cabbeyso dareere
- Luminta qaar miisaanka hilibka jidhka ee qofka ah
- Wax aragga caadka saaran
- Bogsashada oo gaabis noqota meelaha jeexmata ama diirmata ee maqaarkaaga
- Dareemida daal
- Dareemida gaajo
- Noqoshada qof xanaaqsan ama xanaaq dhow

Badanaa dadku ma dareemi karaan wax calaamado oo sonkoroow ah. Mid kastoo ka mid ah afartii qof ee qaba sonkorowga ma oga inuu qabo.

Haddii aad leedahay mid ka mid ah calaamadahan sonkorowga, weydii dhakhtarkaaga inuu kaa baaro dhiigga si uu u eego heerka gulukoostaada.

Baaritaanada dhiigga ee ugu muhiimsan waa baaritaanka sonkorta dhiigga ee waqtiga uusan qofka waxba cunin subixii markuu soo kaco iyo A1C-ga.

- A fasting plasma glucose (FPG) test, also called fasting blood glucose, measures blood sugar. You will need to fast, so you are not able to eat or drink anything except for water for at least 8 hours before the test.
- An A1C test, also called the hemoglobin A1C, HbA1c, or glycohemoglobin test, measures blood sugar over the last 2 to 3 months.
- Baaritaanka gulukooska balaasmaha ee marka uusan qofka waxba cunin (fasting plasma glucose, FPG), oo sidoo kale loo yaqaan soonka gulukoosta dhiigga, ayaa cabbiraysa sonkorta dhiigga. Waa inaad cuntada ka soontaa, sidaas awgeed ma awoodid inaad wax cunto ama cabto marka laga reebo biyo muddo 8 saacadood ah kahor baaritaanka.
- Baaritaanka A1C-da, oo sidoo kale loo yaqaan hemoglobin A1C, HbA1c, ama glycohemoglobin, ayaa cabbiraya sonkorta dhiigga 2 ilaa 3 bilood ee la soo dhaafay.

Your Care

The goal is to keep your glucose level as near to normal as possible. Your care may include:

- Planning meals
- Testing glucose levels
- Learning signs to know when your glucose level is too low or too high
- Exercising
- Maintaining a healthy weight
- Taking medicine – insulin or pills
- Keeping all appointments with your health care team
- Attending diabetes education classes

Talk to your doctor, nurse, dietitian, and pharmacist to learn how to manage your diabetes.

Daryeelkaaga

Yoolka ayaa ah in heerka gulukoosta lagu hayo sida caadiga ah ee suurtoogalka ah. Daryeelkaaga waxaa ku jiri kara:

- Qorshaynta cuntooyinka
- Baarida heerarka gulukoosta
- Barashada calaamadaha si aad u ogaato marka heerka gulukoostaagu uu aad u hooseeyo ama aad u sarreeyo
- Sameeynta jimicsi
- Joogteynta miisaan jidheed caafimaad qaba
- Qaadashada daawooyinka - insuliin ama kaniiniyada
- La socoshada dhammaan ballamaha aad la leedahay kooxdaada daryeelka caafimaadka
- Ka qayb galka xiisadaha waxbarashada ee ku saabsan sonkoroowga

La hadal dhakhtarkaaga, kalkaalisadaada, cunto nafaqo yaqaankaaga, iyo farmashiistahaaga si aad u barato sida loo maareeyo sonkorowgaaga.