

Sonkorta Dhiiga ee Sareeyo

High Blood Sugar

High blood sugar means having too much sugar, also called glucose, in the blood. High blood sugar is also called hyperglycemia. The body's cells need blood sugar. A normal blood sugar level is 70 to 100. A blood sugar level above 140 is too high. You may not feel any signs of high blood sugar but damage may be happening to your body. Over time, high blood sugar can damage the eyes, kidneys, blood vessels, heart, nerves and feet.

Causes

High blood sugar can happen with diabetes. When you have diabetes, your body does not make enough insulin or is not able to use the body's insulin as it should. The right amount of insulin is needed to let the sugar that is in your blood go into your cells. Without insulin, blood sugar will rise and cause high blood sugar, or hyperglycemia. High blood sugar can get worse because of:

- Stress
- Infection or illness
- Certain medicines such as steroids
- Pregnancy

The most common reasons for high blood sugar in people with diabetes are:

- Not taking enough insulin or diabetes pills

Sonkorta dhiiga ee sareeyo waxaa loola jeedaa inaad qabtid sonkor badan, sidoo kale loo yaqaan sonkorta, dhiiga ku jirto. Sonkorta dhiiga ee sareeyo waxaa sidoo kale loo yaqaan kacsanaanta sonkorta. Unugyada jirka waxay u baahanyahay sonkorta dhiiga. Heerka sonkorta dhiiga caadiga ah waa 70 illaa 100. Heerka sonkorta dhiiga ee ka koreeyo 140 aad ayuu u sareeyaa. Waxaad dareemi karin wax astaamo ah ee sonkorta dhiiga ee sareeyo laakin waxyeelo ayaa ku dhici karta jirkaaga. Wakhti kadib, sonkorta dhiiga ee sareeyo waxay waxyeeleyn kartaa indhaha, kelyaha, xiddidada dhiiga, wadnaha, dareemayaasha iyo cagaha.

Sababaha

Sonkorta dhiiga ee sareeyo waxay la dhici kartaa sonkorowga. Marka aad sonkorow qabtid, jirkaaga ma sameeyo insuliin ku filan ama ma awoodo inuu isticmaalo insuliinta jirka sida aheyd. Tirada saxda ahee insuliinta ee loogu baahanyahay inay sonkorta ku jirto dhiigaaga unugyadaada galaan. La'aanta insuliinta, sonkorta dhiiga way kaceysaa oo waxay sababeysaa sonkorta dhiiga ee sareeyo, ama kacsanaanta sonkorta. Sonkorta dhiiga ee sareeyo way ka sii dari kartaa sababtoo ah:

- Murugada
- Infekshanka ama jirada
- Daawooyinka qaarkood sida dhacaanka
- Urka

Sababta ugu caansan ee sonkorta dhiiga ee sareeyo ee dadka qaba sonkorowga waa:

- Aanan qaadan insuliin ku filan ama kaniiniyada sonkorta

- Missed, skipped or late diabetes medicine
- Eating too much food
- Eating foods high in sugar or carbohydrates

Signs

High blood sugar affects people differently. Some people have no warning signs. High blood sugar may happen slowly over time.

You may have one or more signs of high blood sugar. Family members may notice these signs before you do.

- Extreme thirst
- Urinate often
- Increased hunger
- Blurred vision
- Weight loss or gain
- Feeling tired or sleepy
- Feeling moody or grumpy
- Slow healing of wounds
- Numbness in feet or hands
- Vaginal itching or infections
- Impotence
- Skin itching
- Skin infections such as boils

Your Care

See your doctor if you have signs of high blood sugar. Talk to your doctor about the cause of your high blood sugar. You may need to take medicine to control your blood sugar, or you may need to change how you eat and exercise.

- Dhaaftay, u gooyay ama ka daahay daawada sonkorta
- Cunista cunto badan
- Cunista cuntooyinka ku sareeyo sonkorta ama qeybaha dabiiciga ah

Astaamaha

Sonkorta dhiiga ee sareeyo waxay u saameysaa dadka si kala duwan. Qaar ka mid ah dadka ma lahan wax astaamo digniin ah. Sonkorta dhiiga ee sareeyo waxay si tartiib ah u dhici kartaa wakhti kadib.

Waxaad lahaan kartaa astaamo hal ama kabadan ee sonkorta dhiiga ee sareeyo. Xubnaha qoyska waxay ogaadeen astaamahaan ka hor inta aadan sameynin.

- Oonka daran
- Kaadida badan
- Baahida korodha
- Araga cawarma
- Culeys lumida ama cayilka
- Dareenka daalka ama hurdada
- Dareenka maaweelada ama xanaaqa
- Bogsashada tartiibka ah
- Kabuubyada cagta ama gacmaha
- Cuncunka farjiga ama caabuqa
- Awood darada
- Maqaar cuncunka
- Caabuqyada maqaarka sida karkarka

Daryeelkaaga

Wac dhakhtarkaaga haddii aad qabtid astaamaha sonkorta dhiiga ee sareeyo. Kala hadal dhakhtarkaaga sababta sonkortaada dhiiga ee sareeyo. Waxaad u baahan kartaa inaad daawo qaadatid aad ku xakameysid sonkorta dhiigaaga, ama waxaad u baahan kartaa inaad badeshid sida aad u cuntid oo aad u jimicsatid.

If you have diabetes, control high blood sugar by following your diabetes treatment plan:

- Follow your meal plan.
- Take your insulin and pills as directed.
- Test your blood sugar often and keep a record of the results.
- Follow your activity or exercise routine.
- Contact your doctor if you see patterns of high blood sugar.
- Follow your sick day plan if you are ill.

If not treated, high blood sugar could lead to coma or even death.

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

Haddii aad sonkor qabtid, xakamey sonkorta dhiiga ee sareeyo adiga oo raacayo qorshaha daaweynta sonkortaada:

- Raac qorshaha cuntadaada.
- U qaado insuliinkaaga iyo kaniiniyada sida laguugu tilmaamay.
- Baar sonkorta dhiigaaga inta badan oo ku haay diiwaanka natiijada.
- Raac joogtada howsha ama tababarka.
- La xiriir dhakhtarkaaga haddii aad aragtid naqshada sonkorta dhiiga ee sareeyo.
- Raac qorshaha maalintaada jirada haddii aad jirantahay.

Haddii aanan la daaweyn, sonkorta dhiiga ee sareeyo waxay u hogaamin kartaa koomo ama xitaa dhimasho.

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