



Hagahaha sidii aad ula noolaanlahayd Nooca 2aad ee Sonkorta/ Macaanka



AF-INGIRIISI

Ujeedada hagayaashan

Ujeedada hagayaashan loo sameeyay waa in hagaajiyaan faa'iidooyinka u soo kordhayaa bukaanka qaba sonkorta.

Hagayaashan looguma talo galin inay Meesha ka saaraan go'aamada dhakhtarka laakiin waxaa loo sameeyay inay kaa caawiyaan inaad maamusho sonkortaada

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hagahan dhexdiisa

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Waa maxay sonkortu?



Sonkortu waa xaalad caafimaad oo sababta in heerka sonkorta dhiiga (guluukoos) uu aad kor ugu kaco hadii aan la dawayn.

- Insoliintu waa hoormoon uu ganaca jidhku soo saaro.
- Hormoonadu waxay u shaqeeyaan sida furayaal furaya albaabo si ay u qabtaan shaqooyin kala duwan oo jidhka ah.
- Insoliintu waa hormoon u shaqaysa sida fure guluukoosta ka furaya albaabkii ay ka gali lahayd unugyada jidhka.
- Guluukoosta waxa uu jidhku u isticmaalaa sidii il shidaal oo kale.

Is barbar dhiga Nooca 1aad iyo Nooca 2aad

Nooca 1aad ee sonkortu waxa uu dhacaa marka ganacu uu joojiyo soo saaristii insoliinta Sababta rasmiga ah ee ay tani u dhacdo lama oga

Marka qof uu qabo nooca 2aad ee sonkorta, ganacu wali wuxu soo dayaaa waxoogaa insoliin ah

- Ganacu masoo daynayo insoliin kugu filan si aad u daboosho baahidii jidhka; ama
- insoliinta la soo daayaana uma shaqayso si wanaagsan. (tan waxa loo yaqaanaa la qabsiga insoliinta)

Sonkorta dhiiga ee maalinlaha ah hadafka

Baadhitaanada aad samayn karto

Sonkorta maalinlaha ah haddii looga baahanyahay gulukoosmitar.

Hiigsiga sonkortaadu adiga ayay kuu gaartahay, hasayeeshee, hoos waxa ku yaala hagayaal guud:

Qiyaasahaaga:

- Hiigso in cuntada ka hor heerka sonkortaadu ahaado 4-6.0mmol/L.
- Hiigso in 2 saacadood cunta-kadib heerkaa sonkortaada aad ku ilaaliso 7.8mmol/L.

Baadhitaanadad uu dhakhtarkaaga, ama Kooxdaada caafimaadku samayn karaan

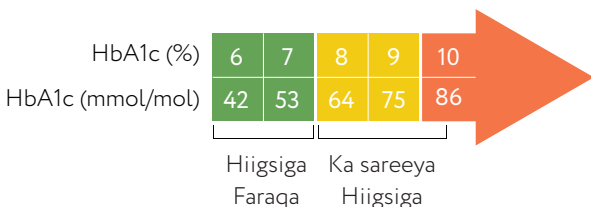
Baadhitaan dhiiga ah ayaa la samayn doonaa 6 bilood oo kasta mar.

Baadhitaanadaa waxaa loo diri doonaa shaybaadhka si loo qiyaaso sonkorta dhiigaaga, shaqada beerka, kelyaha iyo heerka subaga kolistaroolka jirkaaga.

Shaybaadhku waxa kale oo uu qiyaasi karaa heerka celceliska xakamaynta sonkorta ee 3 bilood ee lasoo dhaafay iyada oo la samaynayo baadhitaan loo yaqaano HbA1c.

Dadka intooda badan, heerka larabo ee HbA1c waa 53mmols/mol ama kayar.

Tusaaleyaal heerka laga rabo Hb1Ac ayaa ku jira sawirka hoose:



Waxa lagu siin karaa heer aad hiigsan karto oo ku salaysan baahiyahaaga gaarka ah

Talooyinka guud ee dadka qaba sonkorta

- Had iyo jeer u baadh sonkorta dhiigaaga sida ay kugula taliyaan dhakhtarkaaga ama kooxda sonkortu.
- Ha joojinin insoliinta ama kiniinka hadii aanay jooji kugu odhan dhakhtarka ama kooxda sonkortu.
- Haddii aad haraadantahay, ama aad caatowday ama sonkorta dhiigaaga ku jirtaa ay had iyo goor kacsantahay, waa inaad la hadasho dhakhtaarka ama kooxda sonkorta.
- Fadlan ka qayb gal balamaha sonkorta oo ay ku jiraan baadhitaanka indhahu.
- Haddii aadan awoodin in aad ka qayb gasho ballanta, fadlan goor hore telefoonka ku ogaysii in ballanta la joojiyo oo ballankale oo wakhti kale ah la sameeyo.



Ee isku diyaarinaya inay samaystaan balan dhakhtar oo sonkorta ah



Fadlan soo qaado

- Liiskii ugu dambeeyay daawooyinka.
- Qalabka lagu cabiro heerka sonkorta dhiiga.
- Qalinka insoliinta, hadii ay suurto gal tahay.
- Xaqiiji in baadhitaankaagii dhiiga ee u danbeeyay la sameeyay 2 usbuuc ka hor ballanta.

Hadafka daaweynta



In hab-nololeedkaaga wax ka badasho: waa inay noqoto daawayntaada ugu horaysa. Daaweynta waxa kuugu dari kara dhakhtarkaaga ama kalkaaliso Waxa lagugu xidhiidhin karaa xirfadlaha cuntooyinka

Shaqo ama dhaqdhaqaaq jidheed

- Ku talo gal in aad firfircoonaato ama aad dhaqdhaqaaq jidheed samayso maalin kasta.
- Waxaa lagu taliyay in ugu yaraan 150 daqiiqadood oo dhaqdhaqaaq jidheed oo dhexdhexaad ah ama sareeya la sameeyo usbuuc kasta si caafimaad wanaagsan loo helo. 10,000 oo talaabo maalin kasta waah age wanaagsan.
- Yaree wakhtiga fadhiga.
- Dhakhtarkaaga ama kalkaalisadaadu waxay kugu xidhi karaan barnaamij shaqo.

Cunto

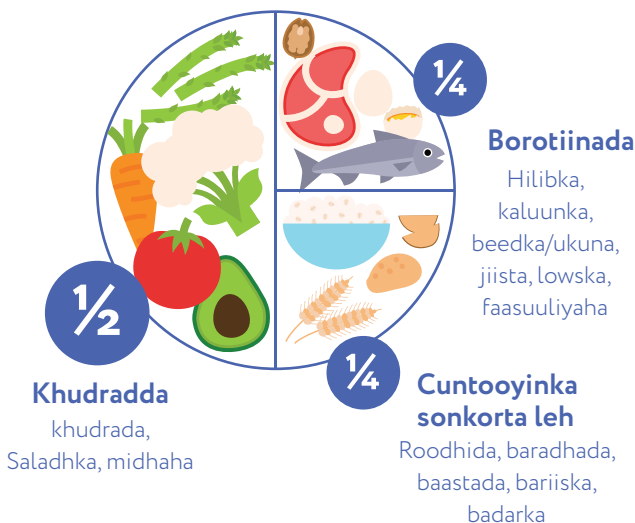
Cun cuntooyin joogto ah

Ku talo gal inaad cunto quraac, qado iyo casho maalin kasta, adigoo qaadanaya 1-2 cunto-fudud oo caafimaad qabta ah inta u dhaxaysa cuntooyinka caadiga ah hadba sidii loogu baahdo.

Saxan cunto caafimaad leh

Cun cuntooyin kala duwan oo nafaqo leh. Isticmaal habka Saxan-cunto Caafimaad Qaba si aad u qorshaysato cuntooyinkaaga iyo inta nooc ee kala duwan ee aad kala dooranayso.

Saxanka caafimaadka qaba



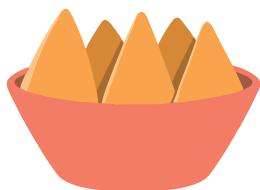
Cun khudrad iyo midho badan
Ku darso khudrada cunto kasta,
midhaha iyo khudradana ku cun
cuntooyinka-fudud.

Xaddid cuntooyinka ay ku badanyihiin
sonkorta, duxda, iyo milixda sida
jokoleetka, buskudka, keega iyo baniska,
nacbada, kirisbiska, cuntooyinka fudud ee
cusbada leh, cabitaanka macaan, jalaatada,
jaamka, taartiska iyo cuntooyinka
dhiseertka ah.

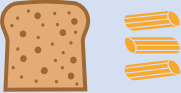

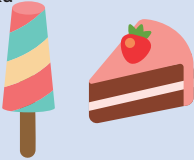
Ku xaddid cuntooyinkan 1-2 usbuucii mar.

Karboonhaydaraytis

Kaarbaanhaydaraytis waa nafaqo saamayn
toos ah ku leh heerka sonkorta dhiiga
ku jirta. Kaarbaanhaydaraytiska waxaa
laga helaa cuntooyinka macaanku ku jiro.
Jidhka ayaa kala jajabiya cuntooyinka
waxaana uu u bedelaa sonkor ku jirta
dhiigeena Jidhkaagu wuxuu u isticmaalaa
sonkorta tamar ahaan



Cuntooyinka kaarboonhaydaraytka ah waxaa ka mid ah:

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">WAXYAABAHA SONKORTU KU JIRTO KAARBOONHAYDARAYTISKA</p>	<ul style="list-style-type: none"> • boorashka iyo badarka lagu quraacdo • roodhida – badarka ah, burka iswata, cad, soodhaha, biitaha, raabiska, duuban, sabaayada, rootiga • baradhada, ama waxyaalaha baradhada ka samaysan sida jibiska, wedhjiska, maashka degdega ah iyo kirisbiska • bariiska • nuudhaliska/baasta macmaleedka • baastada, kooshiyooska • cuntooyinka daqiiqda ka samaysan sida biisada, kuujiska, baayga, karakteriska, keegaga bariiska • alaabaha la moofeeyay sida iskooniska, koroosintiska 
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">DABIICI AH SONKOR</p>	<ul style="list-style-type: none"> • midho iyo dheecaanka midhaha • caanaha • burcad/yoogarti 
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">LAGU DARAY SONKOR</p>	<ul style="list-style-type: none"> • sonkor • Jaamka, marmalaydhiska • malabka iyo sayrabka • cabitaanada macaan • nacnaca, jeliyada • cuntooyinka fudud ee cuntooyinka laga dambeysiiyo sida jeeliyada, jalaatada, tartiska macaan • alaabaha la moofeeyay sida iskooniska, koroosintiska • jokoleetaka, buskudka 

Sonkorta dhiigaaga ku jirta waxaa saamayn toos ah ku leh XADIGA kaarboonhaydaraytka ee aad cunto Hadii aad kaarboonhaydarayt badan cunto waxaa kor u kacaya sonkorta dhiigaaga.

Waa u mihiim dadka nooca 2aad ee sonkorta qaba in ay tix galiyaan:

- Waa maxay cuntooyinka kaarboonhaydaraytka ee aad cuntaa?
- Kaarboonhaydarayt intee la'eg baad cuntaa inta maalintii lagu jiro, intee buu la'egyahay xaddiga qayb kasta?
- Maka faa'iidaysanaysaa in aad yarayso xaddiga kaarboonhaydaraytka ee aad cunto ama aad cabto?

Dooro noocyo kala duwan ee cuntooyinka baalka leh ee kaarboonhaydaraydka ah sida badarka, roodhida, bariiska cas, quraac badara oo baalku ku badanyahay



Miisaankaaga oo aad maamusho

Hadii uu miisaankaagu aad u culusyahay, xaddi kasta oo miisaan ah oo kaa dhaca, haba yaraadee wuxuu wax katarayaa sonkorta.

Ku bilow heerka la hiigsanayo 5-10% t.a qof uu culayskiisu yahay 100kgs (16stone), tani waxay noqonaysaa 5-10kgs (10lbs – 1.5stone).

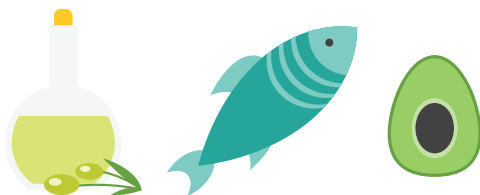
Hadii aan ku bilowno:

- Eeg isbedelka aad ku samayn karayso cuntadaada – tixgali in aad qorto waxa aad cunto iyo aad cabto maalin ama laba maalmood si ay kaaga caawiso inaad garato isbedelka aad samayn karto.
- Tixgali in aad is miisaanto usbuucii hal mar si aad ula socoto horumarkaaga.
- Ma jirto hab degdeg ah oo aad miisaanka ku lumin karto. Miisaan lumin joogto ah 0.5 - 1 kg (1-2lbs) usbuucii waa habka ugu badqabsan ee ugu waxtarka badan ee miisaanka loo lumiyo loogana hortago.
- Noqo mid aad u firfircoon oo yaree fadhiga – in aad firfircoonaato waxay leedahay faa'iido miisaankaagu intuu doono ha la'ekaadee.

Dux

Duxda farobadani waxay kor u qaadi kartaa xadiga dufanka ah ee dhiiga ku jira, taas oo kor u qaadi karta khatarta in qofku yeesho wadno xanuun.

- Ku bedel duxda fadhida sida subaga, laardhka iyo burcadka waxoogaa subag aan ahay midka fadhiya (mono) (tusaale ahaan saliid-saytuun, saliida-iniinyaha, yicibta iyo afokaadhada) iyo duxda bolosajuraytidhka ah (ee ay ka mid yihiin saliida-gabal-dayaha, saliida-khudrada-ka-samaysan, walnatka, iniinyaha gabaldayaha, saliida kaluunka).
- Jar cuntooyinka ay ku jiraan duxda isku dhafan (trans) taas oo laga helo cuntooyinka la shiilay, cuntooyinka guriga loo qaato, cuntooyinka fudud sida buskudka, keega, baastariska iyo margariinska adag.
- Cun cuntooyinka ay ku jiraan saliidaha kaluunka sida salmonka, saardiinka, makareliska iyo haarinka.



Duxda oo dhan waxa ku badan kalooriyada, sidaa daraadeed waa muhiim in aad xasuusnaato in xiitaa saliida aan fadhiyin ay tahay in xaddi yar laga isticmaalo.

Milix/cusbo

Cunista cusbo badani waxay kor u qaadi kartaa khatarta in la qaado dhiigkar.

Ka ilaali cuntadaada cusbo, iska ilaali cuntooyin cusbo leh sida hilibka cusbada leh iyo cuntooyinka-fudud, cuntooyinka guriga loo qaato iyo cuntooyinka horey u diyaarsanaa.

Khamriga oo aadd xadido

Dadka qaba xanuunka sonkorta waxaa lagula talinayaa inay xadididaan khamrada ay cabbayaan.

Tilmaamaha khatartoodu yartahay ee lagu taliyay waa in ka yar 17* cabitaan todobaadkii ragga, iyo in ka yar 11 cabitaan todobaadkii oo dumarka ah, iyada oo la raacinayo 2-3 cisho oo aan khamri la cabayn.

Khamriga waa in aad u qaybisaa maalmaha usbuuca.

Ha cabin wax kabadan 6 cabitaan 1kii mar (tusaale 3 koob/binti)

* Halkii cabitaan ee caadi ah = $\frac{1}{2}$ koob oo khamriga nooca biirka ah/istawt/sider

Dadka sonkorta qabaa waa in ay tixgaliyaan waxyaabahan:

- Khamriga waxa ku jira kaloriis badan waxuuna suurto galin karaa in la cayilo. Hadii aad isku dayayso in aad miisaan lumiso, tixgali in khamriga aad cabto aad dhinto.
- Qaar ka mid khamrigu waxa ku jira xaddi badan oo karboonhaydarayt ah sida biirka, sidarka, istowtka, isku-dhafka, khamriga macaan iyo kuwa sonkorta lagu qasay.
- Dadka sonkorta qaba ee qaata insoliinta ama qaar kiiniinka sonkorta ka mid ah waxa ay khatar ugu jiraan in sonkorta dhiigoodu hoos u dhacdo kadib marka ay khamriga cabaan. Kala hadal dhakhtarkaaga ama xirfadlaha xanuunka sonkorta.

Hiboglamiisiya



Waa maxay hypos?

Haybogalasiimiya ama “hypo” waa marka heerka sonkorta dhiigaaga ku jirtaa ay hoos ugu dhacdo ama ay ka hoos marto 4.0mmol/L, hadii aad dareentid iyo hadii kaleba.

Maxaa sababa hypos?

Hadii aad insoluiin qaadatid ama nooc daawooyinka ka mid ah sida sulfonayluriis, waxa aad la kulmi kartaa Haybo sababta oo ah waxaad qaadatay insoliin badan, ama waxaad seegtay ama aad dib u dhigtay cuntadii, ama waxa aanad cunin cunto karboonhaydarayt kugu filan leh (roodhi, baasto, badar) khamriga, maandooriyaha, ama jimicsiga inta caadiga ka badan, jawiga kulul, naasnuujinta, ama hunqaacada cuntada ka dib. Marmarka qaar ma jiraan sababo cadi.

Waa maxay calaamadaha hypos?

- Gariir, dhidid, gaajo, miyir-beel, dhaxan, daal, xanaaq, aragtida oo madowgalo, dawakhaad, iyo in ay kugu adkaato in aad wax u dhugyeelato. Calaamadaha haybo dadku way ku kala duwan yihiin.
- Calaamadaha haybada daran waxaa ka mid ah hadalka oo googo'a, indho dhalaalaya, xakameynta jirka oo liidata, ficilo aan haboonayn, in aad qof sikhraansan u muuqato adiga oon sikhraansanayn, suuxdin iyo miyarka oo kaa taga.
- Calaamadahan waxaa aqoonsan kara qoyskaaga, saaxiibadaa ama dadka aad wada shaqaysaan, markaa kala sheekayso haybada iyo sida ay kuu caawin karaan.



Sidee loo daaweeyaa hypos?

Daaweynta: 15 g oo kaarboonhaydaraytka dedgega jidhka ula falgala ah

Sonkorta lifti 60 ml **AMA** 5-6 kiniinka tamarta ee Dextro-energy **AMA** kiniinka Lucozade™ **AMA** 200 ml Lucozade™ (Lukasaydhku imika waxa ku jira 50% ama ka yar kaarboonhaydarayt ah) **AMA** 150 ml Coke™ ama 150-200 ml cabitaan midho ah



Waxaa lagu talinyaa in aad baadho sonkorta dhiigaaga 5-10 daqiiqo ka dib. Haddii aanay saxmin, waxaa lagu talinayaa in aad qaadato daawayn kale oo haybo ah. Haddii aadan cunto cunin saacad gudaheed, waxaa lagugula talinayaa in cunto karbonhaydarad leh sida saanwij aad cunto.

Ka hortaga dhibaatooyinka cagaha



In aad la socoto sonkortaada oo aad u hubiso cagahaaga si maalinle ah waxay ka hortagi kartaa dhibaatooyin daran oo cagaha ku dhaca. Meelaha ay dareemayaashu ku dhamaadaan iyo qulqulka dhiiga ee cagaha ayaa sonkortu dhibaataayn karta markaa muddo ka dib. Sababtan darteed, waxaa dhici kara dhibaatooyin daran o cagaha soo gara adiga oo aan dhaadayn. Halkan ka eeg waxoogaa tilmaamo ah oo ku saabsan sida aad u ilaalinayso cagahaaga:

U hubi cagahaaga si maalinle ah

Eeg baabacada cagahaaga iyo faraha dhexdooda maalin kasta. Waxa ku fiican in aad muraayad isticmaasho ama qof ku caawiyo. Waxa aad ka eegaysaa jeexdin, biyogaleen, maqaar adag, ama meel casaatay. La xidhiidh dhakhtarka cagaha/dhakhtar/kalkaaliso hadii aad aragto wax.

Maydh cagahaaga maalin kasta

Isticmaal biyo diiran iyo saabuun dhexdhexaad ah. Adiga oo suxul kaaga isticmaalaya, hubi in aanay biyuhu aad u kululayn.

U qallaji cagahaaga si wanaagsan

Ha ilaawin in aad farahaaga dhexdoodana qallajiso.

Ka dhig maqaarkaaga mid jilicsan markasta

Ku dhaashi xadi yar oo saliid ah korka, hoosta iyo kuraanta labada cagoodba. Ha qoyn ama h u dhaashin faraha dhexdooda. Haddii aad inta badan cagaha maydho (sida salaada) hubi in aad dufan mariso cagaha oo aanay ku qallalin.

Kabo la'aan haku socon

Had iyo goor kabo xidho si aad u ilaaliso cagahaaga.

Xiliga fasaxa

- Iska jir in aad kabo la'aan ku socoto ciida korkeeda, bada dhexdeeda ama barkada.
- Iska jir in aad dacas ama kabo cusub xidhato.
- Ha ilaawin in aad kiriimka cadceeda mariso cagahaaga.

- Ogoow in caguhu ku barari karaan xiliga jawigu kulul yahay kabuhuna cidhiidhi kugu noqon karaan taas oo dhibaato sababi karta.

Hadii uu dhaawac ku gaadho, soo qaado qalab yar oo caawimada degdega ah loogu talo galay ama kiriimka jeermiska la dagaalama. Tan waxa aad isticmaali kartaa uun ilaa inta aad helayso talo xirfadle oo degdeg ah.

Kabo

- Iska jir kabaha fiiqan, siibsiipta, cidhibta dheer leh, haraga ah ee aan kala jiidmin ama kuwa baabacadoo ay tahay caag adag.
- Doorro kabo sartoodu khafiif/buush tahay/ oo ah harag si fiican isu haysta oo taageero fiican leh.
- Doorro kabo si fiican kuu la'eg, cagtaadu hoos u gali karto, oo leh taxo lagu gijjiyo.
- Iska jir xarkaha inaad si xad dhaaf ah u gijjiso ama isticmaasho qadhabi culus.
- Kabaha cusub, ku xidho ilaa 30 daqiiqo guriga agagaarkiisa kadib is eeg inay luguhu ku casaadeen. Si tartiib ah u kordhi xilliga aad kabaha cusub xidhnaanayso, had iyo jeer xusuusnow in aad cagahaaga hubiso kadib marka aad kabaha iska saarto.

sharabaado

Xidho sharabaad nadiif ah oo aan kugu dhegenayn.

Dhiirigali qulqulka wanaagsan ee dhiiga

Isku day inaad socoto nusasaaciiba hal mar. Socodku wuxuu wanaajiyaa in qulqulka dhiigu uu gaadho cagahaaga.

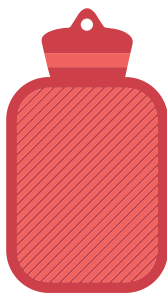
Biyaha cagaha gala iyo jeexdimo yaryar

- Ku nadiifi biyo nadiif ah oo la diiriyay meelaha jeexan, kadibna mari kiriimka la dagaalama jeermiska.
- Isticmaal baandhayj jeermiska laga dilay.
- La xidhiidh dhakhtarkaaga/kalkaaliso/dhakhtarka cagaha hadii aad aragto midab bedddelan ama cuncun.
- Eeg baandhayjka si aad u hubiso inuu nabarku bogsaday maalin kasta, hadii aanay kasoo rayni jirin, la xidhiidh dhakhtarkaaga/kalkaaliso/dhakhtarka cagaha.



Waxyaalaha ay tahay inaad ka fogaato

- Iska ilaali inaad lugaha si iswaydaar ah isku dul saarto marka aad fadhido. Tani waxay dhaawici kartaa xididada dhiiga qaada ee lugahaaga.
- Iska ilaali gallayda aan u baahnayn inaad ku iibsado waraaq dhakhtar ama ferukuraha la isku daaweeyo.
- Iska ilaali biyaha kulul ee dhalooyinka ku jira.
- Iska ilaali biyaha kulul ee cagaha la galiyo.
- Iska ilaali waxyaalaha wareega dhiiga kor u qaada.
- Iska ilaali in aad fadhiisato meel u dhow mishiinka guryaha kuleeliya ama dabka.



Haku isticmaalin cagahaaga walxo afaysan ama caaro dhuuban leh

Calaamadaha u baahan daawayn xidhiidh



- xanuunka cagahaaga
- kabuubyo, biinan iyo irbad ku mudaya ama dareen gubasho oo aad cagaha ka dareento
- hadii aad dillaac ku aragto maqaarka
- hadii cagaha ama luguhu yeeshaan casaan, kulayl, garaac/xanuun ama barar
- hadii aad aragto dheecaan ka socda maqaar adag ama ciddiyaha lugaha
- haddii heerka sonkorta ee dhiigaaga aan si fiican loo maamulin sabab aan cadayn
- Haddii aad maqaarka dilaac ku leedahay, ama aad isku aragto calaamado kuwa hargabka u eg

Hagayaasha maalinta fasaxa



Inaad bukootaa waxa ay khalkhalin kartaa maamulida sonkortaada waxaanay kor u qaadi kartaa heerka sonkorta dhiigaaga, markaa waxaad u baahantahay inaad si joogto ah ula socoto heerka sonkorta oo aad ku ilaaliso in ku dhow heerka kuu dejisan sida ugu suurto galsan.

Hagayaasha guud ee maalmaha aad bukto

- Si joogto ah u hubi heerka sonkortaada. Hadii ay si joogto ah uga sarrayso 15 mmol/l la xidhih kooxdaada sonkorta.
- U qaado daawooyinkaaga sida uu dhakhtarku kuugu qoray.
- Si caadi ah wax u cun (hadii ay suurto gal tahay) haraadka iska ilaali oo cab biyo ama cabitaan aan sonkor lahayn.

- Haddii aad isticmaasho insoliin ama kiniini si wayn u sababi kara haybo oo aanad awoodin in aad wax cunto, aad kabato cabitaan sonkor leh.
- Booqo dhakhtarkaaga (Dhakhtarka Cudurada Guud) haddii ay lagama maarmaan noqoto. Kala hadal farmasiistaha/qofka farmasiga iibiya daawooyinka kugu haboon.

Calaamadaha u baahan daawayn xidhiidh

Fadlan la hadal dhakhtarkaaga ama kalkaalisada haddii aad ku bukooto waxyaalahan:

- mataga, shubanka iyo xumadda
- in aad awoodi waydo cunto cunis ama cabitaanka
- calaamado xanuun oo kaadi-mareenka ama caabuqa xubinta taranka ah
- xanuunka caloosha ah
- daal badan ama neefsasho la'aan

Baabuur wadista qofka sonkorta qaba



Talooyin guud oo ku saabsan gaadhi wadida sonkorta

- Had iyo jeer hubi heerka sonkorta dhiiga ka hor safarkaaga oo waliba hadii uu safarku dheeryahay hubi 2 saacadood oo kasta hal mar. Qaado cuntooyin joogto ah, cuntooyin fudud, iyo nasashooyin. Had iyo jeer iska ilaali khamriga.
- **Ha kaxaynin gaadhiga ilaa inta heerka sonkorta dhiigaagu gaadhayso in ka saraysa 5.0 mmol/L.** Haddii heerka sonkorta ee dhiigu ka hoosayso 5.0 mmol/L, cun cunto fudud oo hubi in ay ka sara martay 5.0 mmol/L ka hor inta aadan safarka bilaabin.
- Haddii aad yeelato haybo inta aad gaadhiga wado, jooji gaadhiga, furaha ka saar qarxiyaha oo u wareeg kursiga rakaabka. Qaado 15g karboonhaydarayt ah sida kiniinka sonkorta ama cabitaan sonkor leh kadibna dib isku cabir. Ha bilaabin gaadhi kaxaynta illaa 45 daqiiqo kadib marka sonkorta dhiigaagu caadi kusoo laabatay.

- Gaadhiga ku qaado cuntooyin iyo cabitaano sonkor leh iyo sidoo kale mishiinka lagu cabbiro sonkorta dhiiga.
- Haddii aad si joogto ah u xidhato qalabka sonkorta lagu cabiro, qaado cabiraha sonkorta si aad ula socota heerka sonkorta haddii loo baahdo.

Faahfaahinta meelaha lagala
xidhiidhayo NDLS ee shatigaaga
gaadhi wadista
Telefoon: 1890 40 50 60
limayl: medicalfitness@rsa.ie
www.ndls.ie

Maamulida insoliinta

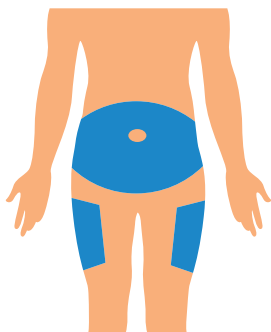


Dhaktarkaaga sonkorta ama kalkaalisada ayaa ku siin doona sharraxaad cad oo ku saabsan sida irbada loo qaato, laakiin xaga hoose waxaa yaala waxoogaa xusuusimo ah:

- Maydh gacmahaaga (biyo diiran oo saabuun leh)
- Hadii ay tahay insoliin la isku qasayo, 10 jeer gacmahaaga dhexdooda ku wareeji qalinka
- Geli irbad cusub qalinka
- Ka saar furka sare ee caaga ah
- Ku buuxi qiyaasta saxda ah (adiga kuu khaas ah)
- Irbadda jidhka ugu mud xagal 90 digrii ah
- Marka ay irbaddu jidhka dhex gasho, riix badhanka qiyaasta. Sug inta codka isku-dhacu uu dhamaanayo. Tiri ilaa toban inta aanad irbadda jidhka ka saarin.
- Ka saar irbadda
- Ku rid irbadda sanduuqa qashinka. Xarunta caafimaadka ee xaafadaada ayaa ku siin karaysa weelka qashinka leh waxyaabaha afka leh.

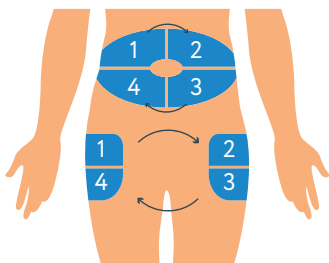
Meesha aad iskaga mudayso/ durayso irbada

Meelaha lagu taliyay in insoliinta lagu mudo waa; caloosha, qaarka saree ee labada bowdo, qaarka sare ee labada badhyaaod iyo cududaha sare.

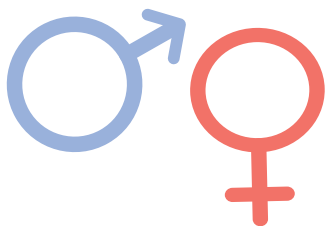


Bedbedilda goobta aad irbada ku mudayso/durayso

Si joogto ah u bedbedel meesha aad irbadda iskaga mudayso. Tusaale ahaan, kala bax goob tiro leh shaxda hoose, oo halkaa ku mud hal usbuuc. U wareeg meel kale oo tiro leh usbuuc kasta intaa ka dib.



Xanaanaynta ka hor inta aanad dawada qaadan



Fadlan la xidhiidh dhakhtarkaaga ama kalkaaliso hadii aad qorshaynayso inaad uur yeelato

- Ka hor inta aanad uuraysan, waa in aad kahortagayaal isticmaasho illaa inta kooxdaada sonkortu kugula talinayaan inay bedqab kuu tahay in aad uur yeelato.
- Waxaa lagu siin doonaa hiigsi adag oo heerka sonkorta dhiigaaga ah, waxaana laguu sheegi doonaa in aad si joogto ah ula socoto heerka sonkorta dhiigaaga.
- Waxaad u baahan kartaa in aad bedesho daawooyinkaaga, kuwa aad qaadanayso waxaa laga yaabaa in aanay amaan u ahayn uurka.
- Waa in indhahaaga la baadhaa sababtoo ah uurku waxa uu cadaadis saari kara xididada yaryar ee dhiiga ee xaga danbe ee indhaha ku yaala.
- Waxaad u baahan doontaa in aad isticmaasho Foloosidh Acid 5mg maalin kasta oo ay tahay in uu dhakhtar kuu qoro.

Tixraacyo

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DAYN

Muuqaalada waxa sameeyay pch.vector, rawpixel.com, studiogstock, macrovector, katemangostar / Freepik



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Macluumaad dheeraad ah oo kusaabsan sonkorta
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