



NW London

know diabetes

Xeerasha maalinta la buko ee Cudurka macaanka ee Nooca 2

Is dabaridda marka aad bugto ama jirtoonayso

Marka aad bugto.

Marka aad cudurka macaanka ama sonkorowga qabto kama dhigna in ay kuu suurogal badan tahay in aad cudurrada kale u qaaddo si dadka kale ka fudud. Hase yeeshee, waxaa cudurkaaga macaanka qasi karta marka aad bukooto. Waxay sidan u tahay maadaama ficilcelinta dabiiciga ah ee jirkaagu ka muujiyo jirrada ay tahay in uu kordhiyo gulukooska uu soo saaro. Waxay tani kugu kordhin kartaa caddadka gulukooska dhiigga, xataa haddii aad matagayso oo aadan wax cuni karin ama wax cabbi karin.

Cudurrada, iyagu kugu kordhin kara caddadka gulukooska dhiigga waxaa ka mid ah:

- Hargab, ifilo ama fayruus
- Caloosha kacsan ama qasan
- Cune xanuuno
- Caabuqyada kaadida
- Caabuqa xabadka
- Nabarrada malaxda leh
- Laf jabtay
- Qaadashada kiniinka ama irbadaha istiiroodiska ayaa weliba kugu kordhin doonta caddadka gulukooska dhiigga

Calaamadaha gulukooska dhiigga ku badan

- Harraad dheeraad ah
- Engegga afka
- Is dhaafinta kaadi farabadan
- Daal iyo itaal darro

Weligaa ha iska joojin daawaynta cudurka macaanka

- Sii wad qaadashada kiniinnadaada.

- Haddii kooxdaada cudurka macaanku ku siiyeen cabbire aad kula socoto gulukooska dhiiggaaga, isku baar ugu yaraan afar jeer maalintii.
- Maalintii qaado ugu yaraan shan baynt oo ah cabbitaanno aanan sonkor lahayn, gaar ahaan biyo.
- Isku day in aad qaadato cuntada caadiga kuu ah.
- Haddii aadan sidan samayn karin, cuntooyinkaaga ku beddelo cabbitaanno. Isku day in aad qiyaas yar qaadato saacad walba haddii ay suurogal tahay. Kuwan ayaa tusaale u ah qiyaasta habboon in aad qaadato:

Mid kastoo kuwan ka mid ah waxaa ku jira qiyaas ahaan 10 garaam oo kaarboohaydarayt ah:

- Caano 1 koob (200ml)
- Casiirka miraha (aanan la macaanayn) 1 bakeeri oo yar (100ml)
- Lucozade 110ml
- Kooka Koole (aanan ahayn midka cunto nidaaminta (diet)) 100-150ml
- Cabbitaanka liin dhanaanta (aanan ahayn midka cunto nidaaminta) 200ml
- Ayskiriim 1 qaaddo (50g)
- Macmacaanka jilicsan (Jelly) (caadi ah) 2 qaaddo weyn (65g)
- Yoogart (miro) - kalori yar 1 kartoona oo yar (120gm)
- Yoogart (cad) 1 kartoona oo yar (120gm)

Haddii aad matagayso oo aadan caloosha waxba ku xajin karin, la hadal Takhtarkaaga Guud (GP), kalkaaliyahaaga caafimaadka ee takhasuska u leh cudurka macaanka (diabetes nurse specialist) ama NHS 111.

Cudurka macaanka ee Nooca 2 ee lagu daaweeyo daawooyinka aanan insulin ahayn ee jirka lagu mudo (matalan Exenatide (Byetta) ama Liraglutide (Victoza))

Sii wad qaadashada daawadaada Byetta ama Victoza laakiin waxaa muhiim ah in aad wax cunto ka dib marka aad isku muddo. Iyadoo nasiib darro ah, suurogal ma ahan in aad kordhisato qiyaasta aad daawooyinkan ku qaadato. Haddii caddadka gulukooska dhiiggaagu weli sarreeyo muddo xoogaa maalmood ah ama aad walaac qabto, la hadal Takhtarkaaga Guud, kalkaaliyahaaga caafimaadka ee takhasuska u leh cudurka macaanka ama NHS 111.

Cudurka macaanka ee Nooca 2 ee lagu daaweeyo daawada insulin

Waxaa laga yaabaa in gulukooska dhiiggaagu dhaafo heerka caadiga ah xataa haddii aadan qaadan karin cuntooyinkaaga caadiga ah ama wax cabbi karin, markaa weligaa ha iska joojin daawada insulin.

Haddii aad qaadato daawada insulin, caddadka gulukooska dhiigga iska baar 2-4tii saacadoodba mar oo daawada insulin hagaajiso haddii aad u baahan tahay (halkan hoose fiiri).

Si aad uga hortagto biyo beelka jirka isku day in aad maalintii qaadato 4-6 baynt oo ah cabbitaanno aanan sonkor lahayn. Tani waxay u dhigantaa qiyaas ahaan hal bakeeri saacad walba.

Haddii aad matagayso oo aadan cuni karin cuntooyinka adadag ee kaarboohaydarayt leh tan ku beddel cabbitaanno kaarboohaydarayt leh sida Lucozade, casiirka miraha, kooke caadi ah.

Haddii aadan matagayn laakiin aadan cuntada rabin, isku day cabbitaannada caanaha leh, macmacaanka jilicsan (jelly) ee caadiga ah (aanan ahayn midka sonkortu ka maqan tahay) ayskiriim ama labaniyad.

Marka aad soo roonaanayso, dib u bilow cuntooyinka adadag oo iska jooji cabbitaannada sonkorta leh.

- Waxaa muhiim ah in aad nasato.
- Haddii caddadka gulukooska dhiiggaagu ka yar yahay 10 mmol/l qaado qiyaasta caadiga ah ee daawadaada insulin.
- Gulukooska dhiigga iska baar 4tii saacadoodba mar.
- Haddii caddadka gulukooska dhiiggaagu si joogto ah halkan uga sarreeyo waa in aad kordhisato daawada insulin.
- Haddii aad qaadato daawada insulin ee dhakhso wax u tarta (Novorapid, Humalog Apidra, Humulin S) markaa qiyaas kaste u kordhiso sida halkan hoose ku faahfaahsan ilaa caddadka gulukooska dhiiggu ku joogayo meel ka hoosaysa 10 mmol/l.
- Haddii nidaamkaagu yahay daawada insulin ee isku qasan labo jeer maalintii waxaad weliba labada qiyaasood u kordhin kartaa sida halkan ku faahfaahsan.

Caddadka gulukooska dhiigga	Waxa aad samaynayso
10 - 16.9	qaado 4 halbeeg oo dheeraad ah
17 - 28	qaado 6 halbeeg oo dheeraad ah
28 ama ka badan	qaado 8 halbeeg oo dheeraad ah oo la hadal Kooxdaada cudurka macaanka

Yaraanshaha sonkorta dhiigga (Hypoglycaemia)

Marar aad u tiro yar waxaa laga yaabaa in caddadka gulukooska dhiiggaagu hoos u dhaco waqtiga aad bugto. Gulukooska dhiigga ku yar waxaa weliba loo yaqaanaa yaraanshaha sonkorta dhiigga ama sonkor yaraansho (hypo). Haddii ay tani dhacdo oo gulukooska dhiiggaagu ka yar yahay 4 mmol, sonkor yaraanshaha ku daawee Lucozade 75ml ah (bakeeri yar), bakeeriga cabbitaanka liin dhanaanta caadiga ah, 4-6 kiniin gulukoos, oo daawadaada insulin ka yaree 2-4 halbeeg. Marka gulukooska dhiiggu joogo 4mmol/l ku xigsii cunto fudud oo leh kaarboohaydarayt meel-dhexaad wax ku tara sida rooti cunto ku jirto. Sidan ku sii yaree daawada insulin ilaa baaritaanka gulukooska dhiiggaagu kor u dhaafayo 4mmol. Marka aad roonaato, tartiib tartiib u kordhi daawada insulin ilaa aad dib ugu celinayso qiyaasta caadiga kuu ah. Macluumaad dheeraad ah oo ku saabsan sonkor yaraanshaha waxaad ka heli kartaa [Buugyaraha sonkor yaraanshaha](#) ama kooxdaada cudurka macaanka.

Kooxdaada cudurka macaanka ama Takhtarkaaga Guud si degdeg ah ula xiriir haddii:

- Aad matagga sii waddo oo/ama aadan caloosha waxba ku xajin karin.
- Aad dhaaftay in ka badan hal cunto.
- Calaamadaha kaa muuqda ay ku roonaan waayaan 24-48 saacadood gudahood.
- Aad ka walwal qabto dhinac kastoo cudurkaaga ka mid ah.
- Aad gargaar u baahan tahay si aad u beddesho qiyaasaha daawadaada insulin.

Waxa kalee la akhrin karo

Haddii aad rabto in aad wax dheeraad ah ka barato mawduucan fadlan akhriso buugyaraha [Waxa aad samaynayso marka aad bugto \(What to do when you are ill\)](#) ee laga helo trend-uk.org