

Insulin isku durid

Qaabka Cirbada Insulinta la isugu duro



1. Dhaq gacmahaaga.



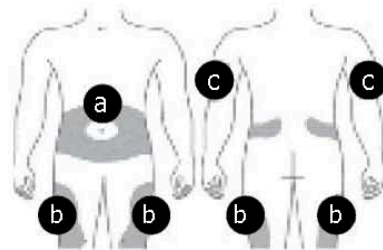
2. Isku qasida Insulinta: Hadii aad Haysato insulinta burka ah, waa in aad si taxadarle dhalada ugu rug rugtaa. Sacabadaada dhexdooda si ay u qasanto.



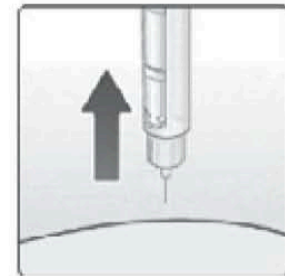
3. Gali irbada dhalada



4. Ku soo jiid cirbada cabirkaaga.



5. Dooro halkaad iska duri lahayd kadibna nadiifi. Meelaha fiican waa: A, B iyo C.



6. Isku dur insulinta. Tiri ilaa 10 intaadan iska saarin cirbadda.

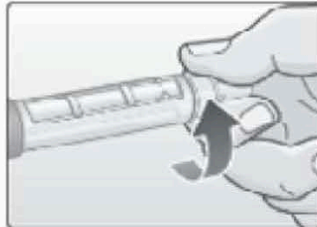


7. Ku tuur Cirbadaad isticmaashey meesha qashinka ee lagu rido waxyaalaha caarada leh.

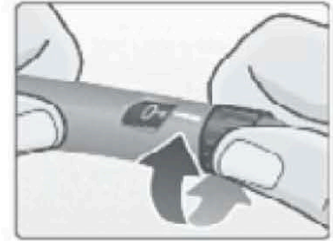
Habka la isugu duro Qalinka Insulinta



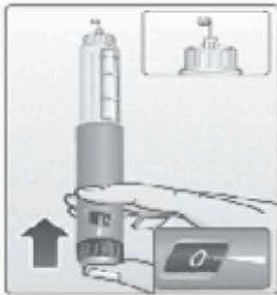
1. Dhaq gacmahaaga.



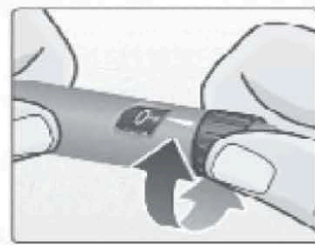
2. Ku xir cirbadda qalinka.



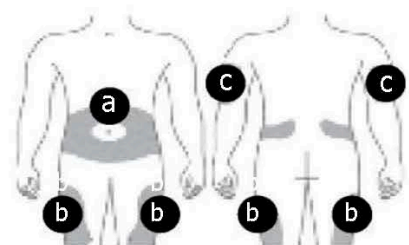
3. Gee cabirka 2aad insulinta.



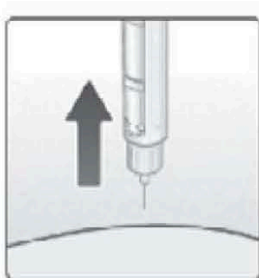
4. Ka soo daa 2 bo halbeeg oo insulin ah.



5. Gee Cabirka insulinta lagu faray.



6. Dooro halkaad iska duri lahayd kadibna nadiifi Meelaha fiican waa: A, B iyo C.



7. Isku dur insulinta: Tiri ilaa 10 inta aanad Cirbada iska saarin.



8. Ku tuur cirbadaad isticmaashey meesha qashinka waxyaalaha caarada leh.