

Waxa Aad Samaynayso Haddaad Xanuusanayso



Haddaad xanuusanayso, waxaad u baahan tahay taxardar dheeraad ah.

- 1) Ha joojin qaadashada daawada sonkorowga, oo ay kujirto insuliinkaaga ama kiniinka.
- 2) Wac dhakhtarkaaga oo waydii haddii daawadaadu ay tahay in la beddelo.
- 3) Hubi sonkorta dhiigaaga inta badan – afartii saacba. Haddaad leedahay sonkorowga nooca 1, sidoo kale ka baadh kaadidaada ketones.

Waxa la Cuno ama Cabbo

Cab dareere badan, gaar ahaan haddaad xummad leedahay, matagayso ama shubmayso. Cun cuntadaada caadiga ah markaad awoodo. Haddaanad awoodin cunista cuntada adag, cun ugu yaraan 15 garaam oo kaarboonhaydareyt ah saacad kasta inta aad soo jeedo.

Tusaalayaasha cuntada

kaarboonhaydareytka ee 15 garaam:

- Hal koob oo maraq ah
- Lix buskut ah
- Jeex qalbac qallalan ah
- Hal baraf qoriile ah
- Kalahating tasa ng ice cream o frozen yogurt
- Koob badhkii oo siiriyaal karsan ah
- Koob badhkii oo sodhe ama juus midheed ah
- Siddeed wiqiyadood oo sharaabka tambarta ah, sida Gatorade

Wac dhakhtarkaaga haddaad leedahay wax kamdi ah waxa soo socda:

- Matag ama shuban
- Aanad awoodin in dareere kaa dego
- Heerka sonkorta dhiiga oo ka saremara 250 nig/dL in kabadan 4 saac
- Heerkul 101⁰ F ama ka sarreeya
- Neefsigu oo ku dhibaya
- Ketones ku jirta kaadidaada (dadka leh sonkorowga nooca 1)