

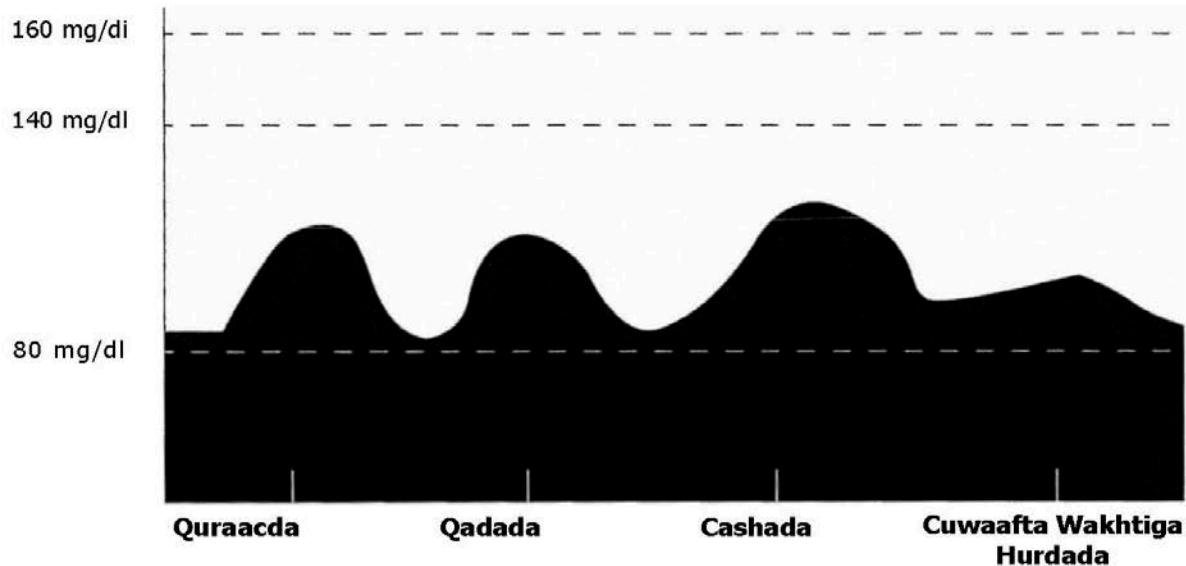


Maxay ka dhigan yihiin tirooyinkaygu?

Sonkorta Dhiiga (guluukoos)

Sida caadiga ah heerarka sonkorta dhiigu waa uu kala duwanyahay maalinta oo idil laga bilaabo 70 ilaa 140 mg/dl. Heerka sonkorta dhiigu sare ayuu u kacaa kadib cuntada waxaanu ku noqdaa heerarkii cuntada kahor ilaa saddex saac kadib cuntada. Si ay uga hortagaan guluukoosta oo ku badata dhiiga cuntooyinka kadib, dadka sonkorowga lihi waa inay:

- Cunaan cunto dheelitiran.
- Daawada wakhtigeeda qaadaan.
- Sameeyaan jimicsi joogto ah.
- Joogteeyaan culays macquul ah.



Heerarka Sonkorta Dhiiga

<p style="text-align: center;">Wixii 70 ka hooseeya aad buu u dhacsanyahay</p> <p style="text-align: center;">Wac dhakhtarkaaga haduu maalin gudaheed laba goor hoos u dhaco ama usbuux gudihii sedex goor hoos u dhaco</p>	<p style="text-align: center;">70-130 Heerkani waa sax cuntada ka hor.</p> <p style="text-align: center;">Inuu ka hooseeyo 180 laba saac cuntada ka dhib waa sax</p>	<p style="text-align: center;">131-180 Heerkani wax yar ayuu kor u kacsanyahay cuntada ka hor.</p> <p style="text-align: center;">181-250 Heerkani aad ayuu u kacsanyahay. Wac dhakhtarkaaga haduu sidan ahaado usbuuc ka badan.</p>	<p style="text-align: center;">Haduu ka sareeyo 250 Waa heer xad dhaaf ah</p> <p style="text-align: center;">Wac dhakhtargaaga haduu sidan ahaado labo maalmood.</p>
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Hemoglobin A1c

Baadhista sonkorta dhiiga Hemoglobin A1c wuxuu muujiyaa sida fiican ee sonkorowga loo xakameeyey laba ilaa saddexdii bilood ee tagay. Baadhista waxa lagu sameeyaa shaqadaada shaybaadhka.

Maxay Tirooyinku ka Dhigan yihiin

A1c (boqolkiiba)	4-5.6	5.7-6.4 (sonkorowaa kahorta)	6.5	7	8	9	10	11	12
Celceliska Sonkorta Dhiiga	68-116	117-137	140	154	183	212	240	269	298

Hey,adda Sonkorowga Maraykan (ADA) wuxuu ku taliyaa A1c ka yar boqolkiiba 7. Dhakhtarkaagu wuxuu kuu yeeli karaa hadaf ka duwan.

A1-kayga _____ dhacaya (taariikhda) _____