



Dan Littafin Ilimantarwa Na Ciwon Sukari

CIWON SUKARI:

- Menene ciwon sukari?
 - Ciwon sukari ko kuma ciwon suga, tsananin rayuwa dogon kiwon lafiya da yanayin da ke faruwa idan suga na cikin jiki ya hawo sama fiye da inda jikin mutum zai iya amfani da shi
 - Ko wani mutum zai iya samun ciwon sukari, harda yara
 - Ciwon sukari ciwon da ya dace a na dubawa ko wani lokaci domin ya na iya canji
 - Idan ba'a lura da ciwon nan ba, hawon jinin suga matakan zai iya sa tsananin kiwon lafiya
 - Ba'a iya warkar da ciwon suga, ama idan jinin suga matakan yananan daidai, za'a iya rage cututtuka da ciwon suga yake kawowa
- Kila ka na da ciwon suga idan akwai waɗɗannan gunagune:

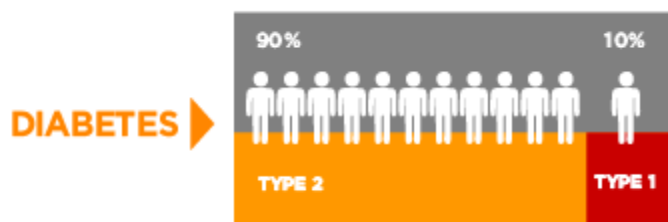
**SYMPTOMS OF TYPE 1
AND TYPE 2 DIABETES
MAY INCLUDE**



ManageAm

- Yawan kishi
- Yawan nyunwa
- Rashin gani da kyau

- Yawan fitsari (fiye da son uku da dare)
- Jin gajiya (bayan cin abinci)
- Jin futata da rashin dalili
- Raunuka da basu warkewa
- Nauyin asaran jiki (kuma ba wai don rashin cin abinci- iri 1)
- Ya kusa suma, zafi, kangararre a hannaye da kaffofi- iri 2)
- Iraren ciwon suga?
 - Akwai iraren ciwon sukari guda guda biyu- iri 1 da iri 2

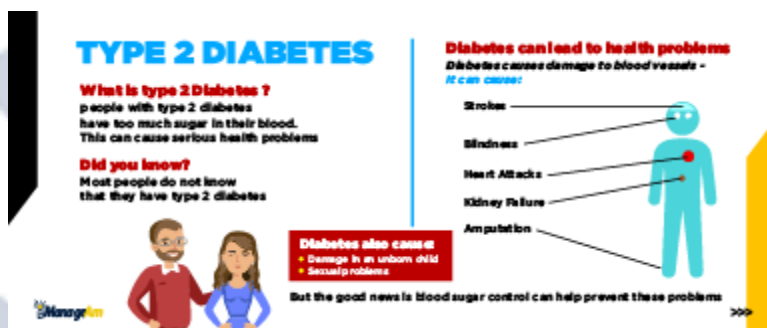


Menene yake faruwa idan mutum na da ciwon suga?

- Menene iri 1?
 - iri 1 na ciwon suga ke faruwa idan insulin na cikin jiki bai isa ba, zai sa hawon jini suga matakan
 - jikin mutum na samun suga da ya kamata ya samu daga abinci da muke ci. Insulin ne sinadarin jinsi da jikin mutum yake anfani da shi ya rage suga inda ya da ce

- iri 1 na ciwon suga ya na yawan faruwa a yaranta ama zai iya faru idan mutum yayi girma
- iri 1 na ciwon suga yana iya nuna alama ba zato ba tsammani
- ka gan likita idan ka lura da alamomin nan a jikin ka ko kuma na yaron ka
- yaya ake maganin ciwon suga na iri 1?
 - Mutannen da suke da iri 1 na ciwon suga ya kamata suyi wa *ad* dennen abubuwan:
 - Su samu insulin kulum yanda likita ya fada
 - Ya ci abinci da ya da ce ma mai ciwon sukari
 - Duba jini suga matakan son yawa a rana
 - Su samu su yi watsan motsa jiki ko wani lokaci

- Menene iri 2 na ciwon suga?



- iri 2 na ciwon suga na rinjayar da inda jikin mutum ya ke anfani da suga a jinni
- iri 2 na ciwon suga shine sanannen ciwon suga a tsakanin masu ciwon suga
- menene hadarin dalilai na ciwon suga?



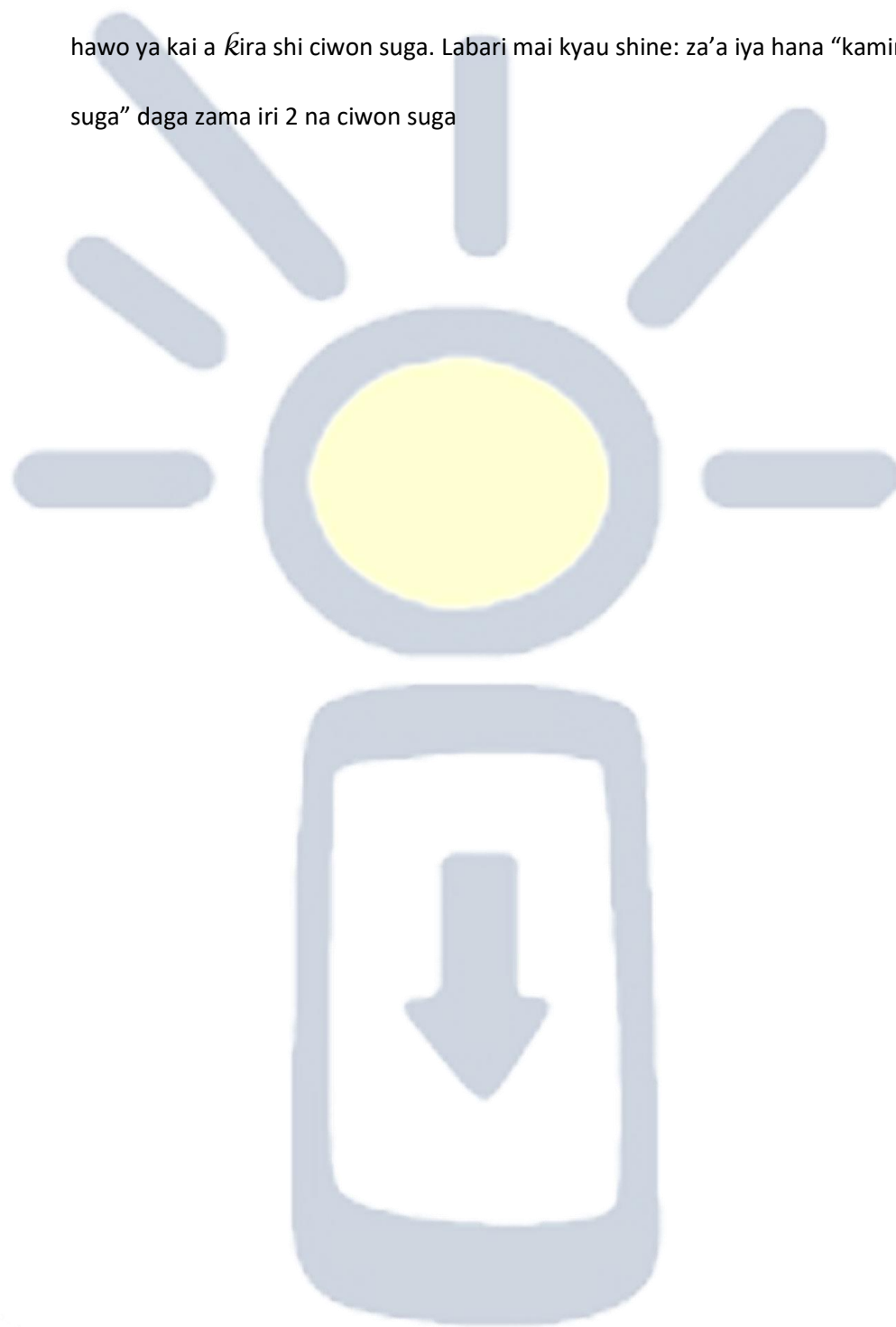
- iri 2 na ciwon suga na da hadarin dalilai da yawa. Sun haɗu da dalilai daga iyali zuwa tsarin rayuwa (rashin cin abinci da ya da ce, nauyin kɪba, da rashin motsa jiki)
- tahirin ciwon suga na iri 2 a tsakanin ‘yan uwa (ko iyaye)
- idan akwai tahirin gwaje-gwajen da bai yi dai dai ba
- tahirin ciwon suga idan mace na da ciki ko kuma tana aifuwar da nauyin yaro da yafi 9 lb
- iyali hadarin dalilai

- idan ka kai shekaru 45 ko kuma ka fi, idan kuma ka na da *ɗaya* ko fiye da haka a cikin waɗɗen dalilai (ama iri 2 na ciwon suga ya na iya faruwa kamin wannan shekara)
- haɗe-haɗɗen hadarin dalilai nan zai iya rage yawan sinadarin wato insulin a cikin jiki, kuma ya sa kariyan insulin; shine cewa jikin mutum baya anfani da insulin inda ya dace
- kariyan insulin (idan jikin mutum bai yi anfani da duk insulin da yana samarwa) ke yawan faruwa domin iri 2 na ciwon suga



- Yaya kuke kula da ciwon sukari?
 - Masu ciwon sukari suna buƙatar yin waɗannan abubuwa:
 - Dauki magani/ sinadari dake rage yawan sukari a jikinka a kowace rana kamar yadda likitanku ya tsare.
 - A ci lafiyayye, daidaitaccen abinci kuma tsaya ga Shirin cin abincin suga.
 - Duba matakan sikarin jininsu sau da yawa a rana.
 - Samun motsa jiki nay au da kullun.
- menene ake kiran “kamin ciwon suga”?

- “kamin ciwon suga” shine alamomin da suke nuna cewa mutum ya *kusa* ya samu ciwon nan. Ya kan faruwa idan jini suga matakan ya hawo fiye da inda ya kamata, ama baiya hawo ya kai a *kira* shi ciwon suga. Labari mai kyau shine: za’ a iya hana “kamin ciwon suga” daga zama iri 2 na ciwon suga



Lura da ciwon suga:



- Idan ka na ciwon suga, ya kamata ka duba jini suga matakan na jikin ka kulum da kuma daga lokaci zuwa lokaci
- Duba jinni suga matakan na jiki kulum da kuma lokaci da lokaci ya na anfani domin wa *da*nsu ba su nuna alama ko da jini suga matakan nasu ya hawo. Ama, idan ka ji *ki*shin ruwa, kana yawan fitsari, kana yawan jin gajiya, ko kuma wa *da*nsu alamomin ciwon sukari, ya kan nuna cewa jini suga matakan ya hawo
- Ramewan jiki da ya faru ba zato ba tsammani yakan iya zama domin jini suga matakan ya hawo. Ka yi ma likita ko nas (mai jinya a asibiti) Magana
- Wa *da*nsu na samun ragin jini suga matakan, yakan faruwa idan sun sha magani ko insulin domin su samu jini suga matakan da yayi dai dai
- Idan ka ji jiri, rawan jiki da yawan zufa, ka samu abinsha da yake da suga ka sha ko kuma ka sa suga abaki. Ka gaya wa likita, ko nas naka

- Menene gwaji na kulum?



- Gwaji na kulum shine dubawa na jini suga matakan mutum da abin gwajin da ture je kiran “blood glucometer”
- Gwajin nan zai nuna jini suga matakan atake
- Menene “glucose meter”?
 - “glucose meter” wato abinda ake anfani da shi aduba jini suga matakan
 - Likita ko nas naka zai gaya maka inda za ka iya sayo
- Mene anfanin yi gwaji kulum?
 - yin gwaji zai nuna yawan suga da ya na jinin mutum a lokacin, shine ya sa ya dace a yi gwaji kulum
- me da me zai iya shafi shakamakon gwaji?
 - lura da sakamakon akan fitsari ko jini suga matakan lokacin gwaji na fitsari ko jini idan *wadd*enan sun faru:
 - aiki/motsan jiki
 - shan *wadd*ensu magani

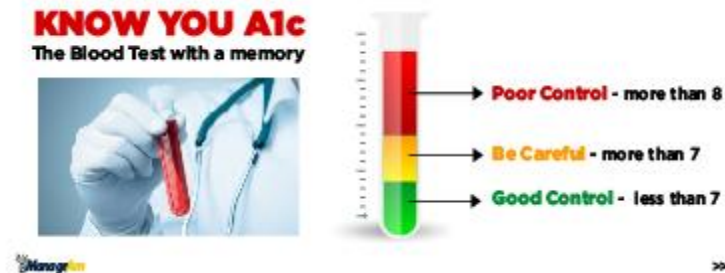
- cin abinci
- rashin lafiya
- danniya
- mai dalilin gwaji na jini?
 - Gwajin jini zai nuna ko canje-canje da ake yi a rayuwan ka na taimaka maka, ko kuma agani ko yayi anfani a sa jini suga ya zama daidai
- Yaushe ya kamata ayi gwaji?
 - Tambaye likita ko nas su gaya maka lokacin da ya dace na yin gwaji. Ama an bayarda shawara wai a yi gwaji idan:
 - Ka tashi daga barci da safe (kamin karyawa)
 - Kamin ka ci abinci
 - Kamin ka bayan aiki/watsan motsa jiki
 - Kamin da bayan cin waɗɗensu irin abinci
 - Rashin lafiya ko rashin jin daɗɗin jiki
 - Ana so a gani sakamakon waɗɗensu magunguna idan dai an canja maganin ka
 - Ya dace ka aje rikodin sakamakon ka da waɗɗensu bayanai, domin a duba cin-gaban ka
 - Akwai wani “application” a cikin waya da ake kiran “manage am”, yekan taimaka da rikodin na sakamako

- Idan gwaji ya *d*inga nuna hawon matakan sukari, ka gani likita ko nas
- Idan ka na rikodin gwaji inda ya dace, zai nuna manufan matakan suga
- Yaya za'a gane rubutun "glucose meter"?
 - "glucose meter" zai nuna yawan suga a cikin jini a lokacin gwaji
 - Teburin na kasa zai bayana abin da glucose meter ya ke fa*d*a

Mitar Sukari Matakan		Menene Shi	
		Manufa	Talakawa
Kafin Cin Abinci	mmol/L	4.4 – 7.2	Kan 7.2
	mg/dl	80 – 130	Kan 130
2hrs Bayan Cin Abinci	mmol/L	Kasa da 10.0	Kan 10
	mg/dl	Kasa da 180	Kan 180

- Menene ya dace nayi idan sakamakon gwaji ya nuna "mara kyau"?
 - ya nuna cewa jini suga makakan ya hawo. Ya kamata kayi wa *d*denan abubuwa:
 - sha ruwa sosai
 - rage cin abinci mai suga gaba-*d*aya sai jini suga matakan ya zama daidai. Ama kuma kar ka yi azumi
 - *d*inga yin gwaji ko da yaushe (bayab hour 4)
 - ka gan likita ya canja magani idan sakamakon gwaji ya na kan hawo

- menene gwaji da ya dace a yi lokaci da lokaci?
 - Akwai hanyoyin da za'a iya duba matakan suga daga lokaci zuwa lokaci
 - Za'a iya jan jini daga jijiya a yi gwaji a asibiti ya nuna asalin jini suga matakan
 - Ana kiran wannan gwaji "haemoglobin A1c (Hb1c)" kuma ana yin wannan a wurin gwaji
- Menene gwajin A1c?
 - Gwajin A1c ya na bayana jini suga matakan mutum a cikin wata uku. Ana iya kiran gwajin A1c, haemoglobin A1c (Hb A1c)



KA TUNA: gwajin da ake yi daga lokaci zuwa lokaci da gwajin da ake yin kulum, tare, zai da da nuna asalin abinda jini suga matakan ya ke nunawa

KAI KAJIN NA CIWON SUKARI:



Za ka iya lura da ciwon suga nada idan ka yi wa *da* anen abubuwa:

Kai kajin ka rage jini suga



Kulum da kulum

- Rage cin abinci mai suga
- Rage cin abinci yawan sitaci
- Watsan motsa jiki
- Sha magani

Lokaci da lokaci

- Rage cin abinci da yawan mai

- Bari shan giya gaba *ɗāya*, idan za ka iya

- Rage nauyin jiki

- *ɗīngā* yin watsan motsa jiki

kai kajin ka rage hawan jini

- *ɗīngā* yin watsan motsa jiki

- Sha Magana

- Rage *kība*

- Abinci: rage gishiri a cikin abinci
- *ɗīngā* cin 'ya'yan itatuwa da kayan lambu (son biyar a rana)
- bari shan giya
- rage yawan abinci da ka ke ci domin ka rage *kība*

kai kajin ka rage cholesterol

- ka yi kokari da da yin watsan motsa jiki
- ka sha magani (yi wa likitan ka Magana)
 - ka rage cin gishiri a cikin abinci
 - rage cin kitse ko kuwa abinci mai yawan mai
 - *ɗīngā* cin 'ya'yan itatuwa da kayan lambu (ya kai son biyar a rana)

Idan kana da ciwon bakin ciki, ka lura da shi

- sha maganin ka inda ya dace (yi Magana da likita)
- ci gaba da yin watsan motsa jiki
- ‘yan ‘uwar ka da abokanen ka su taimaka maka
- Yi magana da likita ya ci gaba da baka shawara

Kai kajin ka bar shan taɓa (busa hayaki)

- Akwai abubuwan da zai taimake mutum ya bar shan taɓa- Kaman cin cin gam, ko kuwa inhaler
- Ka nema mutanen da su na son su bari shan taɓa ku yi hira tare, ku taimake juna da barin halin nan
- Ka nema ranan da zaka pasa shan taɓa gaba ɗaya
- Za ka iya yiwa abokane da ‘yan’uma magana su taimake ka

Kai kajin ka rage nauyin jiki



- Rage cin kitse ko abinci mai yawan mai sosai
- Rage shan giya sosai

- Rage yawan cin abinci
- Ci gaba da yin watsan motsa jiki

Kai kajin ka lura da jijiyoyin ka da gudanar jini

- Rage hawan jinni
- Rage jini suga matakan
- Rage cholesterol
- Bari busa hayaki
- Bari shan giya
- Rage nauyin jiki

Idan ki na son ki samu ciki



- Idan ki na son ki samu ciki kuma ki na da ciwon suga, ki yi magana da likita kamin ciki ya shiga, domin ya taimake ki da inda jinin suga matakan naki bare hawo ba alokacin ciki kuma ya lura da girman yaro tun farkon ciki
- Yi wa likita magana ya duba ko wani maganin da kike sha zai iya hana girman da lafiyan yaro a cikin ciki

Yaya zan iya hana damuwowin da ciwon suga ya ke kawo?



- Abu *ɗaya* da yake da muhimmanci shine ka rage jinni suga ya zama inda ya da ce
- Idan farkon ka na sani ka na da ciwon suga ne, ka tambaye likita domin ya yi ma ka bayani sosai akan irin abinchin da ya kamata ka ci, motsa jiki, inda ake duba jinin suga a gida, da kuma ka sha duk magunguna inda ya da ce
- Ka lura da lafiyanka da kyau; idan ka lura da wani baƙon abu, ka je ka gani likita atake. Da kai, da likita, da nas, dukan ku zaku yi aiki tare ku hana damuwowin ciwon suga daga faruwa
- Gabaki *ɗaya*, ya kamata ka yi wa *ɗɗenen* abubuwa:

- Ka je ka gani likita ko wani wata uku ko hudu domin a yi gwajen jini kuma ya lura da kai
- Ka gan likitan haƙora ko wani wata shida
- Ka gan likita na ido ko wani wata shida ko kuma fiye da haka idan ka na da ciwon ido
- Ka gan likitan kafafuwa son *ɗaya* a shekara ko kuma fiye da haka idan ka na da ciwo a kafa
- Ka gani mai bayar da shawara akan abinci (suna aiki a asibiti) domin ya baka shawara

- **Ciwon suga zai iya sa ka rage ki *ba*?**

- Ciwon suga da rage ki *ba* ba zato ba tsammani: mai ciwon suga baya iya anfani da duka suga da yake jikin shi inda ya kamata, domin insulin bai ishe shi ba. Idan ya faru haka, jikin mutum zai iya anfani da kitse da ga *bobin* jiki a maimokon suga, ya bi ya rage ki *ba* sosai

- **Yankin shawara da muke yin kulum:**

- Ko ka na cin abinci inda ya kamata ko baka ci, ka motsa jiki (ko da baka da lokaci a rana), ka sha magani inda ya dace, kayi abubuwa da zai taimake gwajin jinin ka. Kuma ka kwantar da hankalin ka batun ciwon suga

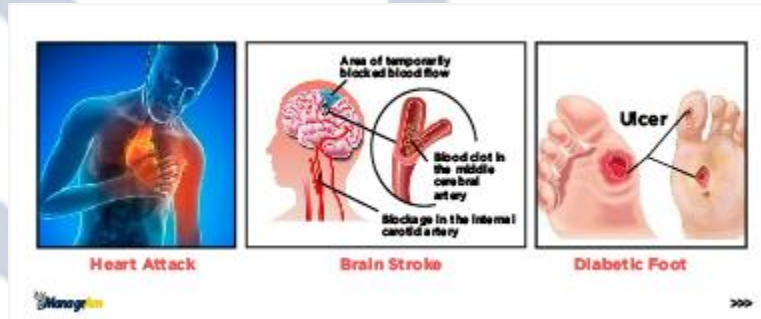
- **Haryar da zaka inganta da ciwon sukari:**

- Ka bi da shawaran abinci da aka baka, ka rage yawan abinci da ka ke ci, kuma ka bar cin abincin da zai ta *ba* lafiyanka
- **Ka *koya* inda za ka hana damuwowin ciwon sukari:**
- A bayan lokaci, ciwon sukari yana iya kawo cutoti kamar ciwon zuciya, ciwon kafa harma yay kai na yankan kafa, ciwon jijiya, da makanta
- Bincike ya na nuna cewa, idan jini suga matakan naka yana nan daidai, zai hana citoti da damuwowin da ciwon suga yake kawowa
- Shi ya sa gwaji na safe ya kamata ya nuna tsakanin 70mg/dL da 130mg/dL kamin cin abinci da *ƙasa* da 180mg/dL hour biyu bayan cin abinci (inda teburin sama ya nuna)
- Ne ma motsan jiki da ya dace maka. Ka za *bi* watsan motsa jiki da kake ji da *ɗin* yi

- Ka tsara magunguna, kayan gwaji da duka abubuwan da kake bukata a wuri *ɗaya*. Kar ka bari sai ya *ƙare* kamin ka samo sabbi. Dalili ce wa ka lura da ciwon sukari sosai
- Ko da likita da nas sun a taimaka ma ka, kai ne ya kamata ka lura da ciwon suga naka kulum. Bishara mai kyau shine idan ciwon suga na inganta, zai bar daminka Kaman da farko

KA TUNA: kai ne ka fi muhimmunci a tsakanin duk masu lura da kai

DAMUWOWIN CIWON SUKARI



Gaggawa damuwowin da yake faruwa idan ba lura da ciwon sukari ba

Idan ba lura da ciwon sukari ba zai iya kasha mutum. kayi *ƙoƙari* ka koya alamomin da zai nuna damuwowin da ya bi ciwon sukari. Mutanen da suke da iri 2 na ciwon sukari suna yawan samu damuwowin nan, sun haɗu da:

1. Bugun zuciya
2. Bugun jini (shafa)
3. Ciwon kafa
4. Makanta
5. Ciwon *ƙoda*
6. Da waɗɗensu damuwowin da ciwon sukari yake kawo a jini yabi ya canja jini



KA TUNA: ka lura da ciwon sukari-ka *dīng*a duba jini suga Matakan inda ya dace domin idan ya canja, za ka sani kuma za ka san abinda ya kamata ka yi kuma zai taimake ka hana damuwowin daya bi ciwon suga

Bugun zuciya

- Bugun zuciya da bugun jini sune suka fi kashe mutane da kuma rashin iyawa a tsakanin masu ciwon sukari. Alaman ciwon zuciya zai iya faruwa ba zato ba tsammani ko kuma da hankali, idan ka gani wa *dā*enan alamomin, ka je asibiti atake
- Idan ka ji ciwon kirji da yake nan Kaman ana matsa kirji, ko kuma Kaman kirjin ka ya cika, ko ciwo a tsakiyan kirji, kuma ciwon *dīnn*an baya da *dē* wa ko kuma ya na zuwa ya tafi kuma
- Ciwo a wani wuri Kaman baya, ha *bā*, ciki, wuya; ko kuma ciwo a hannu *dā*ya ko hannaye biyu
- Rashin nufashi da kyau
- Tashin zuciya ko jin Kaman zaka summa

BUGUN JINI

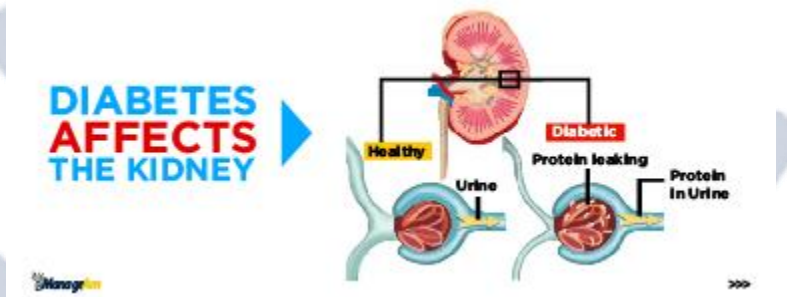
- Idan ka gani wa *dā*enan alamomin na bugun jini, ka je asibiti ka gan likita atake kuma ka *kī*ra ‘yan’uwan ka ya taimake ka domin bugun jini baya *bā*ta lokaci a kashe mutanne. Alamomin bugun jini:
 - Mutuwan jikin ka ko kuma na fiska, hannu, kafa; kuma yana *dīng*a faruwa a gefe *dā*ya na jiki
 - Jin rikitacce
 - Idan ka lura ka kasa tafiya, Magana ko kuma yin abubuwa da ka iya yi a da

- Idan ka ji ciwon kai daya buga ka sosai kuma ba alaman daya kawo shi

Ciwon jijiya (ciwon kafa):

- Mutanne masu ciwon sukari suna da Karin hatsarin ciwon jijiya yawancin domin basu lura da hawon jini suga matakan
- Ciwon jijiya yana yawan faruwa a iri 2 na ciwon sukari kuma zai iya sa mutuwan jijiyojin kafa da ake *kiran* “diabetic neuropathy”. Ciwon nan yana iya sa rauni, da kamuwa da cuta. Zaka iya samu ciwo a kafa ama bara ka ji zafinshi ba. Ya kamata ka lura da kafannan ya hana kamuwa da cuta
- Idan ba yi maganin cutan kafa ba, zai iya kasha kafa gaba *daya* kuma dole a yanka kafannan daga baya
- Ciwon sukari yana iya hana jikin mutum yaƙi wa *ɗaɗa*nsu cutoti. Idan ya faru haka, cutan fata, baki da dasashi zai iya faruwa
- Idan ka gani wa *ɗaɗa*nsu alamomi a kafa, ka je asibiti ka gani likita da zaran:
 - Kumburi na jikin mutum da zai faru koto ina a jiki
 - Kuraje da yake *kai kayi* da jazur
 - Ciwo a kafa da baya warkewa da sauri
 - Idan ka ji Kaman kafa ya mutu, ko kuma jakulikuli a kafa, ko kuma Kaman wuta na cin kafafuwan ka ko hannaye harma da ‘ya’sun hannu da kafa
 - Ciwo mai zafi a kafa daya fin yin zafi da dare
 - Idan ka ji Kaman ga *boɓin* jikin ka sun mutu, kuma ya hana ka tafiya
 - Cuttan matattaran fitsari, kuma da rashin iya fitsari inda ya dace
 - Kumburin ciki, ciwon ciki, samun wahalar yin kashi, tashin zuciyar, yin amai, da zawo
 - Tabarbarewan azzakari a jikin maza da farji rashin ruwa a jikin mata

Ciwon koɗa:



- Iri 2 na ciwon sukari zai iya kawo ciwon koɗa ko kuma “diabetic nephropathy” da turai. Wannan ciwon ya na hana jijiyyoyin ƙoɗa su yi aiki inda ya dace. Idan ya zama haka, dole a tace jinin mutum a asibiti (dialysis) ko kuma ayi masshi aiki a asibiti a bashi ƙoɗa na wani
- Yawancin, ciwon koɗa baya nuna alama sai daga baya. Ama dai, idan ka lura da waɗɗen alamomin, ka asibiti da zaran:
 - Kumburin idan sahu da kafafuwa
 - Kagewar jijiyyar kafa
 - Yawan fitsari da dare
 - Tashin zuciya da jin amai
 - Gajiya da koɗar jiki
 - Kaikayin jiki

KA TUNA: idan ka na da ciwon suga na iri 2, za ka iya hana cutan ciwon ƙoɗa idan ka yi gwaji na fitsari, jini da hawon jini daga lokaci zuwa lokaci (ya kai son biyu a shekara) kuma ka lura da jini suga matakan da hawon jini

Ciwon ido

- Mutannen da suke da iri 2 na ciwon sukari na da hatsarin samun ciwon ido, da kuma cutan da yake damin jijiyan idanu, cutar idanu dake janyo makanta, da cutar ido da ake *kiran* cataract da turai. Idan ba lura ba, cutoti nan zai iya sa makanta
- Ka je asibiti ka gani likita idan ka gani alamomin na:
 - Rashin gani da kyau daya wuce rana biyu
 - Makanta da ya faru ba zato ba tsammani a ido *daya* ko idanu biyu
 - Idan kana ji Kaman akwai igiya da yake yawo a idanun ka, ko kuma Kaman ba *kin* launi a ido
 - Idan kana ji Kaman kana ganin wuta mai haske a ido
 - Idan ka ji ciwo ko matsi a idannu

Hawan jinin suga

- Hawan jinin suga baya yawon nuna alama. Shi ya sa ya dace ka duba jini suga kulum inda likita ya ce maka. Alamomin hawan jini suga:
 - Yawan fitsari
 - Yawan jin *kishin* ruwa
 - Yawan jin gajiya
 - Rashin gani da kyau
 - Jin yunwa bayan cin abinci
- Idan kana samun hawan jini suga ko wani lokaci, gani likitan ka. Zai canja maganin ka, ya gaya maka canji da ya kamata ka yi a abinci da ka ke ci

KA TUNA: hanyar na rage damuwowin ciwon suga shine kayi *kokari* jinin sugan ka na nan daidai. Shi ya sa ya kamata ka ci abinci da ya da ce, ka motsa jiki, ka lura da jinin suga matakan, ka bar butsa hayaki

Mai ciki:

Idan mace na da ciki kuma jini sugan ta ya hawo, wannan babban damuwa ne ma ita da yaro. Ya zo da hatsarin asaran ciki, mutuwan yaro a ciki da haifuwar da yaro mai lahani

KA TUNA: abin da zai taimake mutum ya hana damuwowin ciwon sukari shine ya tabata jini sugan nashi ya na nan daidai. Ya dace ya ci abinci da ake ce yaci, yayi motsan jiki, ya lura da jinin suga kuma ya bar busan hayaki

Abinci da ciwon sukari



- Irin abinci da ka ci ya na anfani a lura da iri 2 na ciwon sukari. Zai taimaka idan abinci da ka ci yana cike da abubuwa masu gina jiki. Abinci Kaman 'yan'itatuwa, kayan lambu da hatsi
- Abincin da ake ce ya dace ma mai ciwon sukari ya dace ma kowa da kowa ya ci; domin zai hana mai lafiya ya samu ciwon sukari
- Misalai abinci da zai taimake mai ciwon sukari

KA TUNA: son nawa, yawan abinci da irin abinci da ka zabi a tsakanin wa *da*enan, shi zai taimaka da lura da jini suga

ABINCIN DA ZA KA IYA CI KOWANI LOKACI

KAYAN LAMBU: kayan lambu mai ganye Kaman (soko, ugu, tete, gbure, uziza, utazi, scent leaf, curry, oha leaves, latas, kabeji, alaiho, karkashi, karas, bitterleaf, yalo, albasa, wake, mushrooms, da sauran su

'YAN 'ITATUWA: grape fruit, gwanda, cashew, yalo, Nnmimi da sauran su

RUWA: Sha ruwa fiye da litre biyu a rana

ABUN SHA: Kofi, shayi ama banda suga a ciki

Borkunu, curry, thyme, iru, tafarnuwa (garlic), citta

ABINCIN DA YA KAMATA KA RAGE CI

- Doya, garrin kwaki, tuwo, cocoyam
- Masara, shinkafa, bredi, kamu, semo, gero
- Geda, cashew, walnut, kwakwa, egusi
- Lemu, wani irin lemu (tangerine), mangoro, ayaba, abarba, pear
- Ruwan ‘ya’yan itace da ba *k*ara suga ba

ABINCI DA BAI KAMATA KA CI BA GABA DAYA

- Suga, abinci mai suga (jam, marmalade, candies, chocolate, ice-cream, ruwan zuma)
- Chin chin, puff-puff, cakes, burger, pies, doughnut, sausage rolls, biscuit, pizza, egg roll, hotdog
- Abinci mai mai Kaman margarine, butter, mayonnaise, salad cream, nama mai *k*itse, naman alaide, kayan ciki, bacon, sausage
- Abinsha Kaman, minerals, ruwan ‘ya’yan itace, madara, sweetened cocoa drinks

Yin Canji Yaruwa

BAYANAN LAFIYANKA

MENENE BAYANAN LAFIYA?

Idan ka gane bayanan lafiyanka, za iya nuna maka canji da ya dace ka yi a tsarin rayunwanka. Domin zai haska wuta a wurarren rayunwanka da ya ke bukatan taimako atake, taimako ama baa take ba da kuma wuraren lafiyanka da kake *ƙoƙari*

- Bayanan lafiya ya kan nuna zaman lafiyanka a yanzu. Za ka iya da *ɗa* samu lafiya da kyau idan ka yi *ƙoƙari* ka inganta bayanan lafiyanka idan ka bar yin abubuwa da aka hana, kuma ka ci gaba da bin shawara da aka baka
- Bayanan lafiya ya na da iri-iren abubuwa da suke da anfani idan kana lura da ciwon sukari na iri

2. Sun kunsu:

- Matsin lamba jini (BP) na sama
- Matsin lamba jini (BP) na *ƙasa*
- Duka cholesterol
- HDL
- LDL
- A1c
- BMI

- Menene matsin lamba jini (BP) na sama da na *ƙasa*?



- Idan zuciya ya buga ya zagaya da jini a cikin jiki ya bayarda karfi da oxygen inda ya dace
- Idan jini ya zagaya a cikin jiki, zai tura jijiyoyi. *Karfin* turawa na jijiyoyi ne ake *ƙiran* matsin lamba jini (abinda ake *ƙiran* hawon jini), zai *ƙara* tura jijiya (da zuciya) da karfi fiye da inda ya saba. Zai iya kawo bugun zuciya ko bugun jini (shafa)
- Gwajen matsin lamba jini na duba karfin da jini yake tura jijiya idan ya bi jikin mutum. likita ko na ne suke yin wannan gwajen
- Zai taimake ka idan ka san sakamakon gwajen ka
- Idan ka na son ka rage hatsarin bugun zuciya ko shafa, ka yi *ƙoƙari* ka samu 130/80 ko *ƙasa* da haka idan ka je gwaji

Menene duka cholesterol; HDL da LDL?

The infographic has a title 'What is Total Cholesterol; HDL & LDL (blood fat)?' in red and black. It contains three sections: 'What is Cholesterol?' (blue text), 'What is the Purpose?' (green text), and 'Control Your Numbers' (orange text). The 'Control Your Numbers' section has a bulleted list of five items. The background is white with a faint silhouette of a person.

What is Cholesterol?
Cholesterol is a type of fat found in the blood, while some cholesterol is good for the body too much cholesterol is not, and can cause adverse health problems such as heart disease, increased risk of stroke, and high blood pressure.

What is the Purpose?
Cholesterol is needed in order for the body to function properly. Body tissue needs some cholesterol in order to produce proper levels of hormones, vitamin D, and bile acids that help digest fat.

Control Your Numbers:

- Increase healthy (good) fats
- Exercise at least 30 minutes most days
- Limit intake of high sugar and processed foods
- Increase fiber intake to 25-35 grams per day
- Limit trans and saturated (bad) fats

- Cholesterol shine *ƙitsen* da baya da kyau a cikin jini. Idan cholesterol na jini ya hawo, zai iya toshe jijiya

- Ciwon sukari ya na iya rage cholesterol "mai kyau", ya da hawar da cholesterol "mai mara kyau", zai iya sa bugun zuciya da shafa. Ana kiran ciwon nan 'diabetic dyslipidemia'
- Akwai cholesterol iri biyu, mai kyau da ake kiran HDL da mara kyau da ake kiran LDL
- Idan kana da ciwon suga na iri 2, ka na bukatan cholesterol mai kyau (HDL) ya karu, kuma cholesterol mai mara kyau (LDL) ya ragu
- Ka yi kokari ka samo waɗɗenan sakamakon a lokacin gwaji:
 - duka cholesterol = kasa da 3.1mmol/l
 - HDL (mai kyau) = fiye da 1.5mmol/l
 - LDL (mara kyau) = kasa da 2.0mmol/l



- Ana yin gwajen cholesterol a asibiti, likita ko nas zasu yi idan suka ja jini daga jijiya. Za'a iya hana ka cin abinci da shan ruwa kamin a yi gwaji

Menene gwajen A1c?

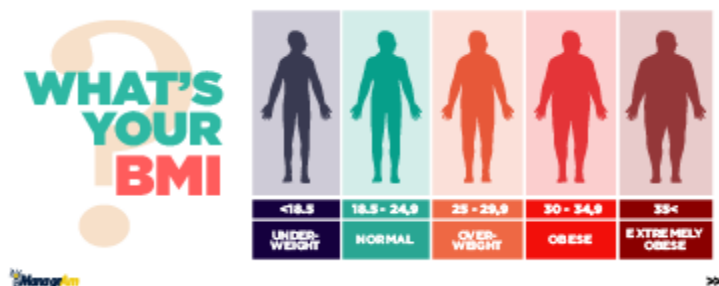
- Gwajen A1c yakan iya nuna abubuwan da kake yin a cikin watanne biyu ko uku zancen jini suga matakan kuma da kokarin ka a lura da ciwon sukari. Likita ko nas ne zaiyi gwajen nan
- Idan farkon ka na sani ka na da ciwon sukari, ka yi nufin neman kasa da 6.5% (48mmol/l) a gwajen A1c

- Ama idan kana shan magunguna guda biyu ko fiye da haka, ya dace ya yi *kasa* da 7.5% (59mmol/l)
- Ama *kila* asibiti da kake anfani da shi zai so sakamakon gwajen ka ya yi daban da wa *ad*enan
- Ka samu shawara daga likita ko nas naka

Idan siffar jikin ka ya shafe ciwon sukari?

- Jikin mai ciwon sukari iri na 2 baya iya anfani da insulin inda ya dace. Bincike ya nuna cewa mutannen da suke yawan *ki*ba a ciki da kwan-kwaso na samun wannan damuwan
- Shine ya sa ya kamata ka yi *ko*kari ka rage nauyin *ki*ba da fa *ad*in kwan-kwaso ka idan likita ya ba ka wannan shawaran. Zai taimaika da inda jikin ka yake anfani da insulin
- Mai lura da ciwon suga nashi ya dace ya bi shawaran rage nauyin jiki domin shine sakamakon tsarin rayuwa

Menene BMI?



- Wannan ne gwajen na kitsen jikin mutum idan anyi lissafin nauyin jiki da tsayin mutum
- Mai lura da ciwon suga nashi ya dace ya bi shawaran rage nauyin jiki domin shine sakamakon tsarin rayuwa
- Idan ka *ad*inga rage BMI, za ka da *ad*a iya hana damuwowin ciwon suga daga faruwa

Tsarin aiki

Yaya ne zan lura da ciwon sukari?



- Buƙasawa tsarin aiki inda zaka inganta profile na lafiyanka yana da muhimmunci idan ka na so ka lura da ciwon sukari
- Akwai dalilai uku da suka shafi jinin suga; aikace-aikace, kwayoyin magani, da abinci
- Tsarin aiki da ya karɓi rayuwanka zai taimake ka ka zabi acikin dalilai ukun nan wanene zaka maida hankalin ka akai

Ka ƙara aikace-aikacen ka

- Akwai anfana dayawa idan ka ƙara aikace-aikacen ka
- Ya na taimaka da rage hawan jini
- Yana taimaka da rage matakan cholesterol a jini
- Yana taimaka da rage nauyin jiki
- Yana rage jini suga matakan a jini domin yana taimake insulin yayi aiki inda ya dace
- Yana taimake zuciyan ka ya ƙara lafiya
- Yayi muhimmunci ka yi ƙoƙari ka yi watsan motsa jiki ya kai minti 30 a rana, son biyar a sati

- Ka yi aikace-aikace kala-kala na watsan motsa jiki da zai *ƙara* nunfashi, zai sa zuciya ya *ƙara* bugawa kuma zai *ƙara* maka *ɗumi* a jiki
- Ka za *bi* watsan motsa jiki da kake jin da *ɗin* yi kuma wanda zaka iya yi kowani rana

Shan magani

- Ya kamata mai ciwon suga ya sha wa *ɗɗensu* magunguna daga lokaci zuwa lokaci su taimaka da jinin suga, hawon jini, cholesterol, nauyin jiki, da fa *ɗin* kwan-kwaso
- Idan likita ko nas sun baka magani, tambaye su inda ya kamata ka sha kuma da lokacin da ya dace a sha
- Ya dace ka samu lokaci da ya kar *bi* rayuwanka ka sha maganin ka, domin idan ka yi haka, zai rage mantuwa. Idan baka ji da *ɗi* bayan shan magani ko kuma ba ka son shan magani da likita ya baka, ka gaya mishi a nema maka wani. Karda ka bar yin Magana idan wani abu ya dame ka, ko baka jin da *ɗi* ba

Zabin abinchi



- Irin abinchi da ka za *bi*, zai iya rage damuwowin da zaka iya samuwa

Carbohydrate da suga

- Carbohydrate shima suga ne (sugan tehuri) da sitaci (dankali, shinkafa, taliya, bredi, cereal).
- Waɗɗen abinci zai iya kawo hawan jini suga matakan
- Abinsha da abinci mai suga sosai zai iya kara jini suga ya karu sosai
- Idna ka ci abincin sitaci da yawa, zai iya kara jini suga matakan
- Idan ka saba da yin gwajen fitsarin ka da jinin suga, zaka sabu da inda sitaci da suga suke damin jikin ka
- Ka tuna cewa yawan cin abincin mai sitaci zai kara nauyin jiki

Kitse

- Idan kana yawan cin abinci mai suga ko *kitse* (ko mai):
 - Zai iya hana ka rage nauyin jiki
 - Anfani da insulin a jikinka da jini suga matakan zai bayar da masala
 - Ciwon zuciya da jijiyoyi
 - Akwai iri-iren *kitse* a abincin da muke ci
 - Duka irin *kitse* (ko abinci mai mai) yana kara kiɓa

'ya 'yan itace da kayan lambu

- Chin 'ya 'yan itace da kayan lambu yana taimaka zuciya, jijiyoyi da matsan lamban jini
- Idan ka canja abinci da ka saba ci da 'ya'yan itace da kayan lambu, zai taimake ka rage nauyin jiki da rage jini suga matakan
- Zai taimaka idan ka ci 'ya'yan itace da kayan lambu son biyar a rana

Lura da nauyin jiki

- Idan ka rage yawan abinci da kake ci ko kuma ka kara yin watsan motsa jiki zai taimaka da rage nauyin jiki
- Idan ka na da hawon jini suga matakan, *ƙila* ya na nuna cewa akwai suga a fitsarin ka shiya sa nauyin jikin ka bai karu ba

Ka tuna: yawan abinci da ka ci, son nawa ka na cin abinci a rana da irin abinci da ka ke ci duka na anfani a lura da ciwon suga

FOR MORE ADVICE ON HOW TO PREVENT AND MANAGE DIABETES, VISIT THE SELF HEALTHCARE EMPOWERMENT INITIATIVE WEBSITE - SH-EI.ORG OR DOWNLOAD 'MANAGEAM' MOBILE APPLICATION ON IOS AND ANDROID