

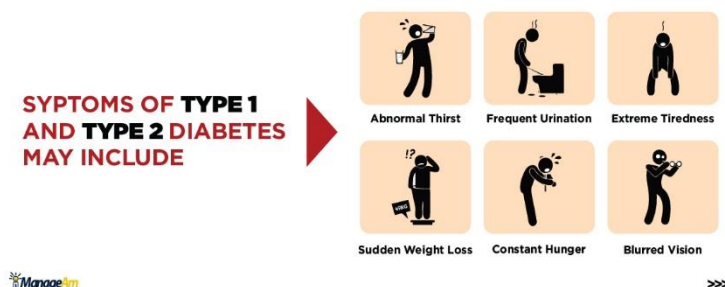


Akwukwo Omumu Gbasara Oria Sugar

Mara ihe banyere Oria shuga:

- Gini bu Oria Shuga?
 - Oria shuga bu ajo oria nwere ike ino ogologo oge nke metutara ahuike, nkea na-eme ma oburu na shuga no na obara buru ibu karia, nke putara na ahụ gi agaghi ejikwa ya nke oma.
 - Onye obula nwere ike iria a obunadi umu ntakiri
 - Oria Shuga bu onodu kwesiri ka ana ele ya mgbe nile, okachasi etua obu onodu nwere ike igbanwe oge obula.
 - Oburu na ahapu oria a na agwoghi ya, obara shuga di nnukwu nwere ike ibute oria ndi ozo di nnukwu njo.
 - Oburu na ibute Oria Shuga , ogaghi apu na ahụ gi mana inwere ike ijikwa ya nke oma ka obelata inwe nsogbu na akuku ahụ gi ndi ozo.

Enwere ike oburu na inwere Oria Shuga ma oburu na ina enwe ihe mkpesa dika Ndia:



- Oke onu uto
- Oke Aguu
- Ahughi uzo nke oma
- Inyu Mamiri mgbe nile (ihe kariri inyu mamiri ugboro ato na abali tupu chi efoo)
- Ike ogwugwu okachasi oge irichara nri
- Inwe ihe mkpasu iwe na enwegi ihe kpatara ya.
- Onya na adighi akpo akpo ma obu nke na akpo obere obere.
- Ahu gi idi fecha fecha n'agbanyegi na ina eri nke oma (agba nke mbu)
- Ahu igbu mgbu, ahụ ufu, ike ogwugwu na aka ma obu n' ukwu (agba nke abuo)

- Kedu udi Oria shuga enwegasiri?
- Enwere udi abuo na Oria Shuga - Agba nke mbu na Agba nke abuo.



- Kedu nke bu Agbata nke mbu?
- Agba nke mbu bu mgbe ahu gi adighi anabata Insulin ma obu onabata obere Insulin nke na-eme ka shuga di na obara gi karia.
- Ahu gi na ewere shuga sitena nri ina eri, Insulin bu hormone na-enyere aka igbari shuga sitena na nri, nkea bu ka onye gi ike.
- O bu eziokwu na agba nke mbu na egosi n' umuaka ma obu ndi ntorobia, onwekwara ike igosi na ahu ndi okenye.
- Ihe ngosi Agba nke mbu, Oria shuga nwere ike igosi oge obula.
- Gaa ka ihu onye nleta ahu ike ma oburu na ihu akara ma obu ihe ngosi oria a na ebe nwa gi no.

- Kedu nke bu agba nke abuo?

TYPE 2 DIABETES

What is type 2 Diabetes?
people with type 2 diabetes have too much sugar in their blood. This can cause serious health problems

Did you know?
Most people do not know that they have type 2 diabetes

Diabetes can lead to health problems
Diabetes causes damage to blood vessels - it can cause:

- Stroke
- Blindness
- Heart Attacks
- Kidney Failure
- Amputation

Diabetes also causes
- Damage in an unborn child
- Sexual problems

But the good news is blood sugar control can help prevent these problems

ManageAm

- Agba nke abuo nwere ike imetuta etu ahu gi si anabata shuga nyana obara gi.
- Agba nke abuo bu nke Oria shuga kachasi, nke na asa asisa ruru percent iri itolu gbasara Oria shuga.

- Kedu ihe ndi na atu egwu gbasara Oria shuga?



- Agba Oria shuga nke abuo nwere otutu ihe ndi na atu egwu. Nke kachasi bu na obu nchikota ihe nketa na Agburu nakwa ebim ndu (iri ajo nri, ibu oke ibu, imeghari ahu) ibu nnukwu ibu
- Akuko ntolite ezi na ulo ndi bidoro na Nne na Nna nakwa umunne si na otu afo gi
- Akuko gbasara nlele obara adighi mma nke imeburu na mbu.
- Akuko gbasara Oria shuga nke inwere mgbe idi ime, ma obu imu nwa buru ibu karia 9.1 (oria shuga oge idi ime)
- Mkpuru ndu nke eketere ekete
- Oburu na iruola afo iri ano na ise ma obu karia, oburu na ina ahu ihe ndia anyi deputara (obu eziokwu na Agba Oria shuga nke abuo na ebuwanye ibu na umuaka)
- Nchikota ihe ndia nile nwere ike ime ahu gi onwee obere insulin na otu aka ahu mee ka insulin ghara imuputa, nkea putara na ahu gi adighi ejikwa insulin etu okwesiri.
- Mgbe ahu mmadu juru inabata insulin (nke putara na ahu agaghi ejikwa insulin nke ona eweputa) nkea bu isi ihe na ebute agba nke abuo na oria shuga.



- Kedu ka Esi ejikwa Oria shuga?

- Ndi na aria Oria shuga kwesiri ime ihe ndia:
 - Inu ogwu insulin ubochi nile etu onye nleta oria si kwuo.
 - Rie nri ga adi ahu mma, nri zuru oke okachasi nri ndi Oria shuga na eri.

- Na ele ahu gi oge nile imata mgbe shuga no na obara gi.
- Na emeg hari ahu oge obula.
- Gini ka aga akpo Pre-diabetes?
 - Prediabetes bu Oria shuga nke di ntakiri – inwere ike iwere ya ka ihe ido aka na nti, obu mgbe akara shuga nke di na obara di nnukwu karia etu okwesiri, mana odighi nnukwu ikpo Oria shuga. Ozi di mma di na ya bu, onwere ike igbochi Oria shuga di ntakiri igafe na ndi nnukwu bu agba nke abuo.



Lekwasi anya na oria shuga

**KEEP AN EYE
ON YOUR
DIABETES
(MONITOR):**



- Oburu na inwere Oria shuga, odi mkpa na iga elebara ya anya oge obula na mgbe obula (obere oge) ma onotee aka (ogologo oge) iji ihe ngosi obara ile akara shuga no na obara gi.
- Ime nlele obara gi na oge di ezigbo mkpa maka otutu mmadu adighi enwe ngosi na ha nwere Oria a obunagodi mgbe odi nnukwu, mana oburu na mmiri na agukariri gi, ina anyu mamiri oge obula, ike ogwugwu na agwukari gi ma obu inwee ihe ngosi gbasara Oria a, o nwere ike ibu na akara shuga di na obara gi di nnukwu.
- Nfecha ahu biara na ntumade nwere ike ibu ihe ngosi na shuga no na obara agbagola, ekwesiri ka gi na onye nyocha ahu gi kpaa nkata banyere ya.
- Ufodu mmadu ka shuga no na obara ha na agbatu, nkea na eme ka ufodu mmadu na anu mkpuru ogwu na insulin ime ka obara ha di etu okwesiri.
- Oburu na ike na agwu gi ma obu osuso na agbakari gi ma oburu na shuga di na obara gi agbatuola karia etu okwesiri , okwesiri na iga agwo nkea sitena ikwusi inu mmanya na ato biri biri ma obu irachamkpuru sugar, nkea kwesiri ka gi na onye nlekota ahuike gi kpaa nkata ya.
- Gini bu ule obere oge?



- Ule obere oge bu mgbe ilere shuga no na obara gi iji meter Glucose. Ihe ihuru bu etu shuga di na obara gi di
- Gini bu Meter Glucose?
 - Meter glucose bu akurungwa eji ele etu shuga di na obara ha
 - Dokinta gi ma obu nursu gi ga agwa gi etu esi eji akurungwa ahu.
- Gini kpatara iji ele ule obere oge?
 - Ile obara gi maka shuga, na agwa gi okwa shuga di na obara gi oge ahu ilere ule ahu. Nkea bu ule ikwesiri ime ubochi nile.

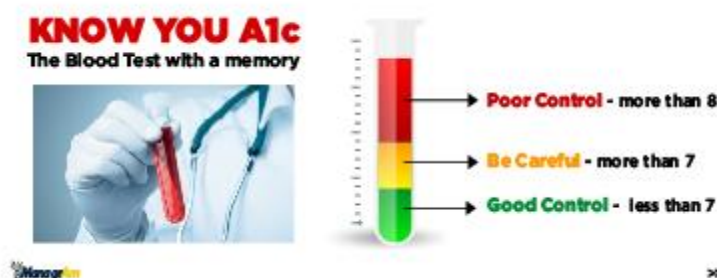
- Gini nwere ike igbochi ihe ng osi ule obara m?
 - Inwere ike ihu ihe ngosi sitena mamiri ka obu shuga di na obara sitena ile mamiri gi ma obu obara gi na otu aka ahu na oge:
 - Mgbe ina emeghari ahu nnukwu
 - Mgbe ina anu ogwu
 - Mgbe ina eri nri di iche
 - Mgbe ina aria Oria
 - Mgbe idoniri onwe gi.
- Gini kpatara m ga eji lee obara m?
 - Ile obara ga eme ka imara ka ihe ngbanwe imere ana aru oru nyana imatakwa na ha ana enyere aka idokwa shuga di na obara gi etu kwesiri
- Kedu oge m kwesiri ile obara m?
 - Gi na ndi dokinta na nursu kwesiri inwe nkwekorita oge kacha mma ikwesiri ile ule. Okwesiri na iga na ele shuga di na obara gi oge di etua:
 - Ihe izizi na ututu (tupu nri ututu)
 - Tupu irie nri obula
 - Awa abuo oge irichara nri
 - Tupu ime ihe ike na mgbe imechara ihe ike
 - Tupu irie ufodu nri na mgbe irichara ufodu nri
 - Oge ina aria ahu nakwa mgbe odi gi ka ahu adighi gi.
 - Ihu ihe di iche na ogwu gi mgbe enyere gi ogwu ozo.
 - Obu ihe di mma na idokwara ule ndia nakwa ozi ndi ozo iji nyere aka dokwaa oganiru gi
 - Ijikwa akurungwa AppAm ga enyere gi aka idokwa ngosi ule ilere
 - Oburu na ule gosiputa nnukwu akara shuga na obara gi, oga abu atumatu di mma ile ya oge nile ma na esokwa mgbanwe nakwa nri ina eri.
 - Oburu na ngosi ule gi gaa n' iru na egosi na shuga di nnukwu, ikwesiri na gi na dokinta na nursu gi ga akpa ya
 - Idokwa ngosi ule mgbe nile ga enyere aka imata ka nchekwa gi di.
- Gini ka onu ogugu no na Meter glucose m putara?
 - Meter a na egosi gi onu ogugu na agwa gi shuga di na ahu gi ozugbo ahu ilere ya
 - Ndeputa di na table a ga agwa gi ihe oputara.

Glucose Meter Levels		Ihe oputara	
		Nke di mma	Nke adighi mma
	mmol/L	4.4 – 7.2	Over 7.2

Tupu irie nri	mg/dl	80 – 130	Over 130
Hour abuo oge irichara nri	mmol/L	Less than 10.0	Over 10
	mg/dl	Less than 180	Over 180

- Gini ka m ga eme oburu na onu ogu gu na egosi na odighi mma?
 - O putara na shuga di na obara gi di nnukwu ogosiri na ikwesiri ime ihe ndia:
 - Na anu mmiri ofuma
 - Wetuo aka na nri nwere carbohydrate (shuga) ruo oge shuga di na obara gi gbaturu, biko ebukwala onu.
 - Lee ule ngosi shuga iji obara (kwa hour ano obula)
 - Oburu na onu ogugu gi di na elu, gaa hu dokinta gi ka elebara ogwu gi anya.
- Gini bu ule ogologo oge?
 - Enwere uzo ndi ozo esi ele shuga na ogologo oge
 - Enwere ike iweputa obara gi sitena akwara gi iji lee maka shuga di na obara gi.
 - Ihe ana akpo ule a bu "Hemoglobin A1c (HbA1c)"
- Gini bu ule A1c?

Ule A1C bu ule eji obara ele nke na ebuputa ozi okara gbasara shuga di na obara mmadu na onwa ato gara aga. Ule A1c ka ana akpo ufodu oge hemoglobin A1c (HbA1c).



MARA: ule ogologo oge (A1c) nakwa ule obere oge (Glucometer home self-monitoring) ga enye gi ihe doro anya gbasara shuga nke obara gi.

Iwere onodu Banyere Oria shuga



I nwere ike ino na nchekwa maka ileba anya na idokwa Oria shuga na okpuru gi sitena ime ihe ndia:

- ✓ Were onodu ma belata Oria shuga gi



Obere oge

- Belata aka na nri na ato biri biri
- Belata aka na nri nwere starch.
- Emume igba oso na iga ije.
- Inu ogwu gi

Ogologo oge

- Iri nri nwere obere abuba nakwa iri nri ndi abubu kariri.
 - Kwusi inu mmanya oku kparam kparam mana oburu na igaghi akwusinwu ya , belata aka na ya.
 - Wepu aka na ibu nnukwu ibu ruo na ukwu.
 - Idi gara gara oge nile.
- ✓ Were onodu maka ibelata obara mgbali elu
 - Idi gara gara karia

- Nuo ogwu
- Iwelata ibu nakwa n' ukwu
 - Ighoro udi nri: rie nri nwere obere nnu.
 - Iri akwukwo nri na mkpuru osisi (opekata me ugboro ise na ubochi)
 - Wepu aka na mmanya oku oburu na inwere ike ya, mana oburu na igaghi akwusinwu ya belata etu isi anu ya.
 - Iri nri pere mpe ga eme ka ifecharana
- ✓ Were onodu sitena iwelata cholesterol
 - Iruji oru ike
 - Inu ogwu gi ka esi gwa gi. (etu dokinta gi siri gwa gi)
 - Ighoro nri: nri nwere obere nnu
 - Na-eri nri nwere obere abuba
 - Ighanwe na iri abuba buru ibu, belata ya ka odi ntakiri.
 - Iri mkpuru osisi nakwa akwukwo nri oge obula (opekata mpe ugboro ise na ubochi)
- ✓ **Were onodu ijikwa obi ida mba**
 - Maka inu ogwu – gaa ka ikpakorita nkata gi na dokinta gi
 - Imeghari ahu
 - Nkwado ndi ezi na ulo na ndi enyi
 - Maka ndumodu gakwuru dokinta gi
- ✓ **Were onodu ma kwusi ise siga**
 - Ogwu iji nochie ogwu ike bu Nicotine patch, inhaler, gum.
 - Ibanye na ogbako maka Ikwusi ise siga.
 - Setipu ubochi iga akwusi.
 - Rio maka nkwado na aka ndi ezi na ulo na ndi enyi, na ekwunyere ndi mmadu okwu.
- ✓ **Were onodu maka itoghe ibu ma belata ijikwa ukwu.**



- Iri nri nwere obere abuba
 - Iwetunata oke mmanya oku.
 - Na-eri obere nri
 - Idi gara gara oge obula.
- ✓ **Were onodu sitena ileta maka akuku ahu gi na agbasa obara anya**
 - Belata obara mgballi elu
 - Belata onodu shuga na obara gi.

- Belata ch olesterol
- Kwusi ise siga
- Kwusi mmanya oku
- Hapu ibu ibu.

✓ **Nkwado maka ituru ime**



- Oburu na ichoro ituru ime ma obura na inwere Oria shuga, mee ka dokinta gi mara n' oge , nkea ga enyere aka ikwado gi ma mee ka shuga di na ahu di na njikwa n' oge mgbe ina ebu nwa gi.
- Mee ka dokinta gi mara ogwu ndi ina anu nwere ike imetuta uto na nwulite nwa di na afo.

✓ **Kedu ka m ga esi egbochi nsogbu Oria shuga?**



- Isi ihe iji gbochie otutu nsogbu Oria shuga bu ime ka shuga di na obara noro otu ebe, na onodu di mma.
- Dika onye ohuru nwere Oria shuga agba nke abuo, ina amu etu esi eri nri etu kwesiri, imeghari ahu, Chekwa onodu Oria shuga gi etu dokinta siri gwa gi, ma na anu ogwu mgbe okwesiri.
- Anya saa gi gbasara onodu ahu ike gi nile, kwuputa ihe iriba ama ihuru nye dokinta gi. Ijiko onu gi na ndi otu na ahu maka Oria shuga inwere ike igbochi nsogbu Oria ndi ozo.
- Na nchikota ikwesiri imata atumatu ndia:

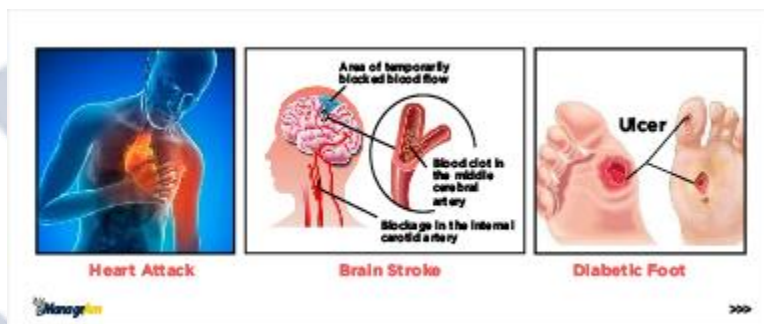
- Gaa hu dokinta na onwa ato ma obu onwa ano obula maka nlele obara na ndomodu.
- Gaa hu dokinta eze gi kwa onwa isii.

- Gaa hu dokinta anya kwa onwa isii m a obu mgbe obula inwere anya mgbu.
- Gaa hu dokinta na hu maka mkpuru ukwu na enye nsogbu kwa otu onwa ma obu oge obula inwere nsogbu mkpuru ukwu.
- Gaa hu onye nlekota nri gi ma obu onyekuzi banyere Oria shuga gi oge obula etu inwere ike maka mgbazi na ndomodu ebim ndu gi.

- Oria shuga inwere ike ime ka idi fecha fecha?
 - Oria shuga na ahu fecha fecha, ebe ndi nwere Oria shuga no, insulin na ezughi ezu na egbochi na inwete obara na ahu mmadu nke kwesiri inye mmadu ike. Oburu na nkea mee, ahu mmadu nwere ike igbari abuba na akwara iji nye ike, nke na ebute mbelata toro ato na ahu ibu.
- Mkpebi anyi na-eme ubochi nile
 - Agbanyeghi ma iriri nri siri ike ma obu na irighi, diri gara gara (oburugodu na inweghi oghere), nuo ogwu gi mgbe ikwesiri, rie ihe ndi ga agbanwe onodu gi iji mee ka ihe di iche di na nlele ahu gi, kpaa agwa di mma iji mee ka inwee mkpebi siri ike. Welata ma obu welite ahu ike Oria shuga gi.
- Etu iga esi emelite Oria Shuga
 - Eriala nri ikwesighi iri, belata na oke nri, otu ubochi n'ime izuka nochie nri ndi adighi ahu gi mma iji nri ndi ga edozi ahu.
- Imata etu iga esi gbochie nsogbu oria shuga:
 - Nwayo nwayo, shuga idi nnukwu na obara nwere ike ibute nsogbu Oria Obi, Onya ukwu, mbepu, mmebi akwara, nakwa ikpu isi.
 - Dika etu American Diabetes Association (ADA) siri kwuo, etu kachasi mma igbanari nsogbu Oria a bu idokwa Oria Shuga na ahu ike di mma.
 - Ufodu ndi mmadu, nkea putara ichu nta shuga di na obara sitena 80mg/dl na 130 mg/dl ihe izizi na ututu, tupu irie nri nakwa nke pekariri 180mg/dl Awa abuo oge irichara nri etu odi na tabulu.
 - Choo emume tosiri gi, oburu na ichoro ina esonye oge nile ma obu ibido emume mmeghari ahu na otu zuru ezu, horo ihe na-adi gi obi mma enwere ike igaghi eme ya oge nile.
 - Gbaa mbo hu na ogwu gi di mgbe nile. Na ele onwe gi mgbe nile iji test stripes, lancets na pump supply. gbaa mbo hu na inwetere ihe ichoro mgbe nile. idokwa ihe nke oma na shelf ma obu drawer na ebe aka gi ga eru ya ga eme ka ichikota onwe gi onu ma nwee ike ihu ihe obula ina acho oso oso na n'uzo di mfe.
 - Mgbe ndi na enyere anyi aka na aru ike na agba mbo igbaziri anyi, odikwazi mkpa na anyi na anyi na edokwa ihe anyi na eri nke oma oge nile. Ozi di mkpa na ya bu ,nleta onwe gi ga adi gi n'aka. Oria shuga gi nwere ike ikwusinata ma nkea ga-eme ka ghara ibu nnukwu ibu diri gi.

CHETA: I bu otu onye n' ime ndi kachasi mkpa na otu nzuko aru ike gi.

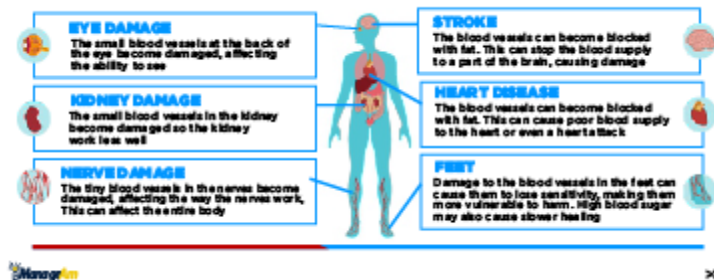
Ihe nsogbu Oria Shuga



Ihe mberede nwere ike iputa na agba nke abuo Oria shuga oburu na echekwaghi ya:

Oria shuga echekwaghi nke oma nwere ike ibia ogbugbu. nyere aka gbochie Oria shuga bu nnukwu nsogbu sitena imuta akara ihe edo aka na nti. Ndi nwere agba nke abuo Oria shuga nwere ike ibute oria ndia ma oburu na ha akpachaghi anya.

1. Obi nkoropu
2. Oria stroke
3. Mkpuru ukwu mmebi
4. Isi
5. Oria kidney
6. Nnukwu Oria na egosi shuga glucose na uzo ngalaba obara nke na egosi oria shuga (Diabetic ketoacidosis nke na eme ka ahụ mmadu na emeputa obara kariri nke nwekwara acid. Hyperglycemic hyperosmolar nkea na eme ka mmiri gwu na ahụ, ike ogwugwu, ukwu ozuza, na ndi ozo)



CHETA: ile Oria shuga gi mgbe nile - nkea putara inosike na obara di mma ma matakwa nke bu nsogbu mgbe obiara, matakwazia ihe iga eme mgbe nsogbu biara. I nwere ike igbochi nsogbu ndi siri ike gbasara oria shuga.

Obi nkoropu

- Obi nkoropu na oria stroke bu Oria ndi kachasi egbu mmadu mana ebutekwazi ihe nghia ahu na oria shuga. Ngosi obi nkoropu nwere ike ime na ntumade ma obu n' uzo aghughu, iji obere ahu ufu na ihe mgbaka ahu. Oburu na inwee ngosi obi nkoropu, biko rio enyemaka ozugbo ma hu dokinta gi
- Obi ufu na-eme gi ka nsogbu, npikota, ahu inyi aro, ma obu if una etiti obi, nkea na ano obere oge ma kwusi emekwaa obiaghachi.
- ufu na ahu nile tinyere Azu, Agba, Afo, Olu, ma obu ufu na otu aka ma obu n'aka nke abuo.
- Inwe ihe nghia ahu na iku ume
- Ogbugbo ma obu isi ida oku.

stroke

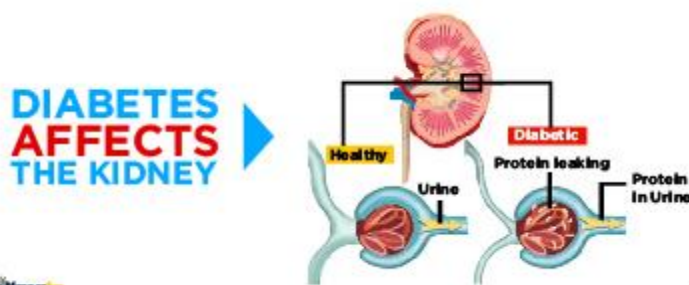
- oburu na inwere ihe Ngosi na mberede gbasara stroke, kpoo dokinta gi ma obu onye agbata obi ozugbo. Etua ka odikwa na-ebe Obi nkoropu no, ogwugwo di oso oso di mkpa maka na obu ya ga ekwu ndu ma obu onwu onye ahu. Ido aka na nti Stroke ga egosi bu nkea:
- ufu na ike ogwu n' ihu, aka, nakwa ukwu okachasi mgbe ometutara otu akuku ahu.
- ime ka onye ogba aghara di na isi.
- ihe nghia ahu na iga ije, Ikwu okwu, enweghi mmuo nchikota.
- Inwe oke isi owuwa na enweghi ihe kpatara ya.

Akwara mebiri emebi:

- Ndi nwere oria shuga ka odiri mfe akwara ha imebi, nkea bu maka na ha nwere nnukwu shuga na obara ha.
- Akwara mebiri emebi metutara Agba nke abuo Oria shuga nwere ike ime ka ighara n' inwe mmetuta n'ukwu gi nkea ka ana akpo Diabetic neuropathy, nkea ga eme ahu gi oghere oghe inabata oria na nje. Enwere ike onya ma obu ihe gburu gi na ukwu nke anaghi emetuta gi beluso ma ilere ukwu gi nke oma, nje nwere ike irutewe na ya.
- Nje agwoghi nke oma nwere ike ime ka anu aru nwuo nke ga eme ka egbupu mkpuru ukwu ometutara.
- Oria shuga nwere ike ime ka ohiaa ahu anu ahu gi ichu nje , nke na ebute nje na ahu ma obu na onu, tinyere nje bacteria na nje fungi. Nje gum na onu ikpo nku bu ihe ndi aga ahu.
- Oburu na iwee ihe ngosi ndia gaa hu dokinta gi:
- Ahu oziza ma obu ahu di aro.
- Otito na acha obara onya gbasara na aku ahu ma obu ahu mkpucha.
- Ufu, igbu mgbu, ma obu aka na ukwu ikpo oku tinyere mkpisi aka na mkpisi ukwu.
- Ahu ufu na aka njo na abali.

- Akwara ahu igwu ike nke lhe gburu na ahu, onya ma obu otito toro gi na ukwu na egbu oge ikpo akpo nke na afu oke ufu karia etu isi chee.
- ona ahia ahu na iga ije.
- Nje na eme na akpa mamiri nakwa nsogbu ekweghi nchikota na akpa mamiri.
- Afo okuko, afo ifu ufu, afo ntachi, ogbugbo ma obu onyunyu.
- lhe nwoke adighi aru oru, ahu nwanyi imiko ma obu ikpo nku.

Oria Kidney



- Agba nke abuo Oria shuga na ewelite ogo inwe oria Kidney, Diabetic nephropathy nkea na-eme ka akwara na ebu obara mebie nke ga eme ka obara ghara iwechapu ihe ndi nuru inyi na ahu. Oburu na agwoghi ya, oga aputa ibughari Kidney.
- N' otutu mgbe igaghi ahu ihe ngosi oria Kidney tupu ochaputa, otu odina oburu na inwete ihe ngosi ndia, gaa gwa dokinta gi:
 - Ukwu iza aza.
 - Ukwu imi ami.
 - Isa ahu kwa abali nile.
 - Ogbugbo.
 - Ike ogwugwu na anya icha mmiri mmiri.
 - lhe mgbakasi ahu.

CHETA Uzo kachasi mma iji gbochie Oria shuga agba nke abuo bu ile mamiri gi, obara gi oge obula(ugboro abuo na aro) nyana idokwa sugar di na obara na akara okwesiri I no.

Anya mgbu

- *Ndi nwere agba nke abuo Oria shuga nwere ike udi anya mgbu di iche iche tinyere Diabetics Retinopathy (nkea na emetuta ihe na ebuga obara na anya), glaucoma. na cataract. Oburu na agwoghi Oria ndia, onwere ike ime ka mmadu kpuo isi.*
- *Kpoo dokinta gi oburu na ibido ihu ihe ido aka nti a.*
- *Oburu na inaghi ahucha uzo nke oma ma oburu na onoola ubochi abuo karia.*
- *Ikpui isi na ntumade na otu n' ime anya.*
- *Ntupo ojii no na anya, ihe nkochi anya, ma obu ihe na agahari na anya ma oburu na imegharia mkpuru anya gi.*
- *Mmetuta ibu ok una achasi ike.*

- Ufu na otu n'ime anya.

Shuga ikari na obara no na ahu gi (hyperglycemia)

- Hyperglycemia putara na inwere nnukwu shuga na obara gi. Obara ikari na obara adighi eweputa ihe ngosi, ya mere odi mkpa na ina aga ele shuga di na obara oge obula etu dokinta gi gwa gi. Oburu na ihe ngosi hyperglycemia mee oga ebuputa ihe ndia:
 - Oke inyu mamiri.
 - Oke agu mmiri.
 - Ike ogwugwu na ume ngwu.
 - Afughi uzo nke oma.
 - Aguru igu gi obunadi oge irichapururu nri.
- Oburu na oria shuga gi na-aka njo oge obula, gwa ya dokinta gi. O nwere ike igbanwere ogwu nke ina anu ma gbaziere gi udi nri na ebim ndu nke kwesiri gi nke ga eme ka inwee ezigbo ahuike ma dokwaa oria shuga gi nke oma.

CHETA: ihe ndi ga egbochi otutu nsogbu Oria shuga bu idokwa shuga di na obara na etu kachasi mma oge obula. Iji mee nkea, rie nri nke oma, na eme mmeghari nke oma, noro na ile shuga gi oge obula etu dokinta gi si gwa gi, kwusi ise ihe osise (siga).

Nsogbu na afo ime:

- Shuga ikari na obara nwere ike ibu nsogbu diri nne ma obu nwa di na afo, Enwere ike nwa ahu esi na afo puo, ma obu onwuo ozugbo amuru ya. Ntupo di na imu nwa na akari ma oburu na egbochighi ya nke oma.

CHETA: ihe ndi ga egbochi otutu nsogbu Oria shuga bu idokwa shuga di na obara na etu kachasi mma oge obula. Iji mee nkea, rie nri nke oma, na eme mmeghari nke oma, noro na ile shuga gi oge obula etu dokinta gi si gwa gi, kwusi ise ihe osise (siga).

NUTRITION NA DIABETES



Nutrition na diets

- Diets bu uzo di mkpa eji ejikwa oria shuga nke abuo. Uzo di mfe ibi ezigbo ndu ahu ike bu iri ezigbo nri ga enye gi ihe na ahu ga edozi gi ahu, nyana nke nwere obere abuba, na kalori. Nri ndi iga ejide aka bu mkpuru osisi, akwukwo nri na nri ndi dika oka.
- N' ezie , nri ndi Oria shuga na aya bu nri kachasi mma onye obula nwere ike iri. nkea ga egbochi onye obula ahu di ibute Oria a.
- Inyere gi aka na ijikwa Oria na onwe gi, ndia bu nri ndi ekeputara na uzo ato maka gi.

CHETA- Ugboro ole, nnukwu ole iriri, na udi nri iriri ka iga ahoro na nkeputa ndia bu ihe di mkpa na ihe nile ina eri oga enyerekwaa aka idokwa Oria shuga no gi ahu.

NRI KWESIRI

AKWUKWO NRI- akwukwo nri ndu ndi dika (soko, ugu, Soko, Ugu, Tete, Gbure, Uziza, Utazi, Scent leave (nchuawu), Curry leave, Oha leave, Lettuce, Cabbage, Spinage, Ewedu, Carrots, bitter leave, Garden egg (anara), Mushrooms(ero), Onions, Cucumber, Runner beans na di ozo).

MKPURU OSISI - Grapefruit, Pawpaw, African Cherry (Udala), Cashew, Garden Egg (Anara), mmimi (pepper fruit), nan di ozo.

MMIRI - inu mmiri karia rubber litre abuo na ubochi.

BEVERAGES (ihe onunu) – coffee, Tea (lipton) na ejighi shuga.

CONDIMENTS(IHE NGWOKO NRI) – Ose, curry, thyme, iru, garlic, Amala.

CEREALS NA GRAINS – Oka, osikapa, sorghum, mkpuru nri, Achicha oyibo nwere wheat, Agidi, Akamu, semovita, semolina, Millet.

LEGUMES NA NUTS- groundnuts, cashew nuts, walnuts, coconut, Egusi.

MKPURU OSISI- Orange, tangerine, mango, pineapple, ube, banana.

MMANYA mmiri apiputara na mkpuru osisi etinyeghi ihe uto.

NRI AGA AGBARA OSO

SHUGA EMEPUTARA - Shuga na nri ndi nwere shuga dika (jam, Marmalade, candie, chocolate, ice-cream, Honey).

PASTRIES - Chinchin, puffpuff, cakes, burger, pies, Doughnut, Sausage rolls, Biscuit, Pizza, Eggroll, Hotdog.

NRI NWERE ABUBA MA OBU MMANU - Margarine,cheese, Butter, Mayonnaise, salad cream, fatty beef (anu were abuba), Anu ezi, Bacon, Sausage.

MMANYA - Mmanya mineral, mmiri mkpuru osisi na ato uto, mmiri ara ehi na ato oke uto, mmanya cocoa na ato oke uto.

GINI BU CALORIES?

- “Calories” bu nke kacha obere eji aturu ike di na mmanya na nri.
- Okwu a “calorie” eji akowa nri kwa oge obula bu otu ihe ka Kilocalories (Kcal).
- “calories” nae nye ahu mmadu ike iji ruo oru ya nke oma nyana anyi iru oru anyi ubochi nile.
- Enwere calories Itolu na otu Gram Abuba, calories ano na otu Gram carbohydrate nakea calories ano na otu Gram protein.

CALORIES OLE KA AHU M CHORO?

- Umu nwoke ndi okenye ga acho calories ruru puku abuo ruo puku ato.
- Umu nwanyi ndi okenye ga acho calories ruru otu puku, nari isii ruo puku abuo, nari ano.
- Onu ogugu nwere ike di elu ma obu ala dabere na afo ole, aro,nakwa otu mmeghari ahu di.
- Oburu na ichoro ifechanata, calories ina eri kwesiri idi obere karia abuba ina agbari oge obula mgbe ina eme mmeghari ahu.

GINI KPATARA M GA EJI NE ALE CALORIES DI NA NRI M?

- Oburu na igaa n’ iru na eri calories kariri ihe ahu gi choro, I nwere ike itinye ahu.
- Inyere aka itinye any ana ahu ka ighara ibu ibu, ile calories ole di na nri gig a enyere gi aka iri ezigbo nri.
- Ufodu nri ndi ngwugwu nwere ihe ndi edere y ana ahu iji mata udi nri ina eri.
- I nwere ike iji uzo ManageAm iji gbakoo calories ole di na nri gi.

IGBANWE OTU ESI EBI NDU

PROFAILU AHU IKE

Gini bu profailu ahu ike?

Imata profailu ahu ike gi ga-eme ka ighota etu iga esi agbanwe ebim ndu maka ona egosi ebe na ahu ike gi kwesiri ga enenye ya anya ozugbo nyana nke ekwesighi na enenye ya anya ozugbo nyanakwazi ebe ndi na eme ofuma.

- Profailu ahu ike na egosi etu ahu gi di ugbuga. I nwere ike ime ka ihe di iche di na ahu sitena na igba mbo chota ihe ndi ga enyere ya aka, ma wepu ihe ndi ga eme ka ahu gi noro na nsogbu, mee ahu gi ka odi ike oge obula.
- Nwayo Nwayo, I nwere ike ihu mgbanwe na profailu gi , nkea ga emetuta udi ihe iga eme na odi n' ihu.
- Ekere Profailu ahu ike na onu ogugu akurungwa di ezigbo mkpa na iji aka elekota onwe gi na agba nke abuo Ori Shuga. Ndia gunyere:
 - Blood Pressure (BP) Systolic
 - Blood Pressure (BP) Diastolic
 - Total Cholesterol
 - HDL
 - LDL
 - A1c
 - BMI
- **Gini bu Blood Pressure(BP) systoli na Diastolic pressure?**



- Mgbe Obi gi na eti na ekesa obara na ahu gi iji nye ya ike na ikuku oyi ochoro.
- Oge obara na agaghari na ahu, ona emetuta akwara nile na ekesa obara, ike di na nkesa obara by Blood Pressure.
- Oburu na ike di na obara gi di elu, O na etinye oke ihe mgbu na akwara (nyana na mkpuru Obi) nkea nwere ike ibute Obi nkoropu nakwa Stroke.
- Mmesho blood pressure na ele nkwanye na aga na akwara obara gi. Mmesho a kwesiri isi na-aka dokinta gi ma obu nursu gi.
- O ga adikwa mkpa ma oburu na imara ihe Blood pressure bu kwa mgbe.

- Iji gbanari Obi nkoropu na Stroke, iga agba mbo ka l na ejigide okwa obara gin a 130/80 ma obu pekaria oburu na inwere Agba nke abuo na Oria shuga.
- **Gini bu Total Cholesterol; HDL NA LDL (blood fat)?**



- Cholesterol bu udi isi abuba nke nae nye anyi nsogbu na obara. Oburu na inwere nnukwu cholesterol na obara gi onwere ike imechi ebe obara si abanye na ahu nke ga eme ya ka O na ebute ihe nkpochi.
- Oria shuga na ewetu okwa ezigbo cholesterol ma welie okwa triglyceride nke bu ajo cholesterol nke na ebute ajo onodu dika Obi nkoropu na Stroke. Onodu a ka ana-akpo Diabetics Dyslipidemia
- Cholesterol nwere udi abuo , nke ezigbo ya by HDL na nke ajo ya bu LDL
- Oburu na inwere agba nke abuo na Oria shuga ihe ahu gi kwesiri ezigbo cholesterol (HDL) na nnukwu, nakwa cholesterol di njo(LDL) na obere ya.
- Ikwesiri inegara any ana inwete onu ogugu ndia:
 - Total Cholesterol = **Less than** 3.1 mmol/l
 - HDL (Good) = **More than** 1.5 mmol/l
 - LDL (Bad) = **Less than** 2.0 mmol/l



- Ihe nlele cholesterol kwesiri ka dokinta ma obu nursu gi na eme ya na Laboratory, imiri obara gi sitena akwara vein, mgbe ufodu aga adu ndumodu ka ighara iri nri.

Gini bu A1c Test?

- A1c bu nlele obara na agwa gi etu udi na onwa abuo na ato gara aga na blood shuga gi nyana ichekwaba Oria shuga gi. Dokinta ma obu nursu no na ngalaba ga eme nlele a sitena imita obara na akwara vein gi.
- Oburu na obu izizi gi inwete Oria a ikwesiri inwere okwa A1c pere mpe dika 6.5% (48mmol/mol).

- Mana oburu na ina anu ogwu ruru abuo ma obu karia okwesiri ipe mpe dika 7.5% (59mmol/mol).
- Okwesiri ka ikpoo ya mkpa ikanyere dokinta ma obu nursu gi maka nkea.

Waistline na Diabetes

- Na agba nke abuo Oria shuga (type 2 diabetes) otu n' ime nsogbu ndia bu na ahụ gi adighi ejikwa insulin ona emeputa. Ihe ndi nae me nchoghari choputara nan di mmadu ndi na etinye nnukwu anu ahụ na etiti afo ka ana ele any ana ha nwere ike inwete oria a.
- Odi mkpa na ifechanatara na ahụ ma na afo ma oburu na dokinta gi kwuo na itinyere nnukwu ahụ, nkea ga enyere aka etu ahụ gi si eji Insulin ejikwa ejikwa shuga di na ahụ.
- Dika etu isi ejikwa onwe gi, ifechanatu na ahụ di ezigbo mkpa maka na obu nsonazu mgbanwe na ebim ndu.

Gini bu Body Mass Index BMI?



- BMI bu mmesho abuba di na ahụ, mgbasa ahụ di aro gbakoo ya na ogologo gi.
- Dika etu isi ejikwa onwe gi, ifechanatu na ahụ di ezigbo mkpa maka na obu nsonazu mgbanwe na ebim ndu.
- Mgbe I na ewelata aka na oke ibu (BMI), iga enwe mgbochi ka mm ana inwete nsogbu di na oria Shuga.

NDEPUTA ATUMATU AGA ENEGARA ANYA

Ina elokota Oria shuga?



- Imaputa etu aga esi aru oru imezi profailu ahu ike di ezigbo maka nlekota onwe na oria shuga.
- Enwere ihe ato na emetuta shuga di na obara, ndia bu emume, ogwu na nri.
- Ndeputa atumatu ga enyere gi aka ihoro otu n’ime ato ndia nke iga acho igbakwasi ukwu ma nae me ya oge nile.

Na-arusi oru ike

- *Enwere uru di na irusi oru ike:*
 - O na ebelata oke oru na nchegbu ma mee ka onodu ahu di gi uto.
 - O na ewetu obara mgbali elu.
 - O na ewetu etu cholesterol di na ahu ha.
 - O na agbari calories ma mee ka ahu fi fechanatu.
 - O na ebelata shuga di na obara sitena ibelata insulin di na ahu.
 - O na-eme ka mkpuru obi gi doo ahu.
- Odi mkpa na iga na aga maka emume mmeghari ahu opekata mpe nkeji iri ato ugboro ise na izu uka.
- Moderateky intense bu mmemme ga-eme ka ikutu ume oso oso, Mkpuru obi gi ga na aku oso oso mana oga eme ka anu ahu gi di oku. Ije ukwu ga-eme ka ikuo ume oso oso ma inwekwaa ike ikwu okwu.
- Itinyekwa karia na ihe ndia edeputara oga bu uru diiri gi. I nwere ike ihoro mmemme nke I g ana-eme na adi gi obi mma nke inwere ime oge obula.

INU OGWU

- Inwe Oria shuga nwere ike iputa na iga na anu ogwu nke ga eme ka Oria shuga gi , blood pressure, cholesterol na weight gi belata.
- Oburu na edere gi ogwu juo dokinta ma obu nursu gi ihe obu nakwa mgbe iga anu ya maka enwere ike inu ogwu na oge di na iche iche.

- Okwesiri na imeghere usoro iga eji na anu ya. Oburu na ahu gaa n'iru nae nye gi nsoghbu mgbe ina anu ogwu ndia ma obu odighi gi mma na ahu, inwere ike igakwuru dokinta maka igbanwere gi ya. Akwusikwala ya na ike aka gi.

NHORO NRI



- Nhoro nri iji aka gi horo nwere ike ibelata nsogbu di na Oria a
 - Carbohydrate bu shuga (table sugar), starch bu ndia (potato, rice, macaroni, bread, cereal) ha abuo nwere ike ime ka Shuga no na obara di elu.
 - Nri na mmanya nke shuga bu isi ihe ha mee ya nwere ike ime ka okwa shuga na ahu gbagoo n' ike.
 - Iri nnukwu carbohydrate karia ka isi eri na mb unwere ike iweli okwa shuga na ahu.
 - Sitena inyocha mamiri gi ma obu shuga no na obara iga-esi ebea na enyere onwe gi aka na etu ahu gi anabata nri nwere carbohydrate.
 - Cheta na oburu na irie carbohydrate nae be oburu ibu karia oga eme ka itinye nnukwu ahu.

Fats (Abuba)

- **Iri nri nwere Shuga na Abubanwere ike iputa na:**
 - Oga ahia gi ahu ifechanatu.
 - Okwa Nguzogide insulin na shuga no na obara ga adi njo.
 - Mpkuru obi na ihe na agbasa obara ga emebi.
 - E nwere abuba di iche iche na nri anyi na eri.
 - Udi abuba nile nwere calories di nnukwu nke mere na o nwere ike imetuta otu mmadu ha.

Mkpuru osisi na Akwukwo nri

- Iri mkpuru osisi na akwukwo nri na ebe oburu ibu ga enyere blood pressure aka ma nyerekwa mkpuru obi aka na igbasa obara.
- Oburu na ijiri mkpuru osisi nochie nri ndi ozo, oga enyere gi aka na ifechanata ma jikwaa okwa shuga na obara gi.

- Oga aka mma ma oburu na ina eri uzo mkpuru osisi na akwu nri ise na otu ubochi.

Njikwa ibu

- Obere mgbanwe na ihe ina eri, ma obu itinyekwa uchu na mmemme mmeghari ahu ga ewelata ibu.
- Oburu na inwere nnukwu shuga na obara, O nwere ike Oburu na ina anyupu na mamiri nke nwere ike ime ka ibu gbagoo ma obu gbadaa.

CHETA: Ugboro ole, oke nri, na udiri nri ina eri di ezigbo mkpa ichekwa Oria Shuga na nkwado ya.

MAKA OZI NDI OZO NA ETU ESI EGBOCHI MA NA ECHEKWA ORIA SHUGA, NA SELF HEALTH EMPOWERMENT INITIATIVE WEBSITE NA - SH-EI.ORG MA OBU BUDATA 'MANAGEAM' MOBILE APPLICATION ON IOS AND ANDROID