



Ilaali
Sonkortaada
Way u qalantaa
waqtigaaga.
 Qaybta 1. The
 Basics

Cudurka
 Sokortu waa
 cudur daran
 wuxuuna
 sababayaa
 sokorta ama

glucose oo dhiigaaga ku badata. Jirkeenu wuxuu tabarta ka helaa cuntada aan cunayno oo uu u badalo glucose. Jirkeenu wuxuu abuuraa insulin taasoo awood u siin karta isticmaalka sokorta jirkaaga ku jirta. Markaadse sokor qabto, jirkaagu ma abuurin karo insulin, markaasna sokortii ayaa ku dhex jireysa dhiigaaga.

Cudurka sokortu wuxuu leeyahay noocyo badan. Dadka qaba nooca loo yaqaan **Type 1 diabetes** jirkoodu ma sameeyo haba yaraatee wax insulin ah. Sida caadiga ah noocani wuxuu ku dhacaa caruurta iyo dadka dhalinyarada ah. Dadka uu sonkorowga noocani ku dhaco waxay u baahanyihiin inay qaataan insulin inta ka dhiman noloshooda. Hadii aad qabto nooca loo yaqaan **Type 2 diabetes** jirkaagu ma sameeyo insulin ku filan, umana isticmaalayo si fiican inta yar ee uu haysto. Inta badan noocani wuxuu ku dhacaa dadka waawayn laakiin caruurtana wuu ku dhici karaa. **Gestational diabetes** wuxuu ku dhacaa dumarka xiliga ay uurka leeyihiin. Sida caadiga ahna markuu ilmuhu dhasho wuu iska dhamaadaa, laakiin hooyada cudurkani uu xiligaas ku dhaco inta badan aakhirka waxaa ku dhaca Type 2.

Waxaad khatar u tahay inuu kugu dhoco nooca Type 2 diabetes:

1. Hadii qof reerkaaga ahi uu qabo.
2. Hadaad tahay Native American, Latino, African American ama Asian/Pacific Islander.
3. Hadii aad aad u cayilantahay.
4. Hadii aadan jimicsi samaynin

Dad badan markay ogaadaan inay qabaan cudurka sonkorta waxay leeyihiin calaamado sokorta dhiigooda ku jirta oo saraysa ay ku garan karaan. Haday glucose ama sonkortu jirkaaga ku badantahay waxaa:

Hadii dhiigaaga sokortu ku badan tahay:

- waxaa isku arki kartaa oon.
- waxaad isku arki kartaa kaadi badan.
- waxaad dareemi kartaa daal.
- waxaa laga yaabaa in aadan si fiican wax u arag.
- waxaa laga yaabaa in infekshin aad isku aragtid.

Sokorta oo dhiigaaga ku badan waxay dhib wayn ku tahay jirkaaga. Hadii aadan koontaroolin cudurka sonkorta, waxaa kugu bilaaban kara dhibaatooyin lagu magacaabo “*complications*” of diabetes oo ah waxyaabo ka dhasha cudurka sonkorta. Sokortu waxay keeni kartaa indho la’aan, wadno xanuun, kalyo la’aan iyo waliba xubnaha oo aad beesho sida cagaha ama lugaha. Waxyaalo badan ayaad kaga hor tagi kartaa si ayan arimahani kuugu dhicin. Baro wax kasta oo cudurka sokorta ku saabsan, iyo sidaad u koontarooli lahayd.



Sonkowgu waa cudur khatar ah, waadna qabi doontaa noloshada inta ka hartay, laakiin waad koontarooli kartaa. Waqti qaado maanta si aad u koontarooli sonkorowga si aad u noolaatid waqti dheer.

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