



## Halis ma u tahay cudurka sida dhaqsaha badan ugu sii kordhaya dunida?

### Sababaha khatarta ku lug leh waxaa ka mid ah:

- Da'deydu wey ka weyn tahay 40 jir.
- Waxaa jira (ama jirey) qof aan ehel nahay oo qaba (ama qabi jiray) kaadi sonkorow.
- Waxaan dhalay canug uu culeyskiisu ka badan yahay afar (4 kg) kilo ama sagaal (9 pound) rodol, ama waxaan qabi jirey kaadi sonkorow markii aan uurka lahaa.
- Si joogta ah jimicsi uma sameeyo (sida jimicsi ka yar saacad barkeed maalintiiba, ama saddex maalmood todobaadkiiba).
- Dhexdeyda cabirkeedu wuxuu ka badan yahay ragga 100 sentimitir (40 inches) ama ka badan yahay haweenka 95 sentimitir (37 inches).
- Cadaadiska dhiigaygu wuxuu ka sarreeyaa 140/90 ama waxaan qaataa daawada dhiigkarka.
- Waxaan ku dhashay Koofurta Yurub, Bariga Dhexe, Aasiyada Koofur Bari, waxaan ahay Bolniishiyaan, ama Hindi Aasiyaan ah.
- Si xad dhaaf ah baan u kaadiyaa
- Had iyo jeer waan oomanahay
- Sabab la'aan buu miisaan iiga dhinmay
- Mararka qaarkood cagaha ayaa farahooda ama lugaha ayaa i kabaabyooda ama I galiilyooda
- Araggayga shucaac ayaa ku jira
- Had iyo jeer waan daallanahay
- Kor cusan ayaan qabaa ama inta badan nabarro maqaarka ama oogada iga soo baxa.

Haddii aad "haa" kaga jawaabtid labo ama in ka badan su'aalaha kor ku xusan, waxaad halis u tahay in uu kugu dhaci karo kaadi sonkorow – amaba uu mar horeba kugu dhacay oo cudurka qabto. Waa in aad baaritaan ugu tagtaa takhtarkaaga – dad badan ayaa qaba cudurkaan iyaga oo aan ka warqabin. Mid ka mid ah sababta dad badan oo dunida ku nool ay markiiba kaadi sonkorow ugu dhintaan, waa iyadooy jirto aqoon darro la xiriirta khatarta uu cudurkani leeyahay. Marka cudurka kaadi sonkorowga aan la iska baarin ama leyska daaweyn, waxaa kordhaya halista mixnado ama cilado badan oo cudurka la xiriira oo ay ka mid yihiin cudurka wadnaha, xanuun kadis ah oo maskaxba ku dhaca, kelli-beel, indha-beel, qofka oo ay lugaha iyo gacmaha dhiigu ka xirmo oo xubintaasi dhimato taasoo keeni karta in qofka xubintaas laga gooyo, iyo ciniinnimo ama kacsii la'aan ragga ku dhacda. (Tabar darro xagga isutegida ragga iyo dumarka.)

### Maxaynu u dhab ugu qaan weyney ama u dhayeelsanaa cudurka kaadi sonkorowga?

Qeyb ahaan waxaa ugu wacan dadka qaba kaadi sonkorowga oo u muuqda dad fayow. Qaar ka mid ah

dadka cudurka qaba waxay iyaguna dareemaan iney caafimaad qabaan una haystaan in ayan u baahneyn iney iska baxnaaniyaan ama iska daaweeyaan. Hase yeeshee iyadoo laga yaabo in kaadi sonkorowgu aanu dibedda ka muuqan, ayuu si shibban ama aan la dareemi karin ugu geystaa jirka waxyeelo. Marka uu ku hayo cudurka kaadi sonkorowga macnaheedu waxa weeye jirka oo aama aan sidii la rabey u isticmaali karin heerka sonkorta dhiigga ku jirta ee loo yaqaan guluukooska - guluukoosku marka uu jirka ku batana wuxuu waxyeello u geysan karaa xubno badan oo kala duwan. Sababata kale ee kaadi sonkorowgu ugu sii badanayo waddamo badan waxa ay tahay – iyadoo ay waxhaysashadu ay sii badatay. Lacag badan oo aan ku kharash-garayno cuntada ay caddiintu ama baruutu ku badan tahay, gaari iyo qalab noo fududeeya qabashada shaqada, ayaa naga dhigaya in aan sidii hore ka sii buurnaano kana sii xarakaad yaraano – labadaas oo ah kuwa kordhiya halista kaadi sonkorowga.



Waxaa la gaaray wakhti aan kaadi sonkorowga la iska indhatiri karin. Haddaad u maleyneyso inaad halis u tahay inuu kugu dhaco cudurkani, la kulan ama arag takhtarkaaga. Haddii hadda aadan halis u aheyn, waa fikrad

wanaagsan inaad eegto hab-nololeedkaaga – ma u baahan tahay in aad wax ka bedesho si aad u yareyso halis kugu timaada mustaqbalka? Adigoo is caateeya, xarajaadjaaga ana firfircoonidaada oo bata, iyo adigoo cuna cunto isku dheeli tiran oo caafirmaad leh (oo ay caddiintu, baruurtu ku yar tahay) ayaa kaa caawin kara inaad ka hortagto ama iska baxnaaniso kaadi sonkorowga. Haddii aad horey u qabtey kaadi sonkorow, inaad ku noolaato si hab-nololeed caafimaad leh iyo adigoo si joogta ah ugu taga takhtarkaaga baa kaa yareyn kara halista mixnadaha ama ciladaha weheliya jiradan. Haddii aadan horay ugu sheegin qaraabada aad isu dhowdhiin in aad qabto kaadi sonkorow, la socodsii hadda– in qoysku ogaadaan in uu jiro qof ka tirsan oo qaba kaadi sonkorow waxay akhbaar lagama maarmaan ah u tahay mustaqbalka caafimaadkooda, waxayna ka caawin kareysaa in ay qaadaan tallabooyin si ay u yareeyaan khatartooda.

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