

Sonkorowga iyo Insulinta: Qorshahaaga Shakhsi Ahaan

For an English version, see
"Diabetes and Insulin: Your Personal Plan,"
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allinahealth.org



Fiirooyin ama Su'aalo

Insulinta, sonkor dhiig oo hooseysa iyo baabuur wadis

Haddii aad qaadatid insulin, markasta hubi gulukoosta dhiigga ka hor inta aanad baabuurka kaxeeyn.

- Ha kaxeeyn baabuur haddii gulukoosta dhiiggaagu ka hooseyso 80 mg/dL
- Haddii gulukoosta dhiiggaagu u dhexeyso 80 iyo 100 mg/dL, cun 10 illaa 20 garaam oo ah gulukoos dhakhso u hawlgasha.
- Kordhi karbohaydraytyadaada marka baabuur wadistu sii dheer tahay.
- Markasta karbohaydrayt dhakhso u hawlgasha ku hayso baabuurkaaga. (Fiir liiska ku yaala bogga 11.)

Qorshahaaga Insulinta

Hadaf:

Soomanaanta: Tiro gulukoos dhiig _____ mg/dL

Tiro gulukoos dhiig ka hor cuntada _____ mg/dL

Tiro gulukoos dhiig 2 saac ka hor cuntada _____ mg/dL

Tiro gulukoos dhiig ka hor wakhgiga seexashada _____ mg/dL

Quraacda		
Baadh gulukoosta dhiiggaaga: <input type="checkbox"/> ka hor <input type="checkbox"/> ka dib		
Insulin	Nooc _____	Qaddar _____
Qado		
Baadh gulukoosta dhiiggaaga: <input type="checkbox"/> ka hor <input type="checkbox"/> ka dib		
Insulin	Nooc _____	Qaddar _____
Casho		
Baadh gulukoosta dhiiggaaga: <input type="checkbox"/> ka hor <input type="checkbox"/> ka dib		
Insulin	Nooc _____	Qaddar _____
Wakhti Seexasho		
Baadh gulukoosta dhiiggaaga: <input type="checkbox"/> ka hor <input type="checkbox"/> ka dib		
Insulin	Nooc _____	Qaddar _____

Cabbirka Sixitaanka

Isticmaal cabbirka sixitaanka ee hoose si uu kaaga caawiyo inaad go'aamisid qaddarka insulinta dheeraadka ah (qaddarka sixitaanka) ee laga yaabo inaad u baahan tahay si loo daweyo gulukoos dhiig oo sareysa.

Nooca insulinta: _____

Haddii gulukoosta dhiiggaagu tahay:	Ku dar qaddarkan insulintaada ka hor cuntada:

Fariimo: _____

Talooyin

- Qaddarada sixitaanka waxa la sameeyaa wakhtiga cuntada.
- Waa in qaddarada sixitaanku ugu yaraan isku jiraan 4 saacadood.
- Markasta cabbir gulukoosta dhiiggaaga 2 saacadood ka dib qaddar sixitaan.

Daweynta

- Tijaabi gulukoosta dhiiggaaga isla wakhtiga aad dareentid astaamaha.
- Haddii heerkaagu hooseeyo, ku dawee 15 garaam oo ah karbohaydrayt. Tusaalooyinka waxa ku jira:
 - ½ koob ah juus furut (uma baahnid in aad ku dartid sonkor)
 - ½ koob oo ah cabbitaan soodha ah oo caadi ah
 - 7 illaa 8 Lifesavers® ama nactacyo kale
 - 1 qaaddo cunto oo ah malab ama sonkor
 - 2 qaaddo cunto oo ah sabiib
 - 3 'marshmallows' oo waaweyn
 - 1 koob oo ah caano subagga laga saaray
 - 3 illaa 4 kiniin gulukoos
 - 15 garaam oo ah 'gel' gulukoos.
- Dib u baadh gulukoosta dhiiggaaga 15 daqiiqadood kasta oo ku dawee 15 garaam oo ah karbohaydrayt haddii ay wali hooseeyo. Ku celi illaa gulukoosta dhiiggaagu ka sareeyo 80 mg/dL oo aan lahayn astaamo.

Astaamaha

Khafiif (mid ama ka badan oo ah kuwa soo socda):

- dhidid
- gariir/jareyn
- dareen ah tamar-dari/daal
- dareen ah walwal ama fiigsanaan
- wadne garaac badan
- dareen ah gaajo
- madax-xanuun khafiif ah oo ku haya
- dareen jidhidhico ah oo ah agagaarka dibnaha iyo carabka

Sii daran:

- indho aan libiqsanayn ama meel aan ka jeedsanayn
- hadal isku darsan
- dawakh
- socod dhacdhac leh

Aad iyo aad u daran (dhif):

- miyir beelid
- suuxdinno.

Noocyada Insulinta

Insulinta "Bolus" (wakhti cunto): Noocan insulin waxa uu dabbirayaa baahiyahaaga. Waxa kale oo laga yaabaa inaad noocan u baahatid ka hor cuntada fudud.			
Insulinyo	Bilaabaa Shaqada	Sareyn	Joojiyaa Shaqada
Dhakhso Hawlgala: Humalog® (lispro) NovoLog® (aspart) Apidra® (glulisine)	5 illaa 15 daqiiqadood	1 illaa 2 saacadood	2 illaa 4 saacadood
Mudo Gaaban Hawlgala: Regular (R) Humulin® R, Novolin® R	30 illaa 45 daqiiqadood	3 saacadood	4 illaa 8 saacadood
Biirsan: Humulin® R U-500	30 daqiiqadood	2 illaa 4 saacadood	illaa 24 saacadood
<ul style="list-style-type: none">■ Sii Humalog®, Novolog® iyo Apidra® wakhti ka yar 15 daqiiqadood ka hor cuntada.■ Sii ta caadiga ah 30 daqiiqadood ka hor cuntada.			

Insulinta “Basal” (joogto):

Noocan insulin waa in la qaato isku wakhti maalin kasta. Waxa u ku siinayaa heer insulin oo joogto ah illaa 24 saacadood.

Insulinyo	Bilaabaa Shaqada	Sareyn	Joojiyaa Shaqada
Hawlgala Mudo Dheer*: Lantus® (glargine) Levemir® (detemir)	2 saacadood	Ma leh sareyn	24 saacadood
Hawga Mudo Dhexe: NPH (N) Humulin® N, Novolin® N	2 illaa 4 saacadood	4 illaa 8 saacadood	10 illaa 16 saacadood
*Lantus® iyo Levemir® laguma dari ama qasi karo insulin kale.			

Hibogilisiimiya (Hypoglycemia) ama yaraanta Gulukoosta Dhiigga

Hibogilisiimiya macnaheedu waxa weeye in gulukoosta dhiiggaagu hooseyso– guud ahaan ka hooseysa 70 mg/dL*. Astaamaha si dhakhso ah ayaa la iskugu arkaa waxana loo baahan yahay in loo daweeyo sida ugu dhakhsaha badan ee suurtoogalka ah.

* Heerarka gulukoosta ee hooseeya dadku way ku kala duwan yihiin, sidaa daraadeed waa muhiim inaad weydiisid dhakhtarkaaga ama barahaaga sonkorowga waxa adiga kuu ah heer aad u hooseeya.

Sababo	Ka-hortag
Ma jirto cunto jidhka ku filan.	Wakhti go’an ku cun dhamaan cuntooyinkaaga saddexda wakhti iyo cuntooyinkga fudud.
Firfircooni jidh oo ka badan intii caadiga kuu ahayd.	Iska ilaali jimicsi inta lagu jiro wakhtiga sareynta dawada sonkorow.
Khamriga oo la cabbo cunto la’aan.	Markasta cun cunto fudud ama mid caadiga ah marka aad cabbaysid khamri.
Dawada sonkorowga oo si weyn la iskaga badiyay.	Qaado kaliya qaddarka lagu qoray.

Kaydinta Insulinta

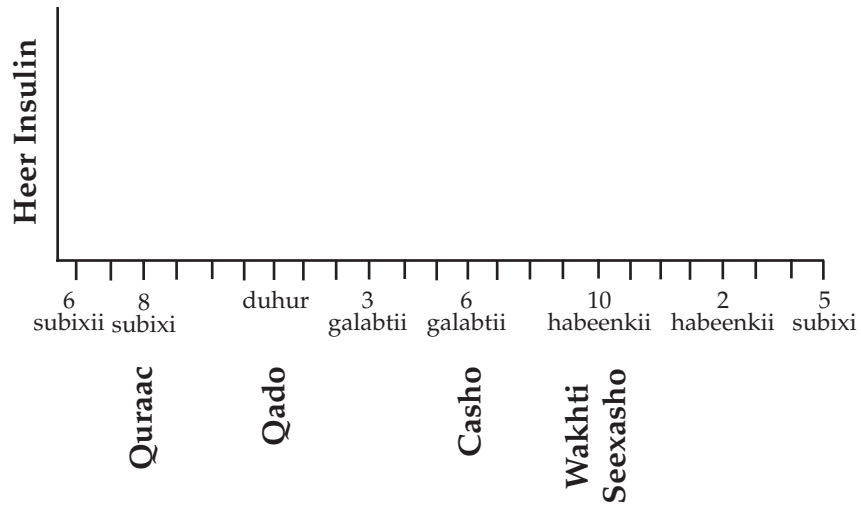
- Dhalooyinka insulinta waxa aad ku hayn kartaa heerkul qol haddii aad isticmaashid gudaha 30 maalmood. Insulinta dheeraadka ah ku hayso qaboojiyaha. Iska tuur dhammaan dhalooyinka insulinta ee furan ka dib 30 maalmood.
- Haddii aad isticmaashid qalimada insulinta, la soco in fariimaha ku saabsan kaydinta ah heerkul qol ay kala duwanaa karaan oo noqon karaan 10 illaa 42 maalmood, iyada oo ku xidhan nooca insulinta. Ka hubso barahaaga sonkorowga ama farmasiilaha.
- Fiiri taariikhda dhicitaanka ee ku qoran dhalo/qalin insulin ee kasta ka hor inta aanad isticmaalin. Iska tuur insulinta haddii la dhaafay taariikhda dhicitaanka.
- Iska ilaali inaad isulinta u dhigtid iftiin toos ah ama heerkul baraf ka dhigaya.
- Ha isticmaalin insulin leh kuuskuus, ku dhegaysa cidhifyada dhalada/qalinka ama u muuqata inay midab-doorsoontay.
- Marka aad safraysid, waa inaad haysatid insulintaada. Ha kaga tagin baabuurka ama baabuur kale. Waxa fikrad fiican ah inaad la safartid kayd dheeraad ah (insulin, siringeyaal iyo faliiidhyada baadhista).
- Waxa laga yaabaa inay jiraan xeerar ku saabsan diyaaradaha. Weydii shirkadda diyaaradda ka hor inta aanad raacin.
 - Dhammaan dawooyin ku hayso weelkooda asal ah ee leh qoraalada farmasiga.
 - Dawooyinkaaga iyo alaabta lala isticmaalo ku hayso boorsada aad gacanta ku haysanaysid.
 - La hadal barahaaga sonkorowga ama bixiyahaaga daryeelka caafimaadka si aad u ogaatid talooyin safar oo dheeraad ah.

Insulinta sii qasan:

Noocan insulin waxa uu dabbirayaa baahiyahaaga labada nooc insulin ee kala ah “basal” iyo “bolus”. Caadi ahaan waxa aad tan qaadan doontaa ka hor quraacdaada iyo cuntadaada fiidka.

Insulinyo	Bilaabaa Shaqada	Sareyn	Joojiyaa Shaqada
Hawlgala mudo dhexe/dhakhso hawlgala Humalog® Mix 75/25 Humalog® Mix 50/50 (lispro protamine/lispro) NovoLog® Mix 70/30 (aspart protamine/aspart)	5 illaa 15 daqiiqadood	1 illaa 2 saacadood/qaarkood waxay kor-dhaan 4 illaa 8 saacadood	10 illaa 16 saacadood
NPH iyo insulinta caadiga ah Humulin® 70/30 Novolin® 70/30 Humulin® 50/50	30 illaa 45 daqiiqadood	2 illaa 3 saacadood/4 illaa 8 saacadood	10 illaa 16 saacadood

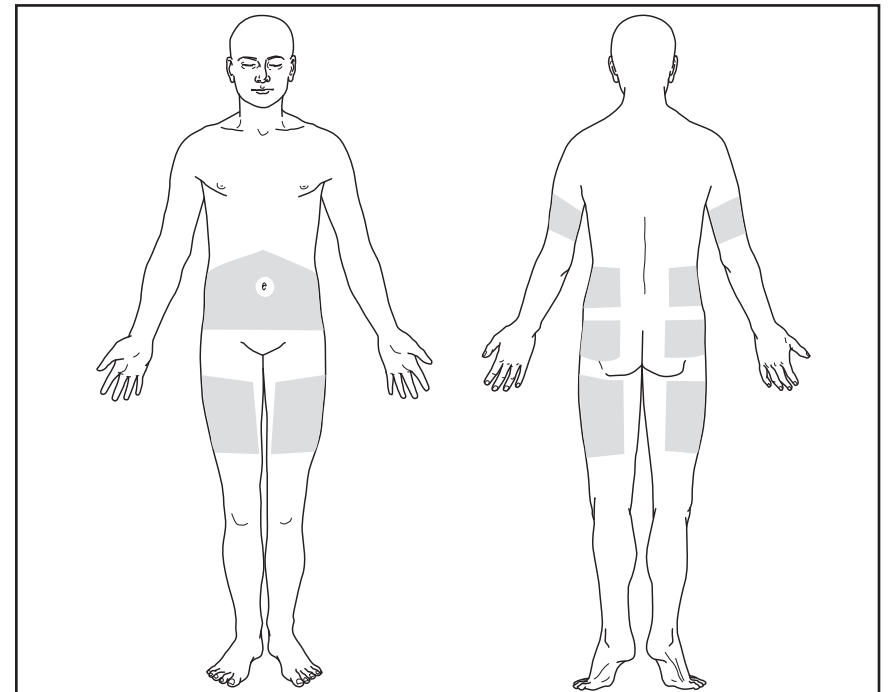
Sida Insulintaadu u Shaqeyso



Halka Laga Qaato Insulinta

Dooro aag duris oo ah caloosha, bawdada sare ama dibadda xigta, xagga dambe ee cududahaaga sare, ama badhida. Ku dur insulinta aagaas 2 todobaad, adiga oo dooranaya goob cusub wakhti kasta. Ka dib 2 todobaad, u wareej aag duris oo kale. Caloosha ayaa ah aagga ugu caamsan ee lagu duro insulinta.

Muhiim: Ha ku durin insulinta meel u dhow xundhurtaada.



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Aagaga hadhka leh waa goobaha laga qaato durista insulinta (durisyo).