

ናይ ሕመም እዋናትን ሕመም ሽኮርን



ናይ ሕመም እዋናት፣ ንመጠን ናይ ደምካ ሽኮር ንምቁጽጻር ኣሸጋሪ ክገብሩዎ ይኸእሉ እዮም። ምስ ሓመምካ፣ ነቲ ክትገብሮ ዝግብኣካ ተወሳኺ ነገራት ፈሊጥካ ንምጽናሕ ምስ ሓኪምካ መደብ ኣውጽእ።

ሓሚምካ ከሎኻ፤

- ንናይ ደምካ ሽኮር መጠን ኣብ ዝቀልጠፉ እዋናት(ኣብ መዓልቲ ካብ 4 ክሳብ 6 ጊዜ) ልክዕ ውሰድ። ናይ ደምካ ሽኮር መጠን ካብቲ ግቡኡ ወጻኢ እንተኾይኑ፣ ናብቲ ክሊንኪ ደውል።
- ወላ ምብላዕ እንተኣበኻ፣ ሓኪምካ ኣይትውሰድ ክሳብ ዘይበለካ፣ ነቲ ኢንሱሊን ወይ ናይ ሕመም ሽኮር ከኒና ብቀጻሊ ውሰድ።
- ብዙሕ ፈሳሲ ስተ። ኣብ ነፍስወከፍ ሰዓት፣ ብውሑዱ ሓደ ኩባያ ማይ ወይ ካልእ ሽኮር ዘይብሉ፣ ካብ ካፊን ናጻ ዝኾነ ፈሳሲ ስተ። ከብድሓ ዝሕመካ እንተኾይኑ፣ ምእንቲ ከይተምልስ፣ ነቲ ፈሳሲ ቀቁሩብ እናገበርካ ስተዮ።
- ነቲ ኩልሳዕ ትበልዕ መግቢ ክትበልዕ እንተዘይክኢልካ፣ ነቶም ስታርችን ሽኮርን ዘለዎ ዘይ ፈሳሲ መግብታት(ከም ባኒን ፍሩታታትን መሳሊ)፣ ምስ ሽኮር ዘለዎም ፈሳሲ መግብታት(ከም ጽሚቕን ለሰላሳ መስተታትን ዝኣመሰሉ) ቀይሮም።
- ኣብ ነፍስወከፍ ሰዓት ካብ 10-15 ግራም፣ ወይ ከይበላዕላ ንዝሰገርካ ናይ ብልዒ ጊዜ 50 ግራም ካርቦሃይድሬይት ዘለዎ መግቢ ወይ መስተ ውሰድ። እዚ ማለት ከኣ ወላ እንተምለስካ ማለት እዩ።

ካብ 10-15 ግራም ካርቦሃይድሬይት ዘለዎም መግብታት፤

- ሶልት ላይን ክራክርስ፣ 6
- 1 ኩባይ ጸብሒ
- 1/2 ኩባያ ኣይድክሪም
- 1 ኩባያ ጸባ
- 1/2 ኩባያ ሶዳ ፖፕ
- 1/2 ሽኮር ዘይብሉ ጽሚቕ

- ኣድላዩ እንተኾይኑ ክድወስዶም ትኸእል፣ ሽኮር ዘይብሉም፣ ኣኮል ዘይብሉም፣ ብዘይ ናይ ሓኪም ትእዛዝ ዝሸየጡ መድሃኒታት፣ ንኣብነት ከም ናይ ሰዓልን ናይ ቃንዛ መድሃኒታት ኣስማቶም እንታይ ከምዝኾነ ነቲ ናይ ክንክን ጥዕና ጋንታኻ ሕተቶ።



Sick Days and Diabetes

Sick days can make blood sugar hard to control. Plan ahead with your doctor to take the extra steps needed when you are sick.

While you are sick:

- Test your blood sugar more often (4 to 6 times a day). Call your clinic if your blood sugar is out of your usual range.
- Keep taking your insulin or diabetes pills, even if you cannot eat, unless your doctor says not to.
- Drink plenty of liquids. Drink at least one cup of water or other sugar free, caffeine-free liquid each hour. If you are sick to your stomach, take the liquids in small sips to help avoid throwing up.
- If you cannot eat your usual meals, replace solid foods that contain starch and sugar (such as bread and fruit) with liquids that contain sugar (fruit juice and regular soft drinks).
- Try to eat or drink 10-15 grams of carbohydrate each hour or 50 grams for every meal missed, even if you are vomiting.

Foods and drinks that have 10-15 grams of carbohydrates:

- Saltine crackers, 6
- Soup 1 cup
- Ice cream ½ cup
- Milk 1 cup
- Regular soda pop ½ cup
- Unsweetened fruit juice ½ cup

- Ask your healthcare team about the names of sugar-free, non-alcoholic, over-the-counter medications, such as cough medicine and pain relievers that are o.k. to take if needed.