

## **Muxuu yahay sonkorow/macaan?**

Sokoroowgu waa cudur ruuxa noloshiisa oo dhan haya. Caadi ahaan, jidhku wuxuu sameeyaa insulin, kaasoo u beddela sonkorta dhiigaaga tamar. Marka qofku qabo sonkorow, jidhku ma sameeyo insulin ku filan ama ma isticmaalo hab sax ah. Heerka sonkorta ee dhiigga ayaa kor u kacda. Waxaa jira laba nooc oo sonkorow ah:

- Sonkoroowga nooca 1-aad(ama insulin-ku-tiirsan) . Dadka qaba noocaan sonkorowga ah ay wuxuu badanaa ku dhaca iyadoo da 'yar. Waa inay qaataan insulin si ay ula tacaalaan sonkortooda sababtoo ah jirkooda mar dambe ma sameeyo insulin iyaga u gaar ah.
- Sonkorowga nooca 2-aad (ama kuwa aan insulin-ku-tiirsaneyn). Dadka qaba sonkorowga noocan ah waxuu badanaa ku dhacaa iyadoo da' wayn. Waxay samayn karaan insuliinka xoogaa, laakiin kuma filna inuu hoos u dhigo sonkorta dhiigga si caadi ah. Cudurka sonkorowga noocan ah waxaa lagu daaweyn karaa cunto ilaalin, jimicsi, kaniiniyo, ama insulin.

## **Maxay yihiin calaamdaha sonkorowga?**

Calaamadaha sonkorowga waxaa ka mid noqon kara harraad sii kordha, miisaanka oo hoos u dhaca, gaajo sii koradha, aragga oo aan sax ahayn, kaadi marar badan, maqaarka qalleyl cuncun leh, dareemid daal, dhibaatooyin xagga galmada ah, iyo lallabo, matag, iyo xanuun caloosha ah.

## **Muxuu aniga iigu dhacay?**

Waxyaabo badan ayaa kordhin kara inuu kugu dhaco sonkorowga Nooca 2-aad, sida taariikhda qoyskaaga ee sonkorowga, a kdigoo ka weyn da'da 40 sano, qaba sonkorowga inta aad leedahay uurka, aad u culus, ama ka soo jeeda Amerikaanka asalka ah, Afrikaan, Hisbanig ama Aasiya ka soo jeeda.

## **Maxaan u baranayaa si loo daryeelo sonkorowgaaga?**

Barashada inaad daryeesho sonkorowgaaga ayaa kaa caawin doonta inaad dareento fiyoobi aadna u caafimaad qabto. Samaynta doorashooyin cunto caafimaad leh, firfircooni joogta ah, iyo qaadashada daawadaada ayaa kaa caawinaya inaad sonkorta dhiigaaga ku hayso xadkaaga bartilmaameedka. Ilaalinta sonkorowgaaga waxay kaa caawin kartaa inaad ka hortagto waxyeellada indhahaaga, wadnahaaga, neerfayaashaada, iyo kelyahaaga.

**Sonkowgu waa anuuna daran. Adigaa ah qofka Diabetes iugu muhiimsan ee maareyn kara. Kooxdaada daryeelka sonkowga ayaa diyaar kuula ah caawimaad.**

## **What is diabetes?**

Diabetes is a life-long disease. Normally, the body makes insulin, which changes the sugar in your blood to energy. When a person has diabetes, the body does not make enough insulin or does not use it the right way. The level of sugar in the blood goes up. There are two types of diabetes:

- Type 1 (or insulin-dependent) diabetes. People with this type of diabetes often get it at a young age. They must take insulin shots to treat their diabetes because their bodies no longer produce any insulin of their own.
- Type 2 (or non insulin-dependent) diabetes. People with this type of diabetes often get it when older. They can make some insulin, but not enough to lower the blood sugar to normal. This type of diabetes may be treated with diet, exercise, pills, or insulin.

## **What are the symptoms of diabetes?**

Symptoms of diabetes may include increased thirst, weight loss, increased hunger, blurred vision, frequent urination, dry itchy skin, feeling tired, problems with sexual function, and nausea, vomiting, and abdominal pain.

## **Why me?**

Many factors can increase your chances of Type 2 diabetes, such as having a family history of diabetes, being over age 40, having diabetes during pregnancy, being overweight, or being of Native American, African, Hispanic, or Asian origin.

## **Why learn how to take care of your diabetes?**

Learning to take care of your diabetes will help you feel well and stay healthy. Making healthy food choices, staying active, and taking your medicine will help you keep your blood sugar in your target range. Keeping your diabetes under control can help prevent damage to your eyes, heart, nerves, and kidneys.

**Diabetes is a serious illness. You are the most important person to manage it. Your diabetes care team is here to help.**