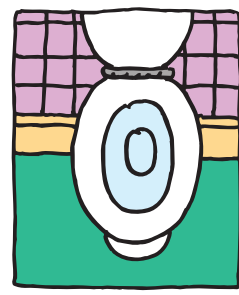
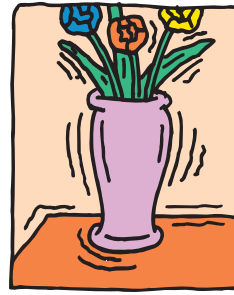


SOKORTA DHIIGA EE SARAYSA (HYPERGLYCEMIA)

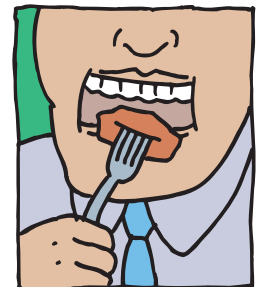
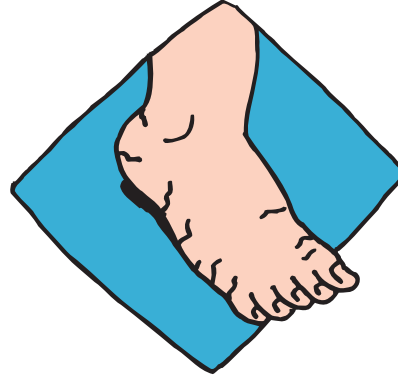
Xakamaynta sonkorta dhiiggaaga waa mid muhiim ah. Sonkorta badan ee dhiiggaaga, muddo dheer, waxay sababi kartaa dhibaatooyin caafimaad oo halis ah.

Sababaha Caadi ahaaneed: Cunto aad u badan, qaadasha la'aanta insulin kugu filan ama kiniinnada sonkorow ga, firfircooni ka yar sida caadiga ah, cadaadis ama jirro.

Astaamaha waxaa ka mid ah:



Oon wakhtiga kasta ah. Araga oo caad kora Baahida in la kaadiyo badanaa



Daciif ama daalan

Badanaa gaajaysan

Waxa la sameeyo:

Maqaar qalalan



- Eeg badanaa sonkorta dhiiggaaga
- Sii wad inaad qaadato daawadaada
- Raac qorshaha cuntadaada
- Cab biyo badan
- Jimicsi samee – hadaad awoodo.

Haddii sonkorta dhiigaagu ka sarreyso hadafkaada 3 maalin oo aadan ogeyn sababta, wac dhakhtarkaaga ama rugta caafimaadka isla markiiba.

