SOKORTA DHIIGA OO HOOSEYSA

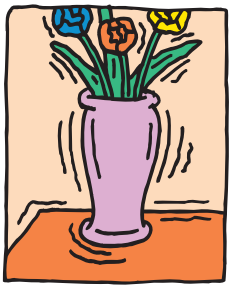
(Hypoglycemia)

Sonkorta dhiigga ee hooseysa ayaa si deg ah u dhici karta. Haddii aan isla markiiba la daweyn, sonkorta dhiigga ee hooseysa waxay keeni kartaa xaalad degdeg ah. Xitaa waa dhiman kartaa.

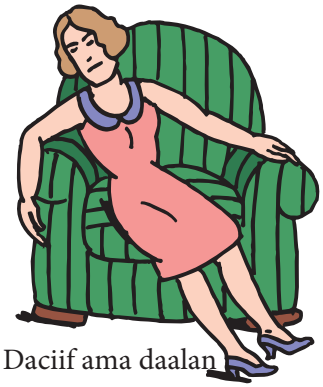
Sababaha caadi ahaaneed: Ka boodida raashinka ama ha cunis la'aanta cunto kugu filan; insulin-ka oo aad u badan ama kaniiniyada sonkorta; firfircooni ka badan sidicaadiga ah.

Calaamadaha digniinta waxaa ka mid ah:

Gariir ama wareer



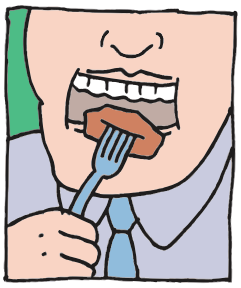
Araga oo caad kora



Daciif ama daalan

Dhidid

Madax xanuun



Gaajo

Murugo ama walwalsan

Waxa la sameeyo?

Isla markiiba sonkorta dhiigaaga iska hubi.
Haddii ay ka hoosayso 70, iska dawee sonkorta dhiiga ee hooseya.
Haddii aanad hubin karin, mar walba iska daawee si aad u badbaado.

Isku daawee adigoo cunaya 3 baakeet ama 1 qaado oo sonkor caadi ah, 4 min laabatan iyo lix garaam oo casiir ah, ama 6 min laabatan iyo lix graam oo soodha joogto ah (aan ahayn cuno).

15 daqiiqo gudahood sonkorta dhiigaaga iska hubi. Haddii ay wali hoseeysa (ka hoose 70), is daawee markale. Haddii aad wali dhibaatooyin la kulmayso aadanna aqoonin sababta, wac dhakhtarkaaga ama rugta caafimaadka.

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