

Muxuu ka Macno-yahay Lambarka Sonkorta Dhiigeeyga?*

* Dhakhtarkaaga ayaa beddeli kara lambarka qaybaha qaar ka mid ah cabbirkaaga iyadoo ku saleysan baahidaad caafimaad ee gaarka ah.

<u>Aad u Sarreeysa</u> Ka sarreeysa 250 ama “KOR” Ama haddii aad leedahay harraad daran, kaadi badan, a unragti xun	<ul style="list-style-type: none">• Cabbir sonkorta dhiigaaga ka hor cunto kasta iyo xilliga jiifka• Qaado daawadaada sonkorowga• Biyo badan cab.• Cun cunto aan bur-ku ama macaanku ku badnayn. <p>Haddii lambarkaagu ka badan yahay 250 labo jeer 24 saac gudahood wac: Waaxda Xiriirka UW Medicine (206) 520 – 5000</p>
Sare 181 illaa 250 Xitaa haddii aad fiicantahay	<ul style="list-style-type: none">• Cabbir sonkorta dhiigaaga marar badan• Ka fogeey cuntooyinka sonkorta iyo burka badan• Jimicsi badan samee <p>Haddii lambarkaagu kacsanyahay labo maalmood wax ka badan wac: Waaxda Xiriirka UW Medicine (206) 520 – 5000</p>
OK 131 illaa 180	Ka hor qadada, cashada, iyo xilliga jiifka
HAL BEEGSIGA 90 illaa 130	U wanaagsan dadka badankood
Yara Hooseeysa 70 illaa 89	<ul style="list-style-type: none">• Cunto cun saacad gudaheed
Hooseeysa Ka yar 70 Ama haddii aad dhidideyso, gariireyso, xanaaqeyso ama leedahay wadna garaac boobsiis ah	<ul style="list-style-type: none">• Cabbir heerka sonkortaada, haddeey macquul tahay• Cun 1 qaado oo sonkor CAADI ah AMA cabitaan yar• Dib u cabbir sonkortaada 15 gudahood• Ka dib cun cunto ama isnaak
<u>Aad u Hooseeysa</u> Ka yar 60 ka badan hal jeer Ama haddii aadan daganayn, jahwareersantahay, ama aadan soo jeedi karin	WAC 911 ama Caawin Dalbo <ul style="list-style-type: none">• Ku celi sixidda sonkorata dhacsan (Cun 1 qaado oo sonkor CAADI ah AMA cabitaan yar) 15 daqiiqaba illaa caawin kaaga imaneyso ama sonkortaadu jooqeeyso in kabadan 100• Dib u cabbir sonkortaada 15 gudahood

What Does My Blood Glucose Number Mean?*

*Your provider may adjust the number range in some categories based on your specific medical needs.

<p><u>Very High</u></p> <p>Over 250 or “HI”</p> <p>Or if you have extreme thirst, frequent urination, blurred vision</p>	<ul style="list-style-type: none"> • Test your blood glucose before each meal and at bedtime • Take your diabetes medicines • Drink lots of water. • Eat less starchy or sweet foods. <p>If number is <i>more than 250 twice in 24 hours</i> call: UW Medicine Contact Center (206) 520 – 5000</p>
<p>High</p> <p>181 to 250</p> <p>Even if you feel fine</p>	<ul style="list-style-type: none"> • Test your blood glucose more frequently • Avoid large amounts of sweet or starchy foods • Get more exercise <p>If number stays high for more than 2 days call: UW Medicine Contact Center (206) 520 – 5000</p>
<p>OK</p> <p>131 to 180</p>	<p>Before lunch, dinner, and bedtime</p>
<p>GOAL ZONE</p> <p>90 to 130</p>	<p>Perfect for most people</p>
<p>Slightly Low</p> <p>70 to 89</p>	<ul style="list-style-type: none"> • Eat a Meal within the next hour
<p>Low</p> <p>Less than 70</p> <p>Or if you are sweaty, shaky, irritable or have fast heart beat</p>	<ul style="list-style-type: none"> • Test your glucose level, if possible • Eat 1 tablespoon of REAL sugar OR drink a small juice • Retest your glucose level in 15 minutes • Then eat a meal or snack
<p><u>Very Low</u></p> <p>Less than 60 more than once</p> <p>Or you are very unsteady, confused or can't stay awake</p>	<p>CALL 911 and Get Help</p> <ul style="list-style-type: none"> • Repeat low blood glucose treatment (Eat 1 tablespoon of REAL sugar OR drink a small juice) every 15 minutes until help arrives or your glucose level stays above 100 • Retest your glucose level every 15 minutes