Jimicsiga iyo Sonkorta

Daweynta ugu fiican ee lagu daweeyo sonkorta waa jimicsi. Jimicsigu wuxu kaa caawin karaa:

- In sonkorta ku jirta dhiigaaga aanay dhaafin heerka la rabo
- In misaankaagu ahaado mid caafimaadka u fiican
- Inad lahaatid tamar fiican
- Inay kaa yaraado giigsanaantu

Ku-talogal Jimicsi

- Dhakhtarkaaga la tasho ka hor intaanad bilaabin barnaamij jimicsi ah.
- Socodka, dabaasha, baasgeel wadista, qoob-ka-ciyaarka ama ciyaaruhu waa siyaabo wanaagsan oo lagu jimicsado.
- Dooro firfircooni ama hawlgal ad ka heshid.
- Dooro goorta ad jimicsi samayn doontid kuna qor taariikh-qorahaaga.
- Badbaadi cagahaaga. Gasho sharabaad cudbi ah una hubso in kabuhu si fiican kuu leeg yihiin.

Barnaamijkaaga Jimicsiga

Goorma?	Wakhtiga ugu wanaagsan ee jimicsi la sameeyo waa 1 ilaa 1 ½ saacadood cuntada ka dib. Iska cabbir sonkorta dhiigga ka hor intaanad bilaabin jimicsiga. • Haddii sonkortaadu hoosayso (ka hoosayso 90mg/dl), qaado cunto fudud oo bur ama daqiiq-noqde ku jiro ka hor intaanad bilaabin. • Haddii sonkortaadu sarayso (ka sarayso 300 mg/dl), mudo dib u dhig jimicsiga. Waxa dhici karta in jimicsigu sare u sii qaado.
Jimicsi intee leeg?	Ku-talogal jimicsi ah 30-60 daqiiqo maalintii ood samaysid 5 ilaa 6 cisho todobaadkii. Ka bilaab 5-10 daqiiqo ka dibna sii kordhi wakhtiga jimicsiga. Ku dar tirada wakhtiga isa-sii-kulaylinta iyo is-qaboojinta. Haddii ad dareentid in xaaladaadu ka xun tahay sidii ay ahayd jimicsiga ka hor, waxad samaysay jimicsi xad dhaaf ah. Ka yaree intaa wakhtiga xiga.
Xoog intee leeg?	Waa inad hadli kartid marka ad samaynaysid jimicsiga. Weydii dhakhtarkaaga inta la doonayo in garaaca wadnahaagu ahaado.

HARBORVIEW MEDICAL CENTER
325 9th Avenue
Seattle, WA 98104

HMC Diabetes Pt. Ed Team – reviewed 07/10
Diabetes Exercise
Somali
AACS Patient Education

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Exercise and diabetes

Exercise is the best therapy for diabetes. Exercise can help you:

- Keep your blood glucose in your target range.
- Maintain a healthy weight.
- Have more energy and lower your stress.

Plan for Exercise:

- Check with your doctor before you start an exercise program.
- Choose activities you enjoy and think of ways to add more movement to your life.
- Take a bottle of water with you.
- Decide when you will exercise and write it on your calendar.
- Protect your feet. Wear cotton socks and make sure your shoes are a good fit.

Your Exercise Program

When?

The best time to exercise is 1 to 1½ hours after a meal.
Check your blood sugar before you begin to exercise.

- If it is low (under 90 mg/dl), have a snack with starch in it before you start.
- If your blood sugar is high (over 300 mg/dl), wait to exercise. Exercise may cause it to go even higher.

How much?

Aim for 30-60 minutes a day on 5 to 6 days a week.
Start with 5-10 minutes and work up to a longer time.
Include warm-up and cool-down time.
If you feel worse when you finish exercising then before you started, you have done too much. Scale back next time.

How hard?

You should be able to talk while you exercise.
Ask your doctor what your target heart rate should be.

HARBORVIEW MEDICAL CENTER
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Patient & Family Resource Cente, (206) 744-2000

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