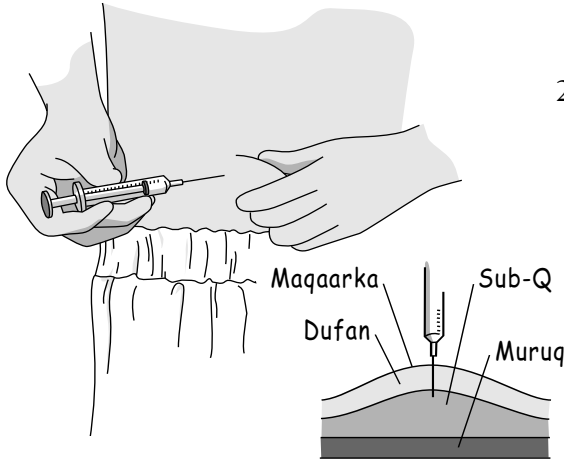
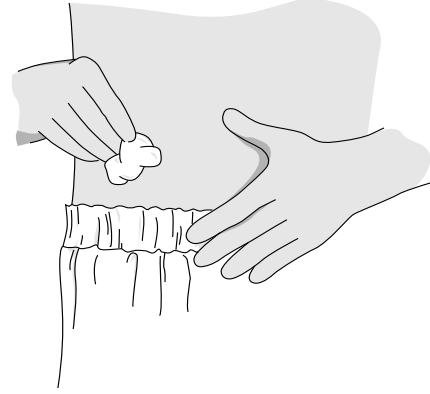


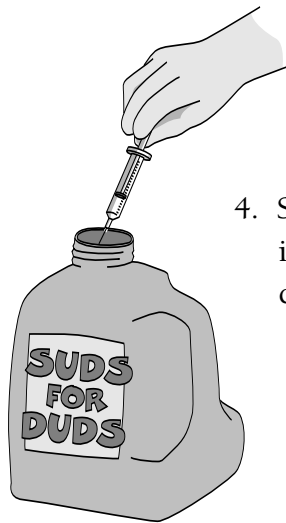
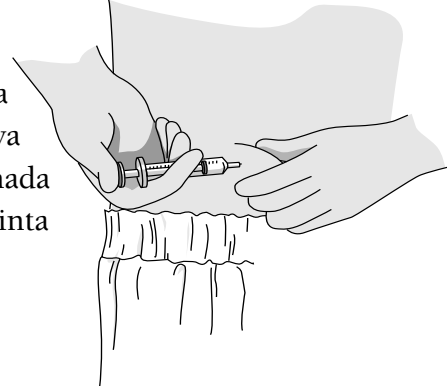
Diyaarinta Durriinka Insulin-ta

1. Maqaarka meesha aad iska durayso nadiifi. Meesha ugu fiican in la iska duro waa caloosha.



2. Kor u soo qabo meel ballaaran oo maqaarka ka mid ah. Saliingaha ku soo qabso gacanta kale ka dibna sidii qalin rasaas saliingaha u qabso. Cirbadda geli maqaarka (90 darajo xagal ah). Xaqiiji in aad cirbadda gudaha

3. Insulin-ta isku dur adigoo cabbeeyaha gudaha u wada riixaya, oo isticmaalaya wax ka yar 5 ilbidhiqsi si aad qaadashada u qaadatid. U sug 3 ilbidhiqsi ka hor inta aadan cirbadda iska soo saarin.



4. Saliingaha sidii lagu faray isaga tuur – isagoo ku jira weel caag ah oo adag, sida caagga oommada ama warankiilada.

