

Hawlaha Jidh ahaaneed ee la Sameynayo iyo kuwa aan la Sameyneynin

Waxaa la is farayaa in aad haysato taageerada bixiyaha caafimaadkaaga iyo imtixaan jidh ahaaneed oo isu dhan ka hor inta aadan billaabin barnaamij hawlo jidh ahaaneed. Sonkorowgaagu waa inuu xakameysan yahay ka hor inta aadan billaabin barnaamijka hawlaha jidh ahaaneed.

HAWLAHA JIDH AHAANEED EE LA SAMEYNAYO



- Sonkorta dhiigga iska hubi hawlaha jidh ahaaneed ka hor iyo ka dib
- Hawl Jidhka ku billow heer xaddi hoose ah ka dibna si tartiib ah u kordhi
- Ogow calaamadaha hypoglycemia
- Xidho aqoonsi sonkorow
- Mar kasta wado meel aad sonkor ka hesho
- Hawl jidhka laga qabto ku lug yeelo 10 ilaa 15 daqiiqadood cunto fudud ka dib ama 20 ilaa 60 daqiiqadood cunto ka dib
- Hawl jidhka laga qabto ku lug yeelo 4 ilaa 6 goor toddobaadkii
- Mar kasta is kululee haddana is qabooji
- U fiirso baaxadda hawlaha jidh ahaaneed
- Cab biyo si aad uga soo kabato dheecaankii jidhka ka baxay
- Si aad uga fogaatid dhibaatooyin cagta ah, kabo wanaagsan iibso kana fogow sagxadaha sibiidhka ah haddii ay suuragal tahay

HAWLAHA JIDH AHAANEED EE AAN LA SAMEYNIN



- Ha ku lug yeelan hawl jidhka laga qabto marka aad jirratay
- Ha ku lug yeelan hawl jidhka laga qabto marka kuleyl daran uu jiro, qabow daran uu jiro ama huar fara badan uu jiro
- Insulin ha ku durin meel hawsha jidhku ay cadaadis saari doonto
- JOOJI haddii xanuun aan caadi ahayn uu ku qabto
- Ha ku lug yeelan hawl jidhka laga qabto waqtiyada muddada insulin-tu ay mesha ugu sarreyso joogto
- Ha ku lug yeelan hawl jidhka laga qabto haddii sonkorta dhiiggu ay tahay 250 ama ka badan isla markaana ketones ay jiraan
- Cabitaan aalkolo ha cabbin ka hor, ka dib ama waqtiga hawsha jidhka

HADDII AY DIIDMO JIDHKA AH DHACDO

- JOOJI hawsha jidhka
- Sonkorta dhiigga iska hubi
- Isu daawee sidii hadba loo baahdo
- Sonkorta dhiigga dib meesheedii ugu celi
- La xiriir takhtarkaaga haddii diidmada jidhku sii socoto

