

GUCCUNGA GAHUNDA Y'IBIKORWA IREBANA DIYABETE

Ni iki kiguhangayikishije cyane kuri diyabete?

Niki cyingenzi kuri wowe mu Ugucunga diyabete yawe?

Hitamo intego 1-3 ushobora gukora mu Ibyumweru bibiri biri imbere:

- Vugana na muganga
- Saba umuganga ngo aguhuze ugirane ikiganiro n'umwarimu kuri diyabete cyangwa umuganga wemewe w'imirire
- Wige byinshi kuri diyabete no ukuyicunga
- Gukurikirana isukari iri mu amaraso yanjye
- Gira umwete kurushaho
- Gucunga imihangayiko / Wiyiteho kandi ubishyire mu ibikorwa
- Gushyira mu ibikorwa mu ugutegura ifunguro
- Kureka itabi
- Gufata imiti nahawe na muganga
- Ibindi:

Ibintu bimwe bishobora kumbuza kurangiza intego zanjye ni:

Niba ibi bibaye, nzakora:

Abantu bantera inkunga ni aba:

Wizeye neza ko ushobora gukurikiza iyi gahunda?

- Mbyizeye Rwose
- Ndabyizeye
- Bisa Nkaho Ari Ibyo Kwizerwa
- Ntabwo Mbyizeye Namba

IKIPE YANJYE INYITAHU:

Umuganga Wa Ob:

Umuyobozi Wa Mihp:

Umukozi Ushinzwe Ubuzima Rusange: