

GUCUNGA DIYABETI UFATANIJE NA DOGITERI USHINZWE ABABYEYI – UKO IKIGANIRO KIGENDA

Zana izi impapuro mu kujya kureba muganga wawe ubutaha. Koresha aya amabwiriza kugirango agufashe gutangiza ikiganiro no kwandika ibisubizo bizatangwa na muganga.

Tangira Ikiganiro (urugero):

Uti: “Urakoze kunyakira. Nkuko mubizi, nasanzwemo diyabete. Ndateganya gufatanywa n'abansura mu urugo bashingizwe mu ibyo gucunga isukari mu amaraso ndi mu urugo. Mbere yuko ntangira, nashakaga kukubaza ibibazo.”

BAZA MUGANGA WAVE KANDI WANDIKE IBISUBIZO BYE:

Ni ubuhe bwoko bw'isukari mu amaraso (cyangwa A1c), umuvuduko w'amaraso, hamwe na urugero rwa cholesterol? [A1c ni ikizamini cy'amaraso. Kirakubwira na muganga wawe urugero ugereranije urwego rwisukari mu amaraso mu amezi atatu ashize]

Nkwiye gusuzuma urugero rwisukari mu amaraso mu urugo? Niba aribyo, ni kangahe kandi ku ibihe bihe by'umunsi?

Ni ryari nakumenyesha ibyo nasomye kandi n'ubuhe buryo bwiza bwo kubikumenyesha?

Ni ikihe gipimo cy' isukari nasoma nkacyita cyiza mu amaraso kuri njye?

Niba igipimo kiri hejuru cyangwa hasi, ni ryari nahamagara ibiro byawe cyangwa nkajya muri imerijensi?

Nzumva nte niba isukari mu amaraso yanjye iri hasi cyangwa hejuru?

Ni ibihe bimenyetso bishobora gusobanura ko mfite ibibazo by'isukari mu maraso?

Nakora iki niba mbifite?

Nigute nshobora kugabanya ibyago byanjye byo kurwara diyabete? Ni ibihe bintu bindi nagombye gukora kugirango bimfashe kugira ubuzima bwiza?

Ninde wundi ukwiye kuba mu itsinda ryita ku ubuzima bwa diyabete yanjye?

Nkwiye kuganira n'umwarimu wa diyabete?

Intego za Glucose Yamaraso (Isukari Yamaraso) Urwego Mugihe Utwite

Ushobora kugira inzego zitandukanye. Korana nitsinda ryubuzima kugirango umenye urwego ugamije.

Iyo igipimo cyamaraso glucose (isukari mu amarasu) cyapimwe	Urwego rusange	Urwego rwawe
Kwiyiriza ubusa - nyuma yo kutagira icyo kurya cyangwa kunywa (usibye amazi) byibuze amasaha 8 mbere yikizamini. Akenshi iyo abantu babyutse, mbere yo gufungura.	70-95 mg/dL	_____
Isaha 1 nyuma yo kurya	110-140 mg/dL	_____
Amasaha 2 nyuma yo kurya	100-120 mg/dL	_____

Inzego zigamije zitangwa na : Ishyirahamwe ry'Abanyamerika kubyerekeye Diyabete Komite ya kimwuga ishinze imyitozo; 15. Gucunga Diyabete mu Gutwita: Iyipimo byita kuri Diyabete - 2025. Kwita kuri Diabete 1 Mutarama 2025; 48 (Umugereka_1): S306 - S320. <https://doi.org/10.2337/dc25-S015>