

# DIYABETE

## MU GIHE & NA NYUMA YO GUTWITA

### IBIMENYETSO

Vugana n'abashinzwe ubuzima kubijyanye no gupima isukari mu amaraso niba ufite kimwe muri ibi bimenyetso:



Kunyara inshuro nyinshi



Inyota yiyongereye



Kumva ushonje cyane (Nubwo urya)



Kumva unaniwe cyane



Kutabona neza



Ibisebe bikira buhoro



Kugabanuka kw'uburemere kudasobanutse



Kunyeganyega / gutitira amaboko cyangwa ibirenge

### DIYABETE

Diyabete (diabete mellitus) ni indwara umubiri wawe ufite ikibazo cyo kugenzura urugero rwisukari (glucose) mu amaraso yawe.



Ibi bibaho mugihe umubiri wawe udakora insuline ihagije cyangwa ntushobora gukoresha insuline umubiri wawe ukora. Insuline ni imisemburo igenzura ingano yisukari mumaraso yawe.

### UBWOKO BUTATU BW'INGENZI BWA DIYABETE

#### IYO INDA ICYIREMA

Iyo utwite umubiri wawe ukenera insuline nyinshi. Indwara ya diyabete yibise iyo utwite kandi umubiri wawe ntushobora gukora insuline ihagije.

Umuganga wawe wita k'ubuzima agomba gusuzuma glucose yamaraso, niyo yitwa isukari mu amaraso, hagati yibyumweru 24 na 28 byo gutwita. Indwara ya diyabete yo mu igihe cyo gutwita ikunze kugenda nyuma yo kubyara kandi ntabwo ifite ibimenyetso.

#### UBWOKO 1

Diyabete yo mu bwoko bwa 1 ibaho mugihe umubiri wawe udakora insuline, cyangwa ikora nke cyane. Ishobora gukura ku imyaka iyo ari yo yose, ariko mubisanzwe iba mu abana, ingimbi, n'abakuze.



#### UBWOKO 2

Diyabete yo mu bwoko bwa 2 ibaho mu igihe umubiri wawe uhagaritse kwitabira insuline. Ishobora gukura mu imyaka iyo ari yo yose.

### INGARUKA ZO KUGIRA DIYABETE



Amateka y'umuryango ufite diyabete



Kugira umubyibuho ukabije



Diyabete igikura yo mu igihe utwite



Kugira diyabete y'ibanze



Kugira umuvuduko ukabije w'amaraso cyangwa indwara z'umutima

### INGARUKA Z'UBUZIMA

#### KURI WOVE:

- Indwara y'umutima
- Indwara y'impyiko
- Indwara yo guhagarika umutima
- Kuva amaraso menshi nyuma yo kubyara
- Umuvuduko ukabije wamaraso na preeclampsia

#### KU UMWANA WAVE:

- Gukomereka mu igihe cyo kuvuka
- Ibibazo byo guhumeka cyangwa icy'umwijima
- Kuvuka hakiri kare



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# GUCUNGA DIYABETE MU GIHE & NYUMA YO GUTWITA

## WIYITEHO

### IGIKORWA K'UMUBIRI \*

Gerageza kubona byibuze iminota 150 yimyitozo ngororamubiri igereranije buri cyumweru. Ibyo bishobora kuba iminota 30 ku Umunsi, mu Iminsi itanu mu icyumweru.

Ingero - kugenda, kubyina, yoga, cyangwa gushaka imyitozo yoroshye ku umurongo.



\* Vugana n'umuganga mbere yo guhindura urwego rwibikorwa.

### IMIRIRE

Baza niba ukeneye koherezwa kubashinzwe imirire cyangwa diyabete. Kora gahunda yo gufungura hamwe nitsinda ryubuzima rishinzwe ubuzima bwawe.

#### Shakisha:

- Imbuto zanditseho nta uburyohe, nta sukari yongewemo cyangwa ipakiye mu imitobe yayo.
- Imboga zanditseho sodium nkeya, kugabanya-sodium, cyangwa nta munyu wongeyeho.

Imbuto nziza, zafunzwe, hamwe nimbuto n'imboga byose ni amahitamo meza.



#### Wibande ku kurya:

- Imboga zidafite ibinyamisogwe - nka broccoli, salade y'icyatsi, & nopales
- Amata arimo amavuta make, yogurt, na foromaje
- Inkoko n'amafi bidafite uruhu
- Imbuto
- Ibinyampeke byose - nka oatmeal & umutsima wuzuye / pasta
- Ibishyimbo, amashaza, imbuto, n'imbuto



Koza amenyo buri munsi.

Ntunywe itabi, ntunywe ibiyobyabwenge, ntunywe inzoga, cyangwa ngo ukoreshe marijuwana.

## KORANA NA MUGANGA WAVE

Kuvura diyabete biratandukanye kuri buri wese, kora rero gahunda ikubereye.

### CUNGA ISUKARI YANYU URI MU URUGO IRI MU AMARASO

Niba ucunga isukari yawe yamaraso murugo, vugana na muganga ibyingenzi ugomba kumenya.

Ni ryari nahamagara ibiro bya muganga?

Ni iki gipimo cyiza bw'isukari kuri nyje?

Ni kangahe ngomba gusuzuma isukari mu amaraso iyo ndi m'urugo?

Nakora iki niba igipimo cyanjye kiri hejuru cyangwa munsi y'uwo umubare?

### SANGIZA IBIPIMO BY'ISUKARI



Andika urugero rw'isukari mu amaraso wasomye hanyuma ubisangire na muganga wawe.

Shakisha uburyo bwo kwandika ibyasomwe bikumerera neza (nko kubyandika, gukoresha porogaramu, cyangwa kubishyira kumurongo wumurwayi wawe / imbonerahamwe yubuvuzi).

### JYA MU AMARANDEVU YOSE

Ukuvura akeneye gukurikirana A1c yawe (ugereranije isukari yo mu amaraso isomwa mu amezi atatu), kugirango umenye neza ko wowe n'umwana wawe muri bazima.

#### IMITI

Niba wowe na muganga wawe muhisemo ko imiti / insuline ikenewe:

- Ntukareke gufata imiti utavuganye n'umuganga wawe.
- Fata imiti yawe nkuko byateganijwe.
- Vugana numuganga wawe kubyerekeye ingaruka mbi z'imiti.
- Bwira umuganga wawe niba udashobora kugura imiti.



Byakozwe na kaminuza ya leta ya Michigan nintangiriro zikomeye, Gahunda yo Gutangiza ubuzima bwiza. Uyu mushinga washyigikiwe n'igice n'inkunga yatanze n'ishami ry'ubuzima n'ibikorwa bya muntu muri Michigan. Ibirimo ni inshingano z'abanditsi gusa kandi ntawo byanze bikunze byerekana ibitekerezo byemewe by'ishami.