Wōņaake Nañinmej in Tōñaļ Eo Am

Buk in kōkajuurlǫk Lōmņak an Armij ro Ewōr Aer Nañinmej in Tōñaļ

NATIONAL DIABETES EDUCATION PROGRAM

Melele in Naan in Kiļe im Kamoļoļ

Tu-kaduin im pidodo in kōmleleik publication eo an CDC im eaar kōmman iļo 1997 eo: *"Wōņaake Nañinmej in Tōñaļ"* eo am, eaar bareinwōt kōmman ñan armij in woden Pacific in, eo im emaroñ in ekkejeļ wōt ilo kōjerbaļe ippān 1997 publication eo. Wāwen in ejamin kar tebrak im dedelǫk elañe eaar jab jen jibañ ko an Hawaii State Department eo an Diabetes Control Program eo im Section eo an Nutrition im Physical Activity iumin karōk an ra eo naetan Preventative Health Services im Douļuļ eo an Hawaii Diabetes Educators. Bar jibañ ko jet raar kōmman bwe en tebrak jerbal in raar bar itok jan American Samoa, Guam, Federated States of Micronesia, Marshall Islands, Northern Marianas eo an Palau. Ri-jerbaļ ro ilo Division eo an Diabetes Translation ilo Center eo an Disease Control im Prevention raar jerbaļe bwe project in en dedelǫk im tebrak.

Cover photo: Pija in ej eļļetok in ra eo an Nutrition im Physical Activity iumin ra eo an Ejmuur, Lal eo an Hawaii.

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Japdewōt emaroñ bar kōmman an jen jet ak aolepeir.

1. Kōmlele Ko Imaantata

Nañinmej in tōñaļ ejelet enañin aolepen mour eo am. Ej juōn wawen eo me ñe ejeļet iok, enaaj pād ñan indreo; bōtaab elap wōt ijo koŋaam ñan kejbarǫk im wōŋaake ejmuur eo am. Komaroñ kejbaroke ejmuur eo am ejjan ñan rainin wōt ak ñan iiō kane rej itok wōt.

Jokkin wōt juōn ej wawen eo ejimwe tata ñan ejmuur elañe kwe ti-tōñaļ. Kajeoñ bwe en jokkin wōt juōn ilo wawen am mour. Mōñā ko kijōm rej aikuij in uñ kibidier ilo iien am mōñā; kwoj aikuij in kōmakitkit enbwin eo am im buki uno ko taktō ro rej ļiwaj. Jibañ ko jan baamļe eo im ro jeram, ro rej bōk eddoon jikin ejmuue ko im ro iļo jukjukin pād eo am, komaroñ anjo ioon naninmej in tōñaļ eo am.

Jerbal ippan ro ilo kijin ejmuur eo ñan wōŋaake nañinmej in tōñaļ eo am.

Ta in Tōñaļ?

Enañin aolep mōñā ko jej kañi rej erom juka ñan an enbwinnid kōjerbaļi. Aj eo im ej pad iturin tudōk eo ad, ej kwalok ak kōmman insulin, eo im jerbal eo an ej kōmman bwe juka ko walok jan mōñā ko jej kañi ren deloñe cell ko ilo enbwinnid. Ñe ej wōr ad nañinmej in tōñaļ, ruo wōt men enbwinnid ej jab kōmman insulin im elañe ejjab kōmman, enbwinnid ej jab maroñ kōjerbaļe make insulin eo epad kadede ie. Wawen in ekōmman bwe en lap tōñaļ eo ilo bōtōktōkid.

Kōkalle im Kakōļkōļ ko an Nañinmej in Tōñaļ

Walǫk ijin iļaļ rej jet iaan kōkalle ko an nañinmej in Tōñaļ. Emaroñ in kar wōr kōkalle ko mokta jen am kar jela ke ewōr am Nañinmej in Tōñaļ:

- Em-maroro
- Em-makijkij am jibadek jikin kebbojak ko
- Ej jab emman am erre
- Em-mōkmōk
- Kwo-aidrik lok
- Emōra enbwinnum
- Kinej ko rejaje mo
- Emmakijkij am ik-kinejnej
- Mej neem
- Emmōjlok wōt

Kain Nañinmej in Tōñaļ ko

Ewōr ruo kain nañinmej in Tōñaļ

- Type 1
- Type 2

Armij ro ewōr type 1 ippair ekka aer jela kake ilo iiō ak tōre ko rej iddik ak ajiri wōt. Armij rot in im rej type 1, tōñaļ ko aer, aj eo ej jab kōmman ak edik an kōmman insulin, im rej aikuij in bōk wa in insulin aolep raan ñan aer maroñ mour.

Ekka wōt an armin bōk Nañinmej in Tōñaļ type 2. Aj eo ej jab kōmman insulin botab enbwin eo ej jab emman an kōjerbaļe. Nañinmej in Tōñaļ type 2 in ekka an walok im jelet armij ilo tōre ko retōbar 30 ak 40 aer iiō. Bōtab, eļōñlǫk ajiri ak jodikdik ro rej kiō bōk Nañinmej in Tōñaļ type 2.

Jet kein wawen ko rekauōtata im remaroñ kōmman bwe juōn en maroñ bōk Nañinmej in Tōñaļ type 2.

- Ewōr ri-tōñaļ ilo baamļe eo
- Ejeja an kōmakitkit enbwin eo
- Kiļeb jen joñan
- Elap an kōjerbaļ mōñā ko re-kirij (Ñan waanjoñǫk: mōñā ko elap kiriej ie ak elap jen joñan aikuij bōk mōñā)
- Im elañe ej armij in Asia, Pacific, Hawaii, American Indian, ro-ewōr bōtōktōk in ri-jibein ippeir, ri-iteļi ak ri-kilmeej in Amerka

2. Kiļen Kejbarǫk Nañinmej in Tōñaļ

A. Mōñā ko kwoj kañi

Kōtōbar ñan mōñā ko reuñ kipidier:

- Debij joñan juka eo ejimwe im jejjet ñan kwe
- Debij jōnan eddo eo am im ejejjit ñan kwe
- Kañe joñan mōñā ko rekkar im uñ kipidiier

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Wawe ko rekkar ñan loori ilo mōñā ñan ejmuur:

1) Mōñā jilu aļen ilo juōn raan

Mōñā jilu alen ilo juōn raan im mona dikdik ilo kōtaan ko ak mōñā 5-6 alen mōñā ko rej jab ellap iloaan juōn raan ñan kōbellǫk wōt iial in bōtōktōk ko.

2) Lale joñan mōñā ko kwoj kañi

En jab lap am mōñā juōn wōt kain kenke kwon maroñ debij wōt level in juka eo emman joñan.

3) Kelet mōnā ko reuñ kipidiier jan uuan kain mōñā ko jilu ak ļōñlǫk ilo iien mōñā otemjij

Ilo am kelet mōñā ko kijōm kwoj kañi jen group in mōñā ko jilu , ekōmman bwe kwon maroñ in debij wōt joñan joñok in juka eo emman ilo im ñan enbwinnum. Ñan waanjoñok, mōñā ko rekōmakmōk, mōñā ko jan leen wōj wejko ko im mōñā ko ewōr kanniek ie.

Pija in ej eļļetok in ra eo an Nutrition im Physical Activity iumin ra eo an Ejmuur, Lal eo an Hawaii.

Pija in ej eļļetok in Diabetes Program Control eo an Federated States eo an Micronesia.

4) Keļet Mōñā ko Edik Kirij ko ie

Kadiklok kōjerbal im kañi mōñā ko re-kirij. Bōk ñan joñan kōjerbal bōta, oil in waini, mayonnaise, jelele ko ilo kuwat, mōñā ko rej itok ilo plastic im japdewōt kain mōñā ko elap kirij ie.

5) Kelet mōñā ko elap Fiber ie

Kelet mōñā ko einwōt brown rice, brown bilawa, bean, vegetable im leen wōjke ko.

6) Kadiklok kōjerbal mōñā ko re-tōñaļ ekoba alcohol

Kain type in mōñā kein re-jeļet joñan level in juka eo ilo enbwinnum im rej aikuij in dik am kōjerbaļi.

Kenono ippan ro rej lorlorjake jerbal ko ikijien ejmuur ikijien joñok ak joñan ko kwoj aikuij in buki ilo iien am mōñā ak ilo am iļen mōñā ilo restaurant.

B. Kōmakitkiti Enbwin

Kōmakitkiti enbwin ej juōn wawen eo eaurōk ñan wōŋaake im kejbaroke Tōñaļ eo am ilo am kajeoñ kejbarok joñan level in juka eo ilo enbwinnum im joñan eddo eo am. Kōmakikiti enbwinnum ebareinwōt maroñ jibañ bōbrae jorran ko ilo menono.

Makitkit an Enbwin:

- Ej kōwamourur menono, ar im di
- Kōkajuurlok muscle ko ilo enbwin
- Debij joñan eddo eo am im kirij ilo enbwin
- Kadiklok joñan blood pressure eo
- Kōkajuurlok enbwin eo am ñan bōbrae nañinmej in bokbok, iuwur, im piba
- Kōlaplok am kajuur
- Maroñ kadiklok am bok wa in insulin ko ilo raan ko kwoj makitkit
- Kōkajuur im kōkmanmanlok mour in belele eo am
- Emmanlǫk am kiki
- Kadiklok inebata
- Im kōmman bwe en emman am lemnak kake iok make!

Etetaļ emaroñ in makitkit eo ekaajmurur im emman ñan kwe

C. Jet melele ko ikijien uno kan Tōñaļ

Elañe kwoj bōk uno kan tōñaļ ak wa in tōñaļ ñan kejbaroke tōñaļ eo am, lale bwe ijo kwoj takto ie en kōmleleik wawen an men kein jerbal. Kajitok ippan ijo kwoj takto ie elañe kwoj jab melele ak ewōr am kajitōk.

D. Jet Naan in Jibañ:

- En lap am idraak aebōj. Ruaļitōk (8) glass in aebōj ej joñan eo emmantata.
- Kōŋak e juōn am marmar eo ej kalikar ke ewōr am nañinmej in tōñaļ.
- Kōmman am makitkit in enbwinnum ippan juōn eo mōttam.
- Ekkōŋak takin im kōjerbal shoes ko rekoŋ ñan neem.
- Etaļe neem aolep raan ñan ļale ewōr ke iļ ak ebbok, ebirōrō ke, ekinejnej ke, ak ewōr ke kinej en ebellǫk.
- Elañe ej jab emman am mour, bōjrak jen makitkit in enbwin eo kwoj kōmmane, lale joñan tōñaļ eo am, im kurlok takto eo am ak jikin ejmuur eo.
- Idaak uno ko ekkar ilo loori wawen ko taktō eo eaar liwaj ñan kwe.

3. Lale wōt Joñan Juka eo ilo Bōtōktōk eo am

Komaroñ debij joñan juka eo ilo enbwinum ilo am loori wawen kein:

- Aolep raan etaļe joñan juka eo ilo enbwinum.
- Lale ippan takto ro ak ilo jikin ejmuur eo ñan am bōk hemoglobin A1c test eo im jikin ejmuur eo aolep lokin jiļu (3) aļļōñ elañe kwoj bōk insulin im elkin aolep jiljino (6) aļļōñ elañe kwoj bōk wōt uno in tōñaļ.

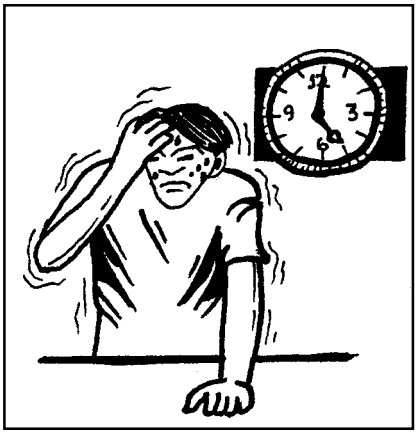
A. Kōkalle ko rej walok elañe jej tebar joñan juka eo edik ilo enbwinnid

Kōkalle ko ñe ej dik joñan juka eo ilo enbwin rej:

- Ikkumkum, udid-did ak bwitbwit kin menokadu
- Emmōkmōk/Eddo-do
- Em-meļeļe
- Lōtlǫk
- Udid-did

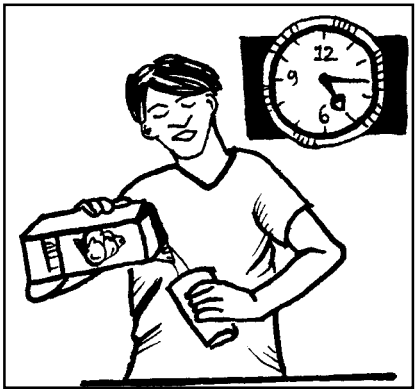
Ñan kejbaroke iok, aolep iien etaļe joñan level in blood pressure eo am mokta jen am kōmmane wawen kein:

- Kattōr wa ioon ene
- Kōjerbaļ kein jerbal ko rellap im eddo (heavy equipment)
- Jab kanooj in lap em kōmakitkiti enbwinnum
- Im to am kōmakitkit enbwinnum



Elañe ewalok kōkalle ko ke joñan juka eo ilo bōtōktōk eo am emōj an wōtlo̧k ak kwoj jab maroñ in etaḷe ilo tōre en,...

...wōnmaanlo̧k wōt im idaak juice ko rej-jab tōñaḷ ak ejelo̧k juka ie!



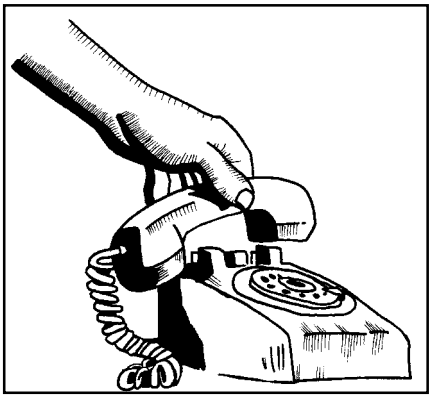
Idaak juice in leen wōjke ko aoḷep lokin 15 minit mae iien eo erooḷwaj joñan juka eo enbwinnum eaikuji.

B. Kōkalle ko an High Blood Sugar

Kōkalle ko an high blood sugar:

- Emōra ļoñuum
- Maro
- Er-rautut
- Emmōkmōk/Eddo-do
- Etab am erre
- Ediklok joñan eddoom
- Metak ļǫje, im enañinmej ļǫjeem, ak emmōjlǫk wōt

Emmakijkij in kebbojak ak et-rautut emaroñ in juōn ņe kōkalle ke ewōr am nañinmej in high blood glucose.



Emaroñ menin aikuij bwe kwon kurlǫk taktō eo am aoļep raan elañe kwoj nañinmej.

Elañe ewōr kōkalle ko an high blood sugar, kwoj aikuij etaļe bōtōktōkum ak elañe jaab jibadeklǫk public health clinic eo ilo jukjukin ped eo.

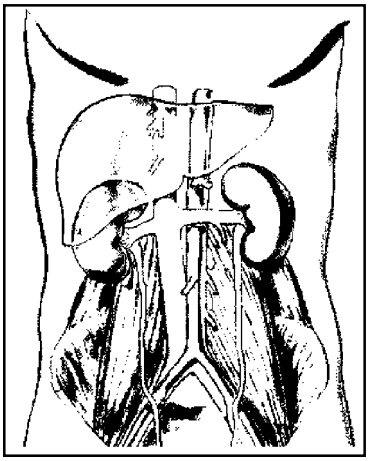
4. Nañinmej in Tōñaļ ilo Mej

Kōkalle ko an Nañinmej in Tōñaļ ilo Mej:

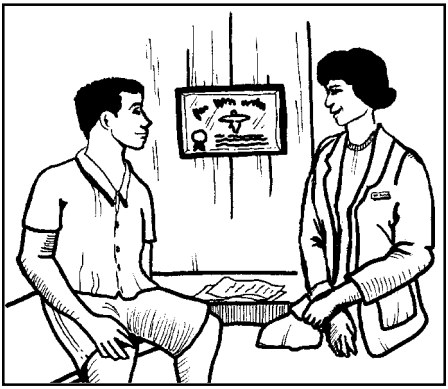
En emmakijkij am taktō kin mejam kenke elañe ewōr am nañinmej in tōñaļ ilo mej, en mōkaj an taktō ro ļoe. Kemejmej im kwalok ñan taktō ro elañe ewōr jorran ko ilo mejam.

Elañe ewōr jorran in erre ko ilo mejam, kwalok ñan taktō eo am ak ro ilo jikin ejmuur eo.

5. Jorran ko an Deka-in-Jibke



Kejbarok Deka-in-jibke ko am ilo wawen am bōk ñan joñan juka im blood pressure eo am. Aoļep iiō, test e bōtōktōkim im den in am raut ñan etaļe wawen an deka-in-jibke ko am jerbal.



Kwalok ñan taktō eo am ak ro ilo jikin ejmuur eo elañe kwoj kiļe ke ewōr kōkalle ko rej kwalok ke ewōr jorran ak kinej ilo deka-in-jibke ko am.

Kōkalle ko ñe ej wōr kinej ilo jikin raut eo am:
den in raut eo ej jab erreo ak ewōr bōtōktōk ie, ilo iien am kebbojak, kwoj aikuij wōt in mōkaj ak kōkairir in kebbojak.

Kōkalle ko elañe ewōr jorren ilo deka-in-jibke:
metak di, ib-bicoeo ak bwil en e-muļal.

6. Jorran ko ilo Menono im Eke Ko

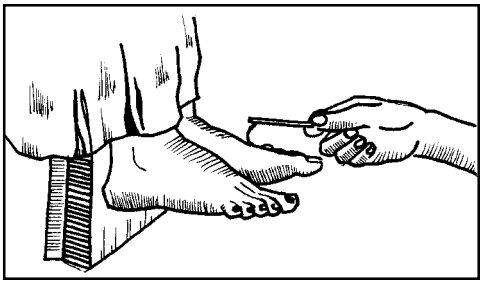
Ekka wōt an walǫk jorran ko ilo menono im eke ko ippan armij ro ewōr aer nañinmej in tōñaļ elañe rej jab kejbarok joñok in juka eo emman im ekkar ñan enbwinniier.

Jorren in menono im eke ak iial in bōtōktōk ko rej wawen ko ekka aer kōmman nañinmej, mōjnǫ in makitkit, kab mej ibwiļjin armij ro ewōr aer nañinmej in tōñaļ. Jorren kein ilo menono ak eke rej bareinwōt kōmman bwe en jab emman iial in an ito-itak bōtōktōk ilo ne kab juur-ļal ko.

Komaroñ in erom juōn eo ewōr kauōtata ñan e ikijien jorren in menono im eke ak iial in bōtōktōk ko einwōt, heart attack, bōjrak in an menono eo am jerbal, ak stroke elañe kwoj kōbatat, ewōr am high blood pressure ak elap cholestrol ak kirij ko jet ilo bōtōktōkum. Jikin ejmuur eo am remaroñ jibañ iok kadiklǫk kauōtata in kwoped ie im bareinwōt maroñ jiroñ iok ewi emmakijkij in am aikuij in etaļe blood pressure eo am im joñan cholestrol eo ippam.

7. Jorren in Ne im Eke

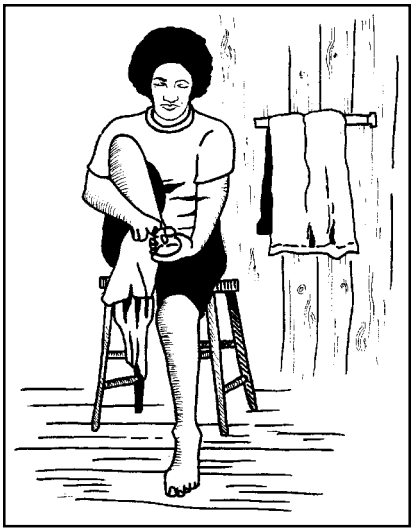
Jorren in eke, jorren ko ilo bōtōktōk im kinej ko rejaje mo, remaroñ kōmman bwe en walok jorren ko rellap ñan need elaptata ñan armij ro ewōr aer nañinmej in tōñaļ, ekoba jebe ne ko neer.



Kwoj aikuj in jibadeklok jikin ejmuur eo juōn aļen ilo juōn iiō bwe ren etaļe neem im eke ko ilo enbwinum.

Kejbarok neen einwōtin:

- Kwole neem aolep raan
- Elaļe neem aolep raan ñan lale ewōr ke rub, kinej ak buñidda
- Kejbarok joñan level in juka eo am
- Jab kōbatat ak meme tōbak
- Jab jolok am juuj ak kwon kōjerbaļi aolep iien

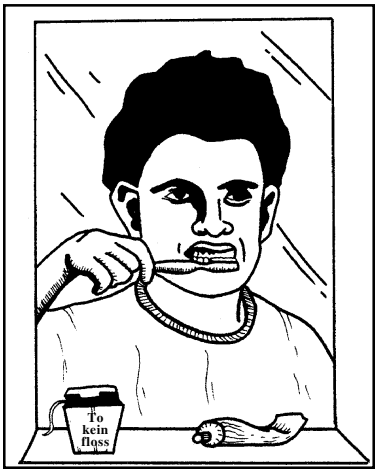


Kememej im kōmraiki kōtaan addi in neem mokta jen am ekkōņak am juuj.

8. Kij ko ilo Ļoñiid

Ri-tōñaļ ro elaptata an pidodo an walok jorren in ñi kab ñad ko aer ñe rej jab bōk ñan joñan aer kōjerbal juka.

Ñi im ñad ko re-karbōb kenke ejejjit iien karreoiki im bareinwōt emman joñan juka eo kōjerbaļe.



Kejbarok ñiim ilo wawen am biraje ruo aļen ilo juōn raan im bareinwōt karreoiki kōtaan ñiim kin to kein floss.

Ļolok takto in ñi eo am aolep lokin jiljino (6) aļļōñ.

9. Wa Ko

Flu im pneumonia rej jet iaan nañinmej ko re-kauōtata im remaroñ kōmman bwe kwon deloñ ilo imōn taktō ko ak hospital. Elañe kwoj bōk wa in flu aolep iiō emaroñ bōbrae wawen in. Kajitōk ippen ro ilo jikin ejmuur eo ak taktō eo am ikijien am bōke wa in ñan bōbrae am naaj bōk nañinmej in flu ko elaptata elañe kwoj jañin kar bōke juōñ ilowaan lalim (5) iiō ko rej mootlǫk.

Ra eo an Diabetes Translation ilo
National Center eo an Chronic Disease
Prevention im Health Promotion
Centers ko an Disease Control im Prevention (CDC)

Ñan bōk elaplok melele ikijien kajitōk ko im publications ko:

Talpoon: State eo an Hawaii Diabetes Prevention
im Control Program eo (HSDPCP)
808-692-7462

Fax: 808-692-7461

E-mail: HSDPCP@mail.health.state.hi.us

Mail: HSDPCP
601 Kamokila Blvd., #344
Kapolei, Hawaii 96707

Woŋāān kar kōmmane kajin beļļe eo an booklet in eaar itok jen CDC im Education Program eo an National Diabetes.

Booklet in eaar maroñ in ukok im kōmman jen jibañ ko jen CDC HSDPCP Cooperative Agreement No. U32/CCU902712-15.

Jerbal iļo ejelok kaļijōklok: Kemij kōtlǫk an bellǫk makitkit kein ilo ejelǫk kaļijōklok ŋae kwe ri-ia, kil rot eo am, kwoj itok jen ia (ekoba kajin eo am), iio eo am, kōrā ak emmaan, ak utamwe in enbwin. Kebaak HSDPCP ilo taļpoon nōmba 808-692-7462 ak eo ej eddon Affirmative Action an ra in ilo Box 3378 Honolulu, HI 96801-3345 ak taļpoon nōmba 808-586-4616 iloaan 180 raan elañe ewōr japdewōt.

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