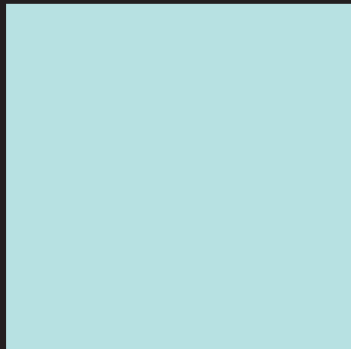


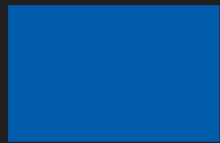
4 Steps to Control Your Diabetes for Life

4 Kauj Ruam Los Tswj Cov Ntshav Qab Zib Rau Koj



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5 Hli Xyoo 2008
Hmoob



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4 Steps to Control Your Diabetes. For Life.

This booklet presents four key steps to help you manage your diabetes and live a long and active life.

Step 1: Learn about diabetes.

Step 2: Know your diabetes ABCs.

Step 3: Manage your diabetes.

Step 4: Get routine care to avoid problems.

4 Kauj Ruam Los Tswj Ntshav Qab Zib Rau Koj.

Phau ntawv no qhia txog 4 kauj ruam los pab koj tswj koj qhov ntshav qab zib thiab ua kom nyob tau mus ntev.

Kauj Ruam 1: Kawm kom paub txog ntshav qab zib.

Kauj Ruam 2: Paub kom txog saib koj li ntshav qab zib yog yam ABCs.

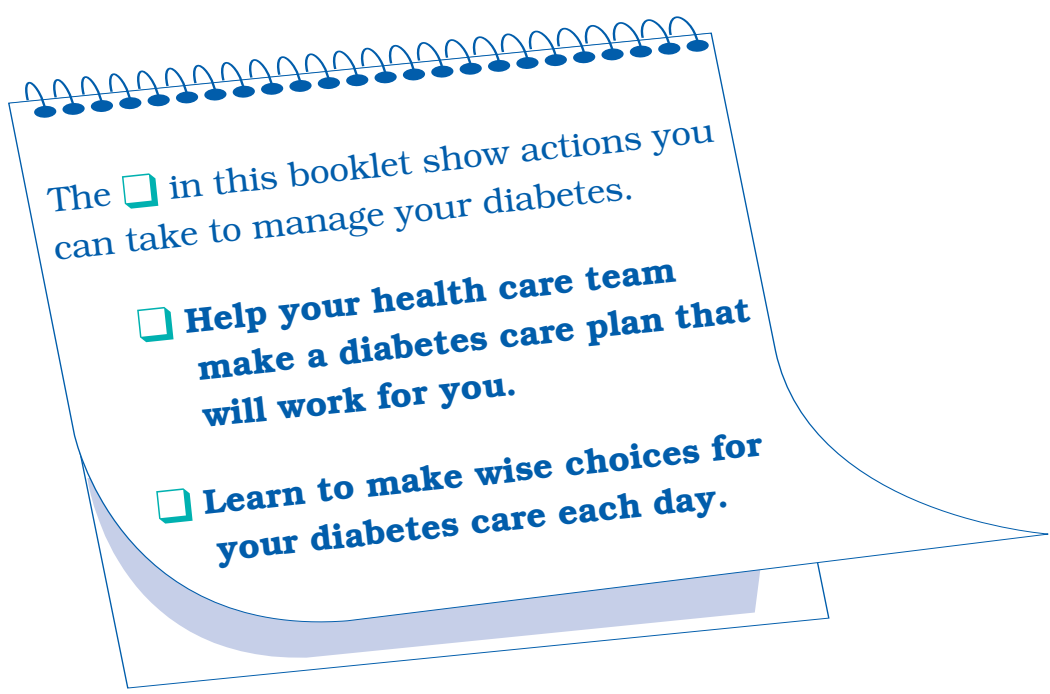
Kauj Ruam 3: Tswj koj li ntshav qab zib.

Kauj Ruam 4: Mus ntsib kws kho mob tsaws caij nyoog thiaj li tib thaiv tau koj tus kheej

Diabetes is a serious disease. It affects almost every part of your body. That is why a health care team may help you take care of your diabetes:

- doctor
- dentist
- diabetes educator
- dietitian
- eye doctor
- foot doctor
- mental health counselor
- nurse
- nurse practitioner
- pharmacist
- social worker
- friends and family

You are the most important member of the team.



The in this booklet show actions you can take to manage your diabetes.

Help your health care team make a diabetes care plan that will work for you.

Learn to make wise choices for your diabetes care each day.

Ntshav qab zib yog ib yam mob phem heev. Nws ua rau puas tas nro txhua yam hauv koj lub cev. Yeeb vim li hais no mas thiaj yuav tau muaj ib pab neeg los pab nrog koj kho koj qhov ntshav qab zib.

- kws kho mob
- kws kho hniav
- tus neeg qhia txog ntshav qab zib
- tus neeg qhia noj zaub mov
- kws kho qhov muag
- kws kho ko taw
- tus neeg nrog tham txog kev nyuaj siab
- tus pab kws kho mob
- tus pab kws kho mob
- kws muab tshuaj
- tus neeg ua hauj lwm pab neeg
- phooj ywg thiab tsev neeg

Koj yog tus tseem ceeb tshaj plaw ntawm pab neeg no.

Qhov nyob hauv phau ntawv nws qhia txog yam uas koj yuav tau ua los tswj koj li ntshav qab zib.

Nrog koj cov kws kho mob tsim ib qho plan los pab koj kho koj cov ntsav kab zib.

Xaiv khoom raw li qhov koj muaj ntshav qab zib thiaj li pab koj cov ntsav qab ziblawm nyob rau txhua hnuv.

Step 1: **Learn about diabetes.**

Diabetes means that your blood glucose (blood sugar) is too high. Here are the main types of diabetes.

Type 1 diabetes—the body does not make insulin. Insulin helps the body use glucose from food for energy. People with type 1 need to take insulin every day.

Type 2 diabetes—the body does not make or use insulin well. People with type 2 often need to take pills or insulin. Type 2 is the most common form of diabetes.

Gestational (jes-TAY-shon-al) diabetes mellitus (GDM)—occurs when a woman is pregnant. It raises her risk of getting another type of diabetes, mostly type 2, for the rest of her life. It also raises her child's risk of being overweight and getting diabetes.

Kauj Ruam 1: **Kawm txog ntshav qab zib.**

Ntshav qab zib txais tau hais tias koj cov glucose (blood sugar) siab heev lawm. Ntsav qab zib txhais tau hais tias koj cov ntsav muaj qab zib ntau heev lawm.

Yam Type 1 diabetes—lub cev tsis muaj cov insulin. Cov Insulin yog cov pab lub cev siv cov glucose los ntawm zaub mov mus ua lub zog. Cov neeg uas muaj yam type 1 diabetes raug mus lim ntshav txhua hnuv.

Yam Type 2 diabetes—lub ceb tsis kam ua los yog tsis kam siv cov insulin zoo lawm. Cov neeg uas muaj yam type 2 diabetes yuav tsum noj tshuaj los yog lim ntshav mus pab. Yam Type 2 Yog yam uas cov neeg mob coob tshaj.

Qhov hu ua Gestational (jes-TAY-shon-al) diabetes mellitus (GDM)—nws muaj rau thaum tus poj niam lub cev xeeb tub. Nws kuj ua rau tus neeg no muaj feem uas mob lwm yam ntshav qab zib tau, ntau tshaj mas yog yam type 2, nyob rau tas nws lub neej. Nws kuj tseem ua tau rau nws tus me nyuam ro thiab muaj ntshav qab zib.

Diabetes is serious.

You may have heard people say they have “a touch of diabetes” or that their “sugar is a little high.” These words suggest that diabetes is not a serious disease. That is not correct. Diabetes is serious, but you can manage it!

All people with diabetes need to make healthy food choices, stay at a healthy weight, and be active every day.



Taking good care of yourself and your diabetes can help you feel better and avoid health problems caused by diabetes such as:

- heart attack and stroke
- eye problems that can lead to trouble seeing or going blind
- nerve damage that can cause your hands and feet to hurt, tingle, or feel numb. Some people may even lose a foot or a leg.
- kidney problems that can cause your kidneys to stop working
- gum disease and loss of teeth

Ntshav qab zib yog ib yam heev kawg.

Koj yuav hnov neeg hais tias lawv muaj “a touch of diabetes” los yog “hais tias lawv li.” Ntsav siab tsem tsawv Tej lus li no qhia tau hais tias ntshav qab zib mas tseem tsis tau muaj teeb meem loj. Qhov li hais no tsis yog lawm. Ntshav qab zib mas yog teeb meem loj kawg kiag li, tabsis koj muaj feem yuav tswj tau nws!

Txhua tus neeg uas muaj ntshav qab zib yuav tau xaiv zaub xaiv mov noj, yuav tau txhob cia rog rog, thiab yuav tau nquag nquag ua ub ua no txhuav hnuv.

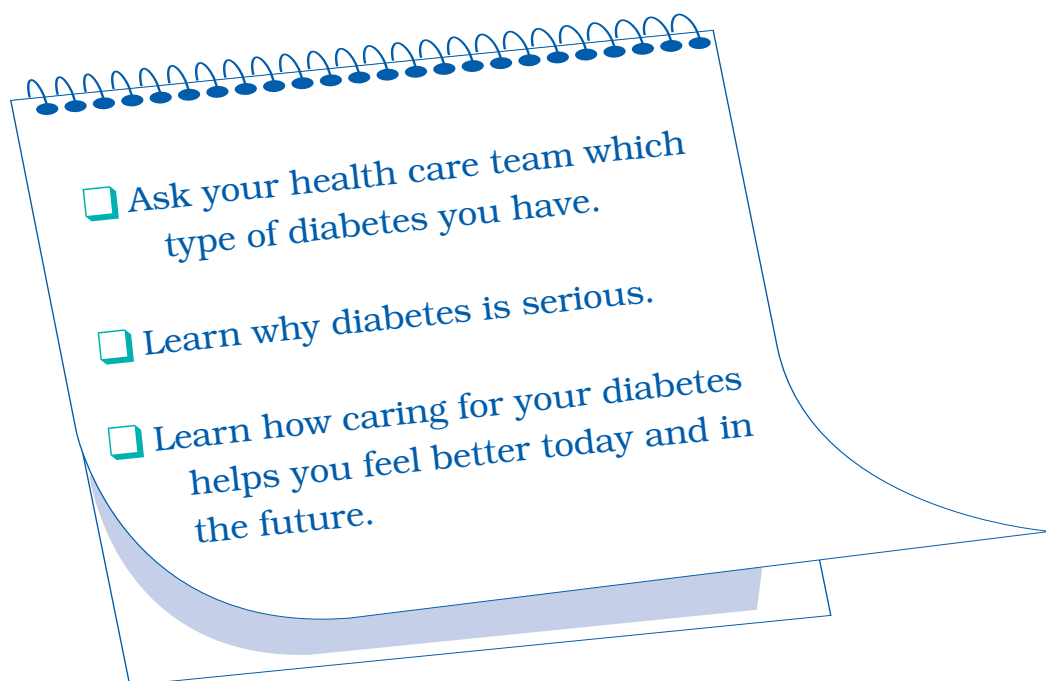


Tu koj tus kheej kom zoo thiab koj li ntshav qab zib thiaj ua rau koj tau zoo nyob thiab thiaj pab zam tau tej teeb meem ua cov muaj ntshav qab zib yuav ua teeb meem xws li:

- plawv nres thiab hlab ntsha tawg
- qhov muag tsis pom kev tsis zoo los yog dig muag
- tej hlab ntsha puas ua rau tes thiab taw muaj mob, chob li koob chob los yog loog loog. Muaj tej tus neeg tseem raug txiav kaw taw los yog txiav ceg pov tseg.
- Yuav ua rau koj lub raum tsis ua hauj lwm
- mob pos hniav thiab kaus hniav poob tas

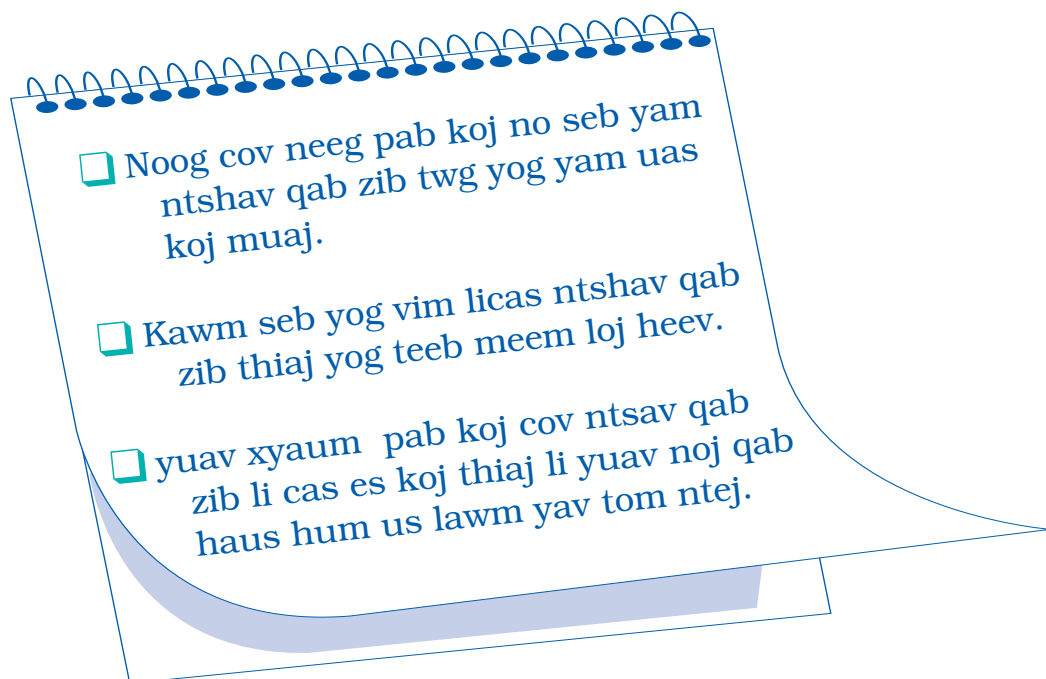
When your blood glucose is close to normal you are likely to:

- have more energy
- be less tired and thirsty and urinate less often
- heal better and have fewer skin or bladder infections
- have fewer problems with your eyesight, skin, feet, and gums



Thaum koj cov blood glucose nyob li qhov siv tau ces koj yuav:

- muaj muaj zog tuaj
- tsis hnov nkee thiab nqis dej thiab tso zis tsawg lawm
- mob zoo sai thiab tsis muaj mob rau tej tawv nqai los yog zais zis
- tsis muaj teeb meem rau qhov muag tsis pom kev, tej tawv nqaij, to taw, thiab pos hniav



Step 2: Know your diabetes ABCs.

Talk to your health care team about how to control your A1C, Blood pressure, and Cholesterol. This can help lower your chances of having a heart attack, stroke, or other diabetes problem. Here's what the ABCs of diabetes stand for:

A for the A1C test (A-one-C).



It shows you how your blood glucose has been over the last three months. The A1C goal for most people is below 7.

High blood glucose levels can harm your heart and blood vessels, kidneys, feet, and eyes.

B for Blood pressure.



The goal for most people with diabetes is below 130/80.

High blood pressure makes your heart work too hard. It can cause heart attack, stroke, and kidney disease.

C for Cholesterol.



The LDL goal for most people is below 100.
The HDL goal for most people is above 40.

LDL or “bad” cholesterol can build up and clog your blood vessels. It can cause a heart attack or a stroke. HDL or “good” cholesterol helps remove cholesterol from your blood vessels.

Kauj Ruam 2:

Paub seb koj li ntshav qab zib yog yam ABCs.

Nrog koj pab neeg kho koj tham saib yuav ua licas thiaj yuav tswj tau koj li A1C, Kev ntsuas ntshav siab thiab ntsav muaj tsoj . Qhov no yuav pab kom koj tsis txhob ua rau koj lub plawv nres, muaj hlab ntsha tawg, los yog muaj lwm yam teeb meem uas cov neeg muaj ntshav qab zib muaj. Qhov nram qab no yog qhov qhia hais tias ABCs nyob hauv ntshav qab zib yog dab tsi:

A yog rau qhov A1C test (A-one-C).



Nws qhia koj saib 3 lub hli tas los lawm koj cov ntshav qab zib npaum licas lawm. Tus A1C no lub hom phiaj rau txhua tus neeg mas yog qis tshaj 7.

Thom koj cov ntsav qab zib siab mas nws yuav ua teeb meem rau koj cov hlab ntsh, ob lub raum kaw taw thiab qhov muag.

B yog siv rau cov ntsav siab.



Lub hom phiaj rau txhua tus neeg mas yog lawv cov ntshav qab zib qis tshaj li 130/80.

Ntshav siab mas ua rau koj lub plawv ua hauj lwm nyav heev. Nws kuj ua rau plawv nres, hlab ntsha tawg, thiab raum muaj mob.

C yog rau qhov ntsav muaj rojl.



LDL lub hom phiaj rau txhua tus neeg mas yog qis tshaj li 100.

HDL lub hom phiaj rau txhua tus neeg mas yog siab tshaj li 40.

LDL yuav ua “roj phem” mus daig koj cov hla ntsha. Nws yuav ua koj lub plawv nres, los yog stroke Nws kuj txawj ua rau plawv nres los yog hlab ntsha tawg. HDL “pab” tsem tawm cov roj nyob hauv yus cov ntsav.



Ask your health care team:

what your A1C, Blood pressure, and cholesterol numbers are

what your ABC numbers should be

what you need to do to reach your targets



- Noo cov neeg uas pab kho koj:

- seb koj qho A1C, ntsav siab thiab ntsav muaj roj siab npaum licas.

- seb koj li ABC yuav tsum yog licas

- seb koj yuav tau ua licas ntxiv koj thiaj yuav mus txog koj lub hom phiaj uas nej teev tseg

Step 3: Manage your diabetes.



Many people avoid the long-term problems of diabetes by taking good care of themselves. Work with your health care team to reach your ABC goals. Use this self-care plan.

- **Use your diabetes food plan.** If you do not have one, ask your health care team for one.
 - Eat healthy foods such as fruits and vegetables, fish, lean meats, chicken or turkey without the skin, dry peas or beans, whole grains, and low-fat or skim milk and cheese.
 - Keep fish and lean meat and poultry portions to about 3 ounces (or the size of a pack of cards). Bake, broil, or grill it.
 - Eat foods that have less fat and salt.
 - Eat foods with more fiber such as whole-grain cereals, breads, crackers, rice, or pasta.

Kauj Ruam 3: **Tswj koj li ntshav qab zib.**



Muaj ntau tus neeg kuj zam tau tej teeb meem muaj ntshav qab zib no yog lawv ua tib zoo tu lawv tus kheej tiag tiag. Ua hauj lwm nrog koj pab neeg ua kho koj es kom koj caum cuag koj li ABC hom phiaj. Siv koj qhov ntawv los pab kho koj.

- **Siv koj li ntshav qab zib daim phiam los xaiv zaub mov noj.** Yog hais tias koj tsis tau muaj ib qho, noog koj cov neeg pab cuam koj.
 - Noj tej zaub mov zoo xws txiv ntoo thiab zaub, nqaij ntses, nqais tsis muaj roj, nqaij qaib los yog nqaij tshiv uas tsis muaj tawv nrog, noob taum qhuav los yog taum pauv, pob kws, thiab cov khoom tsis-rog los yog mis nyuj tsis rog thiab mis nyuj qhuav los cov tsis rog xwb.
 - Khaw nqaij ntses thiab nqaij tsis muaj roj thiab nqaij qaib li 3 ounces (los yog ib me pob luaj li ib pob phaib). Ci, Qha, los yog kib.
 - Noj tej zaub mov uas tsis muaj thiab tsis daw ntsev.
 - Noj tej khoom noj uas muaj cov fiber ntau xws li cov whole-grain cereals, breads, crackers, mov, los yog pasta.

- **Get 30 to 60 minutes of physical activity on most days of the week.**

Brisk walking is a great way to move more.

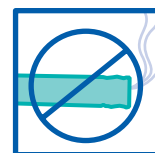


- **Stay at a healthy weight** by making healthy food choices and moving more.

- **Ask for help if you feel down.** A mental health counselor, support group, member of the clergy, friend, or family member will listen to your concerns and help you feel better.

- **Learn to cope with stress.** Stress can raise your blood glucose. While it is hard to remove stress from your life, you can learn to handle it.

- **Stop smoking.** Ask for help to quit.



- **Take medicines even when you feel good.** Ask your doctor if you need aspirin to prevent a heart attack or stroke. Tell your doctor if you cannot afford your medicine or if you have any side effects.

- **Qoj ib ce li 30 txog 60 feeb txhua txhua hnub nyob txhua lub lim tiam.**

Mus kev xwb los yeej yog ib qho zoo heev rau lub cev lawm.

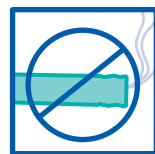


- Yuav tsum noj zaub mov zoo thiab qoj ib ce **kom tsis txob rog rog.**

- **Nriav kev los pab yog thaum twg koj muaj kev nyuaj siab.** Tus neeg pab txog kev nyuaj siab, tus pab sawv daw, tej txwj laug tom tshawj, phooj ywg, yus tsev neeg yuav nrog tham txog yus li kev nyuaj siab thiab ua rau yus tau zoo nyob.

- **Kawm Yuav tsum tswj yus qho kev nyuaj siab.** Kev nyuaj siab yuav ua rau koj cov ntsav qab zi. Kev nyuaj siab yog ib yam uas tshem tawm hauv yus lub neej nyuam heev tias sis yus muaj feem los tswj yus qhov kev nyuaj siab.

- **Tso kev haus luam yeeb tseg.** Nrhiav kev pab rau koj kom koj tso tau kev haus laum yeeb.

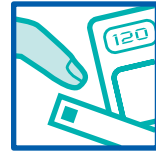


- **Noj tshuaj txawm hais tias koj tau zoo nyob lawm.** Nug koj tus kws kho mob seb koj puas yuav siv cov tshuaj aspirin los tiv thaiv tsam plawv nres los yog muaj hlab ntsha tawg. Qhia rau koj tus kws kho mob yog hais tias koj tsis muaj nyiaj them koj cov nqi tshuaj los yog cov tshuaj ua rau koj mob lwm yam ntxiv.

- **Check your feet every day** for cuts, blisters, red spots, and swelling. Call your health care team right away about any sores that won't go away.

- **Brush your teeth and floss every day** to avoid problems with your mouth, teeth, or gums.

- **Check your blood glucose.** You may want to test it one or more times a day.



- **Check your blood pressure.** If your doctor advises.

- **Report any changes in your eyesight** to your doctor.

Talk to your health care team about your blood glucose targets. Ask how and when to test your blood glucose and how to use the results to manage your diabetes.

Use this plan as a guide to your self-care.

Discuss how your self-care plan is working for you each time you visit your health care team

- **Kuaj koj ob txhais taw tsam to txhua hnuv**, tsam tawm hlwv, tsam lam muaj qhov liab liab, thiab lam o licas. Hu xov tooj mus qhia rau koj Cov neeg pab cuam yog muaj qhov mob tsis txawj zoo li.
- **Txhuam hniav thiab nrw hniav txhua hnuv** kom txhob pub muaj teeb meem nrog koj lub qhov ncauj, koj cov kaus hniav thiab cov pos hniav.
- **Kuaj koj cov ntsav qab zib.** Koj yuav tsum kuaj ib hnuv ob peb zaug.
- Yog kws kho mob hais, koj yuav tsum **kuaj koj cov ntsav siab seb siab npaum li cas.**
- Yog koj lub qhov muag tsis pom kev, **koj yuav tsum qhia rau koj tus kws kho mob.**



Nrog koj cov kws pab cuam sab laj txog koj cov ntsav siab lub hom phiaj. Noog seb koj yuav sim ntshav li cas thiab thaum twg los yog koj yuav tswj koj cov ntsav qab zib li cas.

Siv daim plaj no los ua qhov taw kev rau koj kho koj tus-kheej.

Nrog cov neeg pab cuam tham txhua zaug koj mus ntsib lawv txog koj daim ntawv hom phiaj (plan) thiaj li yuav pab tau koj

Step 4:

Get routine care to avoid problems.

See your health care team at least twice a year to find and treat problems early. Discuss what steps you can take to reach your goals.

At each visit get a:

- blood pressure check
- foot check
- weight check
- review of your self-care plan shown in Step 3



Two times each year get an:

- A1C test—It may be checked more often if it is over 7

Once each year get a:

- cholesterol test
- triglyceride (try-GLISS-er-ide) test- a type of blood fat
- complete foot exam
- dental exam to check teeth and gums—tell your dentist you have diabetes
- dilated eye exam to check for eye problems
- flu shot
- urine and a blood test to check for kidney problems

At least once get a:

- pneumonia (nu-mo-nya) shot

Kauj Ruam 4:

Kuaj mob tsaws caij nyoog thiaj li pab tau koj cov mob nkeeg.

Mus ntsib koj cov neeg pab cuam koj li 2 zaug nyob rau ib xyoo twg mus nug thiab nriav pab kom ntxov me ntsis. Tham txog tej yam uas koj yuav tau ua kom koj mus txog koj lub hom phiaj.

Nyob rau ntxhua zaus nej sib ntsib yuav tau:

- kuaj ntshav seb siab los qis
- kuaj ko taw
- luj seb koj nyav licas
- Nrog koj tus kws kho mob tham txog koj daim ntauwv hom phiaj (plan) tsaws li nqi lus 3



Ob zaug tuaj ib xyoo:

- Kuaj A1C —Yog tshaj 7 lawm, koj yuav tsum kuaj ntau tshaj ob zaug

Ib lub xyoo twg yuav tau:

- kuaj roj
- khuaj triglyceride (try-GLISS-er-ide) – yog khuaj cov roj nyob hauv ntshav
- khuaj taub taw kom zoo
- khuaj kaus hniav thiab pos hniav—qhia rau laww paub txog koj li ntshav qab zib
- khuaj qhov muag saib qhov muag pom kev zoo licas
- nkaug tshuaj tiv thaiv kab mob
- khuaj zis thiab khuaj ntshav saib ob lub raum puas muaj teeb meem

Yuav tsum nkaug ib koob tshuaj ib zaug ntawm koj lub neej:

- Koob tshuaj tiv thaiv nws

Ask your health care team about these and other tests you may need. Ask what your results mean.

Write down the date and time of your next visit.

If you have Medicare, ask your health care team if Medicare will cover some of the costs for

learning about healthy eating and diabetes self care and special shoes, if you need them

medical supplies

diabetes medicines

Nug cov neeg pab cuam txog tej yam li nram no thiab lwm yam kev khuaj uas tseem ceeb rau koj. Noog seb tej yam kuaj tau ntawd txhais licas.

Sau lub hnuv noog thiab sij hawm rau koj qhov kev sib ntsib tom ntej cia.

Yog hais tias koj muaj Medicare, nug koj cov neeg pab cuam Medicare puas kam them cov nqi li nram no

kawm txog kev noj zaub mov zoo thiab pab ntshav qab zib xws li txhais khau rau, yog haiv tias koj yuav tsum muaj xwb xwb

tej khoom kho mob hauv tsev
 tshuaj los pab rau ntshav qab zib

Where to get help:

Many items are offered in English and Spanish.

National Diabetes Education Program

1-800-438-5383

www.ndep.nih.gov

American Association of Diabetes Educators

1-800-TEAM-UP4 (800-832-6874)

www.diabeteseducator.org

American Diabetes Association

1-800-DIABETES (800-342-2383)

www.diabetes.org

American Dietetic Association

1-800-366-1655

www.eatright.org

American Heart Association

800-AHA-USA1 (800-242-8721)

www.americanheart.org

Centers for Disease Control and Prevention

1-877-232-3422

www.cdc.gov/diabetes

Centers for Medicare & Medicaid Services

1-800-MEDICARE or (800-633-4227)

www.medicare.gov/health/diabetes.asp

National Institute of Diabetes and Digestive and Kidney Diseases

National Diabetes Information Clearinghouse

1-800-860-8747

www.niddk.nih.gov

Mus nriav kev pab qhov twg:

Muaj ntau yam yog ua lus Askis thiab lus Mev xwb.

Lub Chaw Qhia Txog Ntshav Qab Zib Thoob Teb Chaw

1-800-438-5383

www.ndep.nih.gov

Lub Koom Haum Rau Cov Neeg Paub Txog Ntshav Qab Zib

1-800-TEAM-UP4 (800-832-6874)

www.diabeteseducator.org

Lub Khoom Haum Rau Cov Muaj Ntshav Qab Zib

1-800-DIABETES (800-342-2383)

www.diabetes.org

Koom Haum Cob Qhia Neeg Noj Zaub Mov

1-800-366-1655

www.eatright.org

Koom Haum Cob Qhia Txog Lub Plawv

800-AHA-USA1 (800-242-8721)

www.americanheart.org

Lub Chaw Khoo Kab Mob thiab Tiv Thaiv

1-877-232-3422

www.cdc.gov/diabetes

**Lub Chaw Rau Cov Muaj Medicare thiab Tau Txais
Medicaid Tej Kev Pab**

1-800-MEDICARE or (800-633-4227)

www.medicare.gov/health/diabetes.asp

**Lub Teb Chaw Lub Chaw Rau Ntshav Qab Zib thiab Kev
Zom Zaub Mov thiab Mob Raum**

Thoob Lub Teb Chaw No Qhov Qhia Txog Mob Ntshav Qab Zib

1-800-860-8747

www.niddk.nih.gov

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The U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) yog kev koom tes ua kev nrog the **National Institutes of Health (NIH)** thiab the **Centers for Disease Control & Prevention (CDC)** tseem tau kev pab los ntau tshaj li 200 tawm lub khoom haum ua ke.

Reviewed by Martha Funnell, MS, RN, CDE
Michigan Diabetes Research and Training Center

Tus kuaj yog Martha Funnell, MS, RN, CDE
Michigan Diabetes Research and Training Center

Txais ua lus Hmoob los ntawm the Centers for Disease Control and Prevention Multilingual Services
Tus khuaj cov lus Hmoob yog Zang Fang, Southeast Asia Resource Action Center (SEARAC), Sacramento, California

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