

Tswj koj tus mob ntshav qab zib koj tus kheej ntxhais tau hais tias koj yog tus xaiv ua yam pab kom koj nyob zoo txhua hnuv. Tham nrog koj tus kws kho mob txog qhov yuav tswj koj tus mob ntshav qab zib li cas. Xaiv ua yam yuav pab tau koj. Kev tswj ntshav qab zib tau zoo yuav ua rau muaj qhov txawv txav.

Yog xav paub ntxiv txog tus mob ntshav qab zib

Hu rau 1-800-860-8747

National Diabetes Clearinghouse

F-49357H (Rev. 9/11)

Pab Pawg Neeg Tu Tus Mob Ntshav Qab Zib

NPE

Thawj Tus Kws Kho Mob

Tus Kws Paub Tus Mob Ntshav Qab Zib

Tus Kws Qhia Kev Noj Haus

Tus Kws Qhia Txog Tus Mob Ntshav Qab Zib

Tus Kws Kho Qhov Muag

Tus Kws Kho Ko Taw

Tus Kws Kho Plawv

Tus Kws Kho Hniav

Qhov Chaw Muag Tshuaj

Kuv Muaj Mob Ntshav Qab Zib:

Tej zaum kuv kuj muaj qhov ntshav qab zib qis tawm tsam cov insulin los yog tshuaj ntshav qab zib.

Yog kuv tsis hnov los yog nqos tsis tau dab tsi lawm, tsis txhob muab dab tsi rau kuv noj los yog rau kuv haus hlo li, HU RAU 911.

Yog kuv hnov tab sis ho ua tej yam txawv txawv, muab ib qhov dej qab zib rau kuv haus, xws li kua txiv, mis nyuj, piam thaj, los yog zib mu. Yog kuv pheej tsis zoo tom qab 15 nas this (minutes), HU RAU 911.

Teev Cov Kev Tu Ntshav Qab Zib Koj Tus Kheej

Nqa daim card no nrog koj txhua zaus koj mus ntsib kws kho mob.

Npe

Chaw Nyob

Xov Tooj:

Yog muaj xwm ceev, hu rau:

Teev Cov Kev Tu Ntshav Qab Zib Koj Tus Kheej

TSO NTSHAV KUAJ/KUAJ ZIS

Lub Hom Phiaj (Goal)	Hnub	Hnub	Hnub	Hnub	Hnub
A1C <7% - txhua 3-6 hlis					
Ntsuas Rog Hauv Cov Ntshav (Fasting Lipid Panel) – txhua xyoo					
Tas Nrho Cov Cholesterol <200 mg/dL					
Triglycerides <150 mg/dL					
LDL <70 mg/dL los yog <100 mg/dL					
HDL ≥40 mg/dL txiv neej ≥50 mg/dL poj niam					
Raum Ua Hauj Lwm - Albumin-to-creatinine ratio <30 mg/g - txhua xyoo Kuaj cov serum creatinine kom paub seb raum ua hauj lwm li cas – txhua xyoo	/	/	/	/	/

TSHUAJ XYUAS MOB

Kuaj Ntsiab Muag – txhua xyoo					
Kuaj Hniav – txhua 6 lub hlis Kuaj Qhov Ncauj – txhua zaus	/	/	/	/	/
Kuaj Ko Taw – xuas qhov muag ntsia txhua zaus Kuaj Kom Zoo Thoob Plaws Txhais Taw – txhua xyoo	/	/	/	/	/
Kuaj Mob Ntshav Qab Zib - txhua 3-6 hli					
Kuaj Thoob Plaws Ib Ce – txhua xyoo					
Ntsuas Ntshav Khiav <130/80 mmHg – txhua zaus mus ntsib kws kho mob					
Kev Nyuaj Siab/Pw Ua Ke – tham txog txhua zaus mus ntsib kws kho mob					
Haus Luam Yeeb – tham txog txhua zaus mus ntsib kws kho mob					

TXHAJ TSHUAJ

Khaub Thuas – txhua lub caij nplooj ntoos zeeg					
Mob Ntsws Txheem Dej (Pneumonia) – ib zaug, raws li koj tus kws kho mob pom zoo					
Kev Siv Lub tawm dag zog – tham txog txhua zaus mus ntsib kws kho mob					

KEV KAWM

Tus Kws Paub Txog Kev Noj Haus – thaum paub tias muaj ntshav qab zib lawm, mus ntsib 3-4 zaus li 3-6 lub hlis, ces mus ntsib txhua xyoo					
Kawm Kom Paub Tu Tus Kheej - thaum paub tias muaj ntshav qab zib lawm, txhua 6-12 hlis, los yog raws li xav tau					
Kuaj Ntshav Qab Zib Hauv Tsev – rov qab xyuas dua txhua zaus mus ntsib kws kho mob					

Qhov ntaub ntawv teev tseg no yog ua raws li Wisconsin cov lus qhia tu tus mob ntshav qab zib xyoo 2011 (2011 Wisconsin Diabetes Essential Care Guidelines). Tsim los ntawm Wisconsin Diabetes Advisory Group and the Diabetes Prevention and Control Program, Division of Public Health, Wisconsin Department of Health Services.