

Kab mob ntshav qab zib Cov Lus Qhia Saib Xyuas Rau Yus Tus Kheej



Koj tus kheej cov lus qhia.....

Yam koj ua txhua hnuv tseem ceeb heev.



Yuav Siv Cov Lus Qhia No Li Cas:

Kev ua haujlwm nrog koj pawg kws saib xyuas mob nkeeg yog tseem ceeb. Siv phau ntawv qhia no thaum koj mus ntsib koj pawg kws saib xyuas mob nkeeg. Nws yuav pab koj nug txog yam koj xav nug thaum koj mus ntsib, thiab nws kuj pab koj kawm txog yam yuav saib xyuas koj tus kab mob ntshav qab zib li cas. Phau ntawv qhia no yog hais txog cov ntsiab lus hauv paus ntawm cov kab mob ntshav qab zib thiab phim zoo rau cov neeg uas muaj hnuv nyoog tshaj 18 xyoo. Phau ntawv qhia no tsis yog hloov siv rau kev kho mob.

Kab Mob Ntshav Qab Zib Yog Dab Tsi?

Kab mob ntshav qab zib pauv hloov koj lub cev txog kev siv yam khoom noj uas koj noj. Lub cev siv cov khoom noj mus ua hom piam thaj glucose (piam thaj) thiab siv cov piam thaj glucose no (piam thaj) mus ua lub zog. Cov Insulin yog ib yam hormone uas pab tshem cov piam thaj glucose (piam thaj) tawm ntawm cov ntshav uas nkag mus rau hauv cov keeb cells ntawm lub cev. Thaum cov piam thaj glucose (piam thaj) tsis nyob rau theem tab tom haum, nws tuaj yeem cuam tshuam rau lub qhov muag, lub plawv, lub raum, thiab ko taw. Kab mob ntshav qab zib yog ib yam mob uas ib txwm tsis paub zoo tu qab tau, tab sis tuaj yeem tswj xyuas tau.

Hom Kab Mob Ntshav Qab Zib 1

Kev muaj hom kab mob ntshav qab zib 1, lub cev tsis tuaj yeem tsum tau cov insulin los ntawm nws tus kheej lub cev. Ib tug neeg twg yuav tsum siv cov insulin. Txhua lub hnuv nyoog tuaj yeem tshwm sim hom kab mob ntshav qab zib 1 tau.

Hom Kab Mob Ntshav Qab Zib 2

Kev muaj hom kab mob ntshav qab zib 2, lub cev tsum tau qee cov insulin tab sis tsis txaus. Los sis, tej zaum lub cev tsis tuaj yeem siv cov insulin tau raws li qhov tuaj yeem siv tau. Tej zaum yuav tau siv tshuaj kho mob thiab insulin.

Kev Saib Xyuas Rau Yus Tus Kheej Txog Tus Kab Mob Ntshav Qab Zib Yog Dab Tsi?

Koj yog tus neeg tseem ceeb heev thaum saib xyuas koj tus kab mob ntshav qab zib. Kev saib xyuas rau yus tus kheej yuav pab koj kawm kom paub txog kev tswj xyuas koj tus kab mob ntshav qab zib. Phau ntawv qhia no muaj cov lus qhia tswj xyuas koj tus kab mob ntshav qab zib kom pab koj:

- ✓ Muaj zog
- ✓ Sau daim ntawv yuav tshuaj ntxiv thiab noj cov tshuaj
- ✓ Noj tej yam khoom noj zoo
- ✓ Soj qab xyuas koj cov ntshav piam thaj glucose (piam thaj) rau tom tsev
- ✓ Paub cov zauv nab npawb uas haum zoo rau koj
- ✓ Mus kuaj mob
- ✓ Coj ib txoj sawv hlua kho mob rau ntawm tes/ntawm coj dab

- ✓ Ua haujlwm nrog koj pawg kws saib xyuas mob nkeeg
- ✓ Kawm kom paub tswj xyuas kev xav rau tus kab mob ntshav qab zib

Yeej nkag siab nyuaj txog cov ntaub ntauv hais txog kab mob ntshav qab zib thiab kev saib xyuas. Koj pawg kws saib xyuas mob nkeeg xav kom koj ua tau zoo. Nco qab ntsoov qhia rau koj pawg kws saib xyuas mob nkeeg yog koj muaj teeb meem txog kev kho mob.

Pawg Kws Saib Xyuas Mob Nkeeg

Muaj ntau cov neeg uas tuaj yeem pab tau koj tus kab mob ntshav qab zib. Koj pawg kws saib xyuas mob nkeeg yuav tham nrog koj txog lub tswv yim zoo tshaj plaws los tswj xyuas koj tus kab mob ntshav qab zib xws li kev noj khoom noj zoo, kev nquag ua ub no, thiab kev noj cov tshuaj.

Cov Npe thiab Cov Nab Npawb Xov Tooj

Tus thawj saib xyuas mob nkeeg		Kws kho mob ko taw	
Kws saib xyuas kab mob ntshav qab zib kws qhia (CDE)		Kws qhia kev noj qab haus huv	
Tus thawj saib xyuas yam mob tsis paub zoo tu qab		Cov kws saib xyuas mob puas hlwb	
Kho kho hniav		Kws tov tshuaj	
Kws qhia txog khoom noj zoo		Tus kws kho mob Saib Xyuas Xub Thawj/kws tu neeg mob/ tus pab tus kws kuaj mob	
Kws kho mob qog ntshav		Kws tu neeg mob	
Kws qhia ua ev xaws xais/ kws qhia tswj lub cev		Tus neeg ua haujlwm nrog pej xeem	
Kws kho qhov muag		Lwm yam:	

Nug Cov Nqe Lus Nug

Thaum koj nug cov nqe lus nug, koj thiab koj pawg kws saib xyuas mob nkeeg yuav kawm paub ntau ntxiv txog lwm tus neeg. Kev sib koom tes ua ke koj tuaj yeem txiav txim siab cov tswv yim zoo tshaj plaws los saib xyuas koj tus mob ntshav qab zib.

Cov nqe lus nug ua piv txwv uas koj xav nug txog:

1. Kuv yuav kawm kom paub ntau ntxiv txog tus kab mob ntshav qab zib, kev noj khoom noj zoo, thiab kev nquag ua ub no tau li cas?
2. Kuv tsev neeg, cov phooj ywg, los sis lwm cov neeg hauv kuv lub zos tuaj yeem pab tswj kuv tus mob ntshav qab zib tau li cas?
3. Yog kuv tsis tuaj yeem yuav tau kuv cov tshuaj los sis lwm yam khoom siv kho tus mob ntshav qab zib los sis lwm cov kev saib xyuas yuav ua li cas? Tham nrog koj pawg kws saib xyuas mob nkeeg los sis lwm qhov kev npaj saib xyuas kev noj qab haus huv (is saws las) txog:
 - a. Feem kev xaiv kom raug tus nqi qis dua
 - b. Cov kev pab tshuaj kho mob
4. Kuv hom kev npaj saib xyuas kev noj qab haus huv (is saws las) pab them duav roos li cas?
 - a. Hu rau koj qhov kev paj saib xyuas kev noj qab haus huv (is saws las) yog xav paub koj cov txiaj ntsig.
 - b. Yog koj tsis paub tias koj qhov kev npaj saib xyuas kev noj qab haus huv yog li cas (is saws las), nug ib tug neeg hauv koj pawg kws saib xyuas mob nkeeg.
 - c. Yog koj tsis muaj ib qho kev npaj saib xyuas kev noj qab haus huv (is saws las), hu rau koj Aging and Disability Resource Center, ADRC (Lub Chaw Ua Haujlwm Saib Xyuas Neeg Laus thiab Neeg Tsis Taus) hauv koj lub zos www.dhs.wisconsin.gov/adrc/consumer/index.htm
5. Kuv tuaj yeem txiav haus luam yeeb los sis txiav kev siv yeeb tshuaj nicotine tau li cas?

Yuav Tsum Npaj Kom Tshij

Npaj ua ntej thiab muaj cov khoom siv txaus los tswj xyuas koj tus kab mob ntshav qab zib kom nyab xeeb. Nqa koj lub ntsuas piam thaj glucose thiab daim ntawv qhia thiab kho kom muaj piam thaj glucose (piam thaj) tsawg. Coj daim npav ID kho mob uas sau hais tias koj muaj mob ntshav qab zib. Dhau ntawm qhov no lawm:

Txo kom muaj ntshav piam thaj tsawg

- Yog koj cov ntshav piam thaj glucose (piam thaj) qis dua 70 mg/dL tab sis siab dua 50 mg/dL noj cov khoom noj muaj carbohydrate ntau li 15 grams xws li ½ khob kua txiv hmab txiv ntoo, 1 diav zib ntab los sis piam thaj, 3 los sis 4 ntsiav piam thaj glucose, los sis ½ khob dej soda (tsim ua los ntawm piam thaj).

- Yog koj theem ntshav piam thaj glucose (piam thaj) qis dua 50 mg/dL noj cov khoom noj carbohydrate ntau li 30 grams xws li 1 khob kua txiv hmab txiv ntoo, 2 diav zib ntab los sis piam thaj, 6 txog 8 ntsiav piam thaj glucose, los sis 1 khob dej soda.

Thaum taug kev mus ncig

www.cdc.gov/diabetes/library/features/traveling-with-diabetes.html

- Nqa koj cov tshuaj nrog koj thiab daim ntawv qhia seb yuav noj tshuaj rau thaum twg
- Nqa cov insulin thiab cov tshuaj kho mob nrog koj yog li ntawd koj thiaj nco qab tej no
- Yuav tau nqa ib co tshuaj ntxiv yog qhov tawm mus ncig sab nrauv ntev dua qhov npaj tseg
- Nqa cov khoom noj nrog koj vim lub sijhawm noj mov yuav pauv hloov
- Nqa daim ntawv teev cov npe ntawm koj tus kws kho mob/lub chaw kuaj mob thiab lub npe chaw muag tshuaj thiab nab npawb xov tooj
- Npaj hloov lub sijhawm raws li thaj chaw ntawd

Huab cua

www.cdc.gov/reproductivehealth/features/disaster-planning-chronic-disease

- Nqa ib daim ntawv teev npe cov tshuaj kho mob nrog rau cov nab npawb sau ntawv yuav tshuaj
- Nqa cov khoom noj tsis lwj zoo thiab tej dej haus kom kav ntev tsawg kawg peb hnub
- Nqa nyiaj ntsuab thiab daim npav xov tooj
- Nqa daim ntawv teev cov nab npawb ntaub ntawv tseem ceeb thiab nab npawb xov tooj (as qhauj tuam txhab nyiaj, daim npav credit, is saws las, cov neeg hauv tsev neeg, chaw muag tshuaj, kws kho mob)
- Nqa cov twj siv pab kho mob xub thawj, teeb nyem, xov tooj cua, roj teeb, cwm ciab, ntais ntawv

Cov hnub muaj mob

- Kuaj xyuas ua npaws
- Haus cov dej uas muaj piam thaj (7Up, kua qhiav, popsicles, Jello, thiab lwm yam)
- Nqa cov tshuaj kho mob zoo ua npaws thiab xeev siab
- Nquag kuaj xyuas cov ntshav piam thaj glucose (piam thaj)

Yuav Tau Kho Thaum Koj Muaj Mob Ntshav Qab Zib

Tham nrog ib tug tswv cuab ntawm koj pawg kws saib xyuas mob nkeeg seb yuav tau tej yam nram qab no rau thaug twg:

	Lub hom phiaj*	Nquag Ua Sai Npaum Li Cas?*	Vim li cas thiaj yuav tau ua kom tiav?*
A1C	Tsawg dua 7% rau cov neeg feem ntau	Txhua txhua 3 txog 6 hli	Kuaj xyuas ntshav piam thaj glucose (piam thaj) rau hauv lub sijhawm 2 txog 3 lub hlis
Ntshav siab	Cov neeg loj feem ntau yeej qis dua 140/90	Thaum mus ntsib txhua zaug; tsawg kawg yog 4 zaug hauv ib lub xyoos	Muaj ntshav siab nrog kab mob ntshav qab zib haj yam yuav ua rau plawv nres los sis mob hlab ntsha tawg tau zoo
Kev kuaj xyuas cov roj Cholesterol	Nce raws li hnuv nyoog thiab kev noj qab haus huv	Ib zaug hauv ib lub xyoos	Ntsuas cov ntshav muaj roj tag nrog, LDL- (tsis zoo) cov roj cholesterol thiab HDL (zoo) cov roj cholesterol + triglycerides
Kuaj xyuas raum			Thaum lub sijhawm dhau mus zuj zus kev muaj ntshav piam thaj glucose (piam thaj) thiab muaj ntshav siab ntau yuav pua rau ob lub raum, yuav pib cuam tshuam mus ntev ua ntej koj yuav pom tus mob
Feem pua ntawm cov zis albumin-creatinine (ACR)	30 mg/g los sis tsawg dua	Kuaj xyuas tag nrho ob yam: Ib zaug hauv ib lub xyoos	Kuaj xyuas seb koj ob lub raum ua haujlwm li cas
Khawv yees feem pua ntawm glomerular filtration (eGFR)	ntau dua 60		Tus nab npawb ntsuas tau los no qhia rau koj tias koj ob lub raum lim tau zoo li cas

* Koj lub hom phiaj yuav raug txiav txim nrog koj tus kws kho mob raws li qhov xav tau ntawm koj tus kheej.

Yuav Tau Mus Kuaj

Nquag Kuaj Sai Npaum Li Cas? Tshwm sim dab tsi (thaum lub sijhawm mus kuaj)?

Kuaj/ ntsuas kab mob ntshav qab zib	Txhua txhua 3 txog 6 hli	Sib tham txog qhov kev npaj saib xyuas thiab cov nqe lus nug
Kuaj hniav	Txhua txhua 6 hli	Kuaj qhov ncauj thiab tu cov hniav
Kuaj xyuas kev ntxhov siab	Txhua xyoo	Tom qab teb cov nqe lus nug txog qhov koj xav li cas rau koj tus mob ntshav qab zib lawm
Kuaj qhov muag	Txhua xyoo	Kuaj xyuas koj ob lub qhov muag seb puas muaj kev txawv txav
Kuaj xyuas ko taw	Txhua xyoo	Kuaj xyuas ko taw seb puas muaj kev txawv txav rau tej tawv nqaij los sis kev hnov loog
Kuaj xyuas lub cev	Txhua xyoo	Saib, tuav los sis mloog tej yam txawv txav ntawm ib tug neeg lub cev

Kev txhaj tshuaj tiv thaiv kab mob

Nug ib tug ntawm koj pawg kws saib xyuas mob nkeeg seb hom tshuaj txhaj tiv thaiv kab mob hom twg thiaj li phim rau koj.

Thaum twg?

Tshuaj tiv thaiv kab mob ua npaws/ hnoos	Txhua xyoo	Txhua lub hnuv nyoog
Kuaj mob ntsws	Ib zaug ua ntej muaj hnuv nyoog 65 xyoos	Txhaj ntxiv rau thaum muaj hnuv nyoog 65 xyoos los sis siab dua
Tdap	Yog tsis tau txhaj tshuaj rau thaum menyuum yaus, rau thaum ib lub hnuv nyoog twg	Txhaj tshuaj Td txhua 10 lub xyoo
Kab mob siab B	Yog tsis tau txhaj tshuaj rau thaum menyuum yaus, txhaj ib zaug rau 3 yam tshuaj tiv thaiv kab mob	Cov neeg laus uas muaj hnuv nyoog qis dua 60 xyoo, sab laj nrog tus kws kho mob yog txhaj 60.
Kab mob Zoster/ shingles	Txhaj ib zaug ntxiv rau	Hnuv nyoog 50 xyoo thiab siab dua

Yuav Tsum Saib Xyuas Rau Yus Tus Kheej

Theem Ua Haujlwm Pim Rau Lub Cev



Cov Hom Phiaj:

- Nquag ua: 30 feeb hauv 5 hnuv toj ib as thiv
 - Kev ua ev xaws xaiv sib zog: 2 hnuv toj ib as thiv
- Nrhiav cov haujlwm uas koj nyiam ua

Kev Noj Cov Khoom Noj Zoo/Xaiv Noj Cov Plus Noj



Xaiv noj cov plus mov noj zoo thiab noj koj haum

Mus ntsib ib tug kws qhia noj khoom noj zoo: 3 txog 4 zaug rau hauv lub sijhawm 3 txog 6 lub hlis

Kev Qhuab Qhia Txog Kev Saib Xyuas Rau Tus Kheej Tus Mob Ntshav Qab Zib



Mus ntsib ib tug kws qhia txog kab mob ntshav qab zib kom nws pab tshuaj xyuas, dhau ntawd ces mus ntsib 3 txog 4 zaug rau hauv lub sijhawm 6 lub hlis thiab txhua xyoo.

Kev Kuaj Xyuas Ntshav Piam Thaj Glucose (Piam thaj) Rau Hauv Tsev



Cov Hom Phiaj:

- Ua ntej plus mov: 80 txog 130 mg/dL
 - Tom qab noj mov ntev li 1 txog 2 teev: tsawg dua 180 mg/dL
- Nug koj pawg kws saib xyuas mob nkeeg seb koj yuav nquag kuaj xyuas koj cov ntshav piam thaj glucose (piam thaj) sai npaum li cas.

Kev Kuaj Xyuas Ntshav Siab Rau Hauv Tsev



Lub Hom Phiaj: Tsawg dua 140/90

Nug koj pawg kws saib xyuas mob nkeeg seb koj yuav nquag kuaj xyuas koj cov ntshav siab sai npaum li cas.

Luam Yeeb/Kev Haus Luam Yeeb



Lub Hom Phiaj: Kev txiav luam yeeb los sis kev haus luam yeeb
Nug koj pawg kws saib xyuas mob nkeeg seb yuav txiav li cas.

Saib Xyuas Ko Taw



- Kev saib xyuas tus kheej txhais ko taw txhua hnuv seb puas muaj tej yam txawv txav los sis hnov loog
- Ntxuav ko taw nrog tshuaj xab npuv thiab dej sov txhua hnuv
- Rau cov rau thiab thom khwm kom haum zoo
- Hle cov thom khwm thiab rau tawm thaum mus kuaj mob ntshav qab zib

Kev Pab Txhawb Hauv Zos

Thaum muaj mob rau koj lawm, koj tus kheej yog tus paub zoo tshaj plaws. Kawm kom paub txog tus kab mob ntshav qab zib ntau li ntau tau. Cov kev pab los ntawm cov neeg hauv zej zog muaj xws li pawg kws pab txhawb thiab koj lub tsev cia ntaub ntawv nyeem. Kuaj xyuas nrog koj pawg kws saib xyuas mob nkeeg mus nrhiav cov kev pab qhia txog kev tswj xyuas rau yus tus kheej uas muaj nyob hauv koj ib cheeb tsam. Lwm lub chaw uas ntseeg siab tau muaj teev npe tseg rau tom qab kawg ntawm phau ntawv qhia no.

Cov Ntaub Ntawv Teev Tseg Txog Kev Saib Xyuas Mob Ntshav Qab Zib Rau Tus Kheej

Kev teem caij mus kuaj mob ntshav qab zib yeej txawv qhov mus kuaj mob rau lub cev; ob qho no yeej tseem ceeb.

Cov hnuab

Cov chaw kuaj (LABS)	A1C				
	Kev kuaj xyuas cov roj Cholesterol				
	Cov ntaub ntawv teev tseg txog lub raum-Feem puas ntawm cov zis albumin-creatinine [ACR], Khwv yees feem pua ntawm glomerular filtration [eGFR]				
COV KEV NTSUAS	Ntshav siab thiab qhov hnyav				
	Kuaj hniav				
	Kuaj xyuas lub cev				
	Kuaj xyuas qhov muag				
	Kuaj xyuas ko taw				
	Kev noj qab haus huv rau feem kev xav/kev sib deev				
COV TSHUAJ TXHAJ TIV THAIV KAB MOB	Tshuaj tiv thaiv kab mob ua npaws/hnoos				
	Kab mob siab B				
	Kab mob ntsws				
	Tdap/Td				
	Kab mob Zoster/shingles				
KEV QHUAB QHIA	Kev qhuab qhia txog kev tswj xyuas rau yus tus kheej				
	Kev noj haus				
	Kev ua haujlwm thiab ua ev xaws xais				
	Kev soj qab xyuas cov piam thaj glucose (piam thaj) rau hauv tsev				

Tham Nrog Koj Tus Kws Kho Mob/Pawg Kws Saib



Xyuas Mob Nkeeg

Ua thawj khauj ruam. Yog ib tug tswv cuab mob siab ntawm koj pawg kws saib xyuas mob nkeeg! Nov yog qee cov lus qhia zoo thaum tham nrog lawv:

- Sau cov nqe lus nug cia, nqa nws nrog koj mus thaum mus ntsib lawv, thiab nug nqe lus nug tseem ceeb ua ntej.
- Coj ib tug neeg nrog koj mus thaum mus ntsib txhua zaus thiaj li pab koj nco tau yam uas tau sib tham txog.
- Nqa daim ntawv teev npe ntawm txhua cov tshuaj kho mob, tshuaj muaj zog, thiab tshuaj pab txhawb ntxiv uas koj siv.
- Nug txog yam uas koj tsis nkag siab.
- Tham txog:
 - ✓ ib cov tshuaj kho mob tshiab
 - ✓ kev txawv txav rau koj li kev noj qab haus huv los sis lub neej
 - ✓ kev haus luam yeeb los sis kev tej yam ncho pa
 - ✓ kev noj cov khoom noj txaus
 - ✓ vaj tse
 - ✓ tsev neeg thiab kev saib xyuas
 - ✓ kev caij tsheb mus los
 - ✓ kev ua haujlwm
 - ✓ kev nyab xeeb ntawm tus kheej
 - ✓ kev haus cawv los sis yeeb tshuaj

Muaj cov ntaub ntawv no rau hauv online rau ntawm:
www.dhs.wisconsin.gov/library/P-43081.htm

Lwm Cov Chaw Pab

HAUV LUB ZOS

Aging and Disability Resource Centers (Cov Chaw Pab Cov Neeg Laus thiab Tsis Taus)-Wisconsin

www.dhs.wisconsin.gov/adrc/index.htm

Cov ntaub ntawv hais txog hauv lub zos thiab kev xa mus saib xyuas

Nias 211 rau ntawm lub xov tooj

Diabetes in Wisconsin (Muaj mob ntshav qab zib rau hauv Wisconsin): WI Department of Health Services (WI Lub Tsev Saib Xyuas Kev Noj Qab Haus Huv)

www.dhs.wisconsin.gov/diabetes/index.htm

Diabetes Local (Muaj Mob Ntshav Qab Zib Rau Hauv Lub Zos)

www.diabeteslocal.org/home

Healthy Living with Diabetes (Kev Ua Neeg Nyob Muaj Zog nrog Tus Kab Mob Ntshav Qab Zib): WI Institute for Healthy Aging (WI Lub Tsev Haujlwm Saib Xyuas Kev Noj Qab Haus Huv Rau Cov Neeg Laus), 608-243-5690

www.wihealthyaging.org

Medigap Helpline-Medicare Counseling for WI Residents (Medicare Pab Tswv Yim Rau Cov Neeg Nyob Hauv WI), 800-242-1060

www.dhs.wisconsin.gov/benefit-specialists/medicare-counseling.htm

National Kidney Foundation of Wisconsin, 800-543-6393

www.kidneywi.org

Prevent Blindness Wisconsin (Kev Tiv Thav Cov Neeg Dig Muag Hauv Wisconsin), 414-765-0505

www.wisconsin.preventblindness.org/diabetes-related-eye-disease

Wisconsin Cov Chaw Cia Ntawv Nyeem Rau Sawd Daws

www.publiclibraries.com/state/wisconsin

HAUV LUB TEB CHAWS

Academy of Nutrition and Dietetics (Lub Chaw Qhia Txog Khoom Noj Zoo thiab Kab Mob Ntshav Qab Zib), 800-877-1600

www.eatright.org

American Association of Diabetes Educators (Cov Kws Qhuab Qhia Txog Kab Mob Ntshav Qab Zib Ntawm Koom Haum As Mes Li Kas), 800-338-3633

www.diabeteseducator.org

American Diabetes Association (Koom Haum As Mes Li Cas Saib Xyuas Txog Kab Mob Ntshav Qab Zib), 800-342-2383

www.diabetes.org

Key Kuaj Xyuas ntawm American Heart Association (Koom Haum As Mes Li Kas Saib Xyuas Kab Mob Plaww) Pauv hloov. Tswj xyuas. Soj qab xyuas

www.ccctracker.com

Centers for Disease Control and Prevention (Lub Chaw Tiv thiab Tswj Xyuas Kab Mob)

www.cdc.gov/diabetes/index.html

Muaj Daim Npav ID Qhia Txog Kab Mob Ntshav Qab Zib Coj Ntawm Caj Dab rau ntawm

www.diabeteswellness.net/free-diabetes-id-necklace

JDRF - kab mob ntshav qab zib rau menyuum yaus, 800-533-2873

www.jdrf.org

Know Diabetes by Heart (Paub Txog Kab Mob Ntshav Qabb Zib los ntawm Lub Plaww)

www.knowdiabetebyheart.org

National Diabetes Information Clearinghouse (Lub Tsev Haujlwm Qhia Txog Tej Ntaub Ntawv Kab Mob Ntshav Qab Zib Rau Hauv Lub Teb Chaws)

www.niddk.nih.gov/health-information/diabetes

Tobacco Quit Line (Tus Xov Tooj Pab Qhia Txog Kev Txiaiv Haus Luam Yeeb), 800-784-8669 los sis 800-QUITNOW

www.ctri.wisc.edu/quit-line



**WISCONSIN DEPARTMENT
of HEALTH SERVICES**

Division of Public Health (Feem Saib Xyuas Kev Noj Qab Haus Huv Rau Pej Xeem Sawd Daws)
Chronic Disease Prevention Program (Kev Pab Tiv Thaiv Tus Kab Mob Tsis Paub Zoo Tu Qab)
Wisconsin Diabetes Advisory Group (Wisconsin Pawg Kws Pab Tswv Yim Txog Kab Mob Ntshav
Qab Zib) thiab lwm cov neeg sib koom tes ua ke