

Inetnon Salut Para U fandanña' Para U Kontra I Chetnot Kurason Yan Strok Mismo mamumuno' Taotao Asi'anun Amerikānu yan manotao Pasifiku ni' mandaibites.

Bethesda, M.D. --- Guåha siha inetnon Manāsi'anun Amerikānu yan inetnon Pasifiku mandanña' yan i 'National Diabetes Education Program (NDEP)' yan i 'American Diabetes Association (ADA)' para u ma sohyo' i taotao siha ni' mandaibites para u ma maneha yan ma adahi i tinakhilo' na hagā'-ñiha, kolesterol, yan i tinakhilo' i hagā'-ñiha putno u fanchinetnot kurason pat u fanstrok. I etmās pekno' na chotnot gi i mandaibites.

Mandanña' gurupu siha yan inetnon siha para u ma emfotma i manaotao Āsi'a yan Pasifiku na ma nisisita mās ki para u ma na'tunok ha' i iyon-ñiha 'blood pressure'. Gof empottānte na u ma maneha i hagā'-ñiha yan i keleston-ñiha. "Adahi i kurason-miyu" sa' annok gi i inestudia na gai pinarehu pat chumilong i dos i daibites yan i chetnot kurason.

Mas sosohyo' todū i taotao ni' 'NDEP' yan i 'ADA' na u ma adahi i korason-ñiha gi este i tres siha na manera: 'blood glucose', minanehan i tinakhilo' i hagā', yan i kolesterol. i taotao siha ni' mandaibites, debi di u ma faisen i medikon-ñiha sha tres na empottānten kuestion:

- Håfa i iyo-ku 'blood glucose', 'blood pressure' yan kolesterol'?
- Håfa dipotse i nombra ni' para bai hu taka'?
- Håfa hu nisisita chumo'gue para bai hu hago' yan mantieni esta na numiru?

Rikumendasion siha ni' para un hago':

- I hagā'-mu 'glucose' - debi di u menos di siette (7) put sientu sigun gi 'A1C' (pat 'hemoglobin A1C') na tes.
- I hagā'-mu - debi di u menos di 130/80. Na' ma rikononosi kada un bisita i mediku-mu.
- Kolesterol (LDL) - debi di u menos di 100. Na' ma rikononosi maseha un (1) biåhi gi i sakkan.

Mamarehu ha' siha i minanehan i hagā'-mu 'glucose', i hagā'-mu, yan iyo-mu kolesterol; Tattiyi i minaolek i kinanno'-mu yan ehetsisio yan mungnga yumommok yan chule' i amot-mu siha. I taotao siha ni' mandaibites u famåra mañupa yan u ma faisen i mediku siha ayudu put asperina.

Manmama'tinas i 'NDEP' matiriåt siha ni' annok emfotmasion gi difirente siha na lengguåhi. Guaha pāppet rekot siha ni' siña un māmataka yan un i'ilaio i hagā'-mu 'glucose' i hagā'-mu, yan kolesterol. Yanggen malago' hao kophia nu este siha put daibites yan emfotmasion put daibites, ågang 1-800-438-5383 pat bisita i 'NDEP' na 'website' gi www.ndep.nih.gov.

Dumanña' I Prugråma Nasionåt Idukaision Daibites yan i Nasionåt Enstitot (NIH) yan i 'Center for Disease Control and Prevention (CDC)' yan dos sientos (200) na grupon taotao gi pupbleko.