

"Nws tsis yog ib qho yooj yim uas hwj xwm kho tus kab mob ntshav qab zib tab sis koj muaj peev xwm ua tau."



"Peb paub... vim tias rau qhov peb muaj tus kab mob ntshav qab zib, ib yam nkaus thiab."

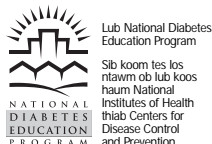
Thaum peb tswj tau peb tus kab mob ntshav qab zib, peb yuav nyob nyab xeeb thiab muaj zog ntau dua qhov qub lawm. Peb tsis xav kom peb lub qhov muag tsis pom kev, raum tsis ua hauj lwm, los yog raug txiav ceg lossis taw, vim tim los ntawm tus kab mob ntshav qab zib. Yog no, peb ua qhov zoo tshaj plaws kom peb muaj peev xwm tswj kom peb tus kab mob ntshav qab zib nyob sib luag.

Nws txhais tau tias peb tau xaiv cov zaub mov zoo thiab txawm peb koom nrog rau tej pluag mov loj yuav tsum xyuas seb peb noj ntau npaum licas. Peb txawm muaj hauj lwm npaum licas los yuav tau teeb ib lub caij los ua tej yam kom tawm fws. Thiab noj peb cov tshuaj thiab ntsuam xyuas peb cov ntshav qab zib kom tsis so.

Nws tsis yog ib qho yooj yim uas tswj peb tus kab mob ntshav qab zib, tab sis peb muaj peev xwm ua tau. Koj yeej muaj peev xwm ua tau ib yam nkaus thiab.

Kev tsuj koj tus kab mob ntshav qab zib. Rau lub neej txoj sia.

Xav paub ntau tshaj nov thov hu rau 1-800-438-5383. Los yog ntsib peb tau rau ntawm <http://ndep.nih.gov> kom nej paub ntau dua nov.



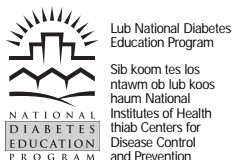
COV LUS SAU TAWM NO YOG LOS NTAWM KEV PAB CUAM DAWB

2 1/16"x10"

"Nws tsis yog ib qho yooj yim uas hwj xwm kho tus kab mob ntshav qab zib tab sis koj muaj peev xwm ua tau."



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COV LUS SAU TAWM NO YOG LOS NTAWM KEV PAB CUAM DAWB

4 1/2"x 5 1/4"

"Kev hwj xwm kab mob ntshav qab zib muaj peev xwm ua rau pauv ntau ntawm lub neej."



Nws tsis yog ib qho yooj yim uas tswj tus kab mob ntshav qab zib, tab sis kuv yuav maj mam ua tiag tswj nws ib hnuab zuj zus.

Xav paub ntau tshaj nov thov hu rau 1-800-438-5383. Los yog ntsib peb tau rau ntawm <http://ndep.nih.gov> kom nej paub ntau dua nov.

O se Polokalama Tu'ufaatasi a Faalapotopotoga Lautele o le Siofua Maloloina ma le Ofisa o le Pulea ma le Puipuiga o Fa'ama'i.



COV LUS SAU TAWM NO YOG LOS NTAWM KEV PAB CUAM DAWB

4 1/2"x 2"

"Kev hwj xwm kab mob ntshav qab zib muaj peev xwm ua rau pauv ntau ntawm lub neej."



Nws tsis yog ib qho yooj yim uas tswj tus kab mob ntshav qab zib, tab sis kuv yuav maj mam ua tiag tswj nws ib hnuab zuj zus.

Xav paub ntau tshaj nov thov hu rau 1-800-438-5383. Los yog ntsib peb tau rau ntawm <http://ndep.nih.gov> kom nej paub ntau dua nov.



COV LUS SAU TAWM NO YOG LOS NTAWM KEV PAB CUAM DAWB

2 1/16"x5 1/4"

Hmong - National Diabetes Education Program: "Patient to Patient" Newspaper Ads (65 line screen). This artwork is camera-ready and may be reprinted and disseminated without permission.

“Nws tsis yog ib qho yooj yim uas hwj xwm kho tus kab mob ntshav qab zib tab sis koj muaj peev xwm ua tau.”

“Peb paub... vim tias rau qhov peb muaj tus kab mob ntshav qab zib, ib yam nkaus thiab.”

Thaum nws nyuab rau peb hwj xwm peb tus kab mob ntshav qab zib peb sawvdaws yeej zoo ib yam nkaus. Tabsis peb yuav majmam ua tiag tswj nws ib hnuv zuj zus. Thaum peb tswj tau peb tus kab mob ntshav qab zib, peb yuav nyob nyab xeeb thiab muaj zog ntau dua qhov qub lawm. Peb tsis xav kom peb lub qhov muag tsis pom kev, raum tsis ua hauj lwm, los yog raug txiav ceg lossis taw, vim tim los ntwam tus kab mob ntshav qab zib. Yog no, peb ua qhov zoo tshaj plaws kom peb muaj peev xwm tswj kom peb tus kab mob ntshav qab zib nyob sib luag.

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Nws tsis yog ib qho yooj yim uas tswj peb tus kab mob ntshav qab zib, tab sis peb muaj peev



xwm ua tau. Koj yeej muaj peev xwm ua tau ib yam nkaus thiab.

Xav paub ntau tshaj nov thov hu rau 1-800-438-5383. Los yog ntsib peb tau rau ntwam <http://ndep.nih.gov> kom nej paub ntau dua nov.

Kev tswj koj tus kab mob ntshav qab zib. Rau lub neej txoj sia.



Lub National Diabetes Education Program

Sib koom tes los ntwam ob lub koos haum National Institutes of Health thiab Centers for Disease Control and Prevention

NATIONAL
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COV LUS SAU TAWM NO YOG LOS NTAWM KEV PAB CUAM DAWB