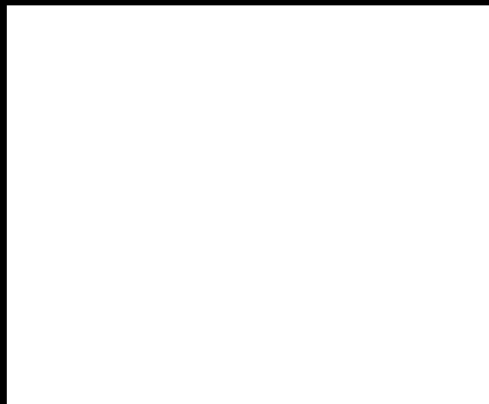
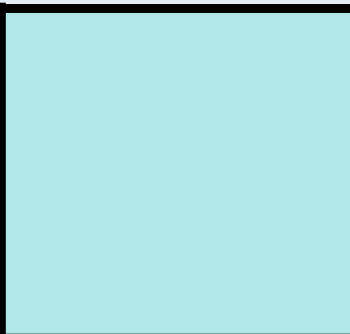




# 4 Steps to Control Your Diabetes for Life

## 4 Sitepu E Pulea ai Lou Ma'i Suka Mo Le Soifuaga



**Samoan  
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Iuni 2007**





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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 Sitepu e Pulea ai Lou Ma'i Suka. Mo le Soifuaga.

O le tusi lenei e maua ai sitepu taua e fa, e fesoasoani ai ia 'oe, ia pulea lou ma'i suka, ina ia fa'agaoioi ma loa ai lou soifua.

**Sitepu 1: A'oa'oina e uiga i le ma'i suka.**

**Sitepu 2: Iloa le ABCs o lou ma'i suka.**

**Sitepu 3: Pulea lou ma'i suka.**

**Sitepu 4: Ia maua tausiga masani e fo'ia ai fa'afitauli.**

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.**

O le ma'i suka o se fa'ama'i mata'utia. E a'afia ai le tele o itutino. O le pogai lea, e tatau ai ona maua se fesoasoani mai le vaega o tagata nei, ia pulea ai lou ma'i suka:

- foma'i
- faiaoga o le ma'i suka
- foma'i o mata
- tagata faufautua mo fa'ama'i o le mafaufau
- teine foma'i
- tagata faufautua mo le va fealoa'i
- foma'i o nifo
- tagata faufautua mo mea tausami
- foma'i o vae
- teine tausami ma'i
- foma'i o vailaau
- uo ma e masani

**O 'oe e matua sili ona taua i le fa'alapotopotoga lenei.**

O le maka  i lenei tusi, e fa'ailoa ai mea e mafai ona e faia, ina ia pulea ai lou ma'i suka.

**Fesoasoani i lau vaega mai le soifua maloloina, ia faia se polokalama mo le tausiga o lou ma'i suka.**

**A'oa'oina ia faia ni fuafuaga tatau i aso ta'itasi mo le tausiga o lou ma'i suka.**



## **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.





## ***Sitepu # 1:***

### **A'oa'oina le uiga o le ma'i suka.**

O le uiga o le ma'i suka, ua maualuga tele le fua o le suka i lou toto. O isi ituaiga ma'i suka nei.

**Ma'i Suka Ituaiga 1**— Ua leai se inisulini e gaosia e le tino. O le inisulini, e fesoasoani i le tino, e fa'aoga le suka mai mea 'ai, e maua ai le malosi. O tagata e maua i le ma'i suka ituaiga 1, e mana'omia le tui o le inisulini e aso uma ta'itasi.

**Ma'i Suka Ituaiga 2**— Ua le gaosia e le tino se inisulini pe le fa'aaogaina tatau. O tagata e maua i le ma'i suka ituaiga 2, o le tele o taimi, e mana'omia le inu o fualaau pe tui le inisulini. E sili atu ona tele tagata e maua i le ma'i suka ituaiga.

**Ma' i Suka ae ma'itaga**— Ma'i suka 'a'o maua i le ma'i taga. E si'itia ai le avanoa e maua ai i isi ituaiaga ma'i suka, as maise le ituaiga 2, mo le tele o lona soifua. E tele ai fo'i le avanoa e maua ai lana pepe i le ma'i suka ma tele pauna fa'aopopo o lona tino.

## 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

## O le Ma'i Suka e mata'utia.

Masalo ua e fa'alogo i nisi o fa'apea, "ua na o sina ma'i suka ", po'o le "tau alu la'ititi i luga le suka". O upu nei e fa'ailoa mai ai, o le ma'i suka, e le o se fa'ama'i mata'utia. E le o sa'o. O le ma'i suka e mata'utia, ae mafai ona e a'oa'o e pulea.

O tagata uma e maua i le ma'i suka, e ao ina faia ni filifiliga tatau mo mea tausami, ina ia maua ai le mamafa tatau o le tino, ma gaoioi i aso uma ta'itasi.

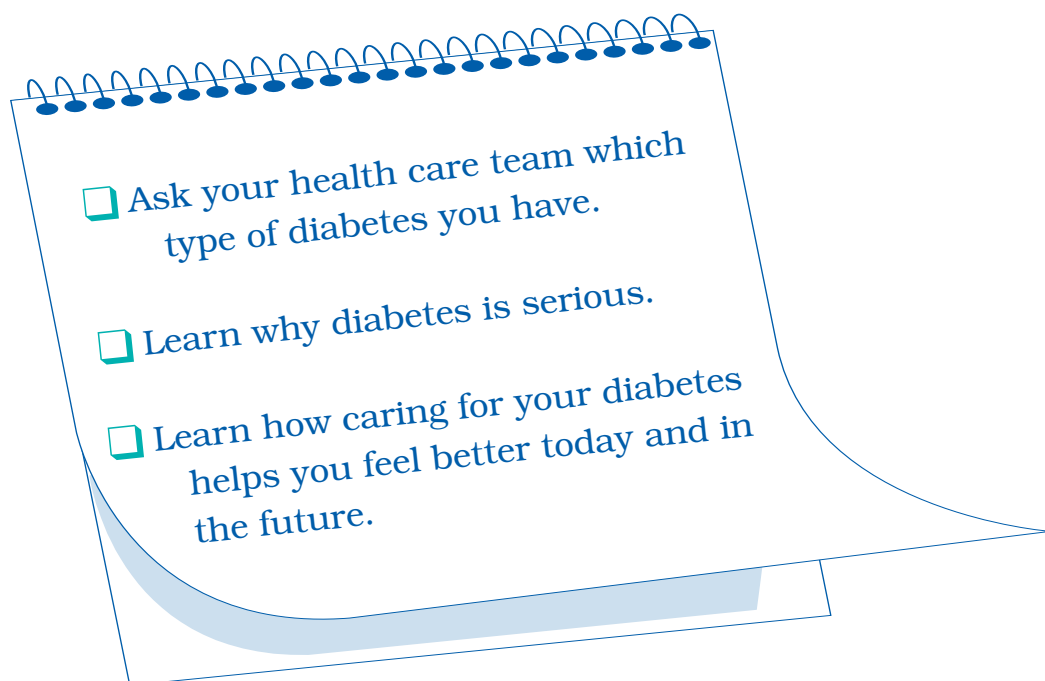


E logolelei lau fa'alogo pe'a lelei le va'aiga ma le tausiga o lou ma'i suka. E feaoasoani ia 'oe, e fo'ia fa'afitauli e pogai mai i le ma'i suka e pei o le:

- ma'i fatu oso fa'afuase'i po'o le ma'i oso e pe ai itu tino
- fa'afitauli o mata e mafua ai ona le lelei le va'ai, pe tauaso ai
- fa'aleagaina o neura o vae ma lima e mafua ai ona tiga, ma'ini'ini, pe le lagona se mea. O nisi tagata e ao ina avaeseina ai se itu, po'o le vae atoa.
- fa'afitauli o le fatuma'a, e mafua ai ona le lelei, pe le toe galue fo'i.
- fa'ama'i o tainifo, ma to'ulu uma ai nifo.

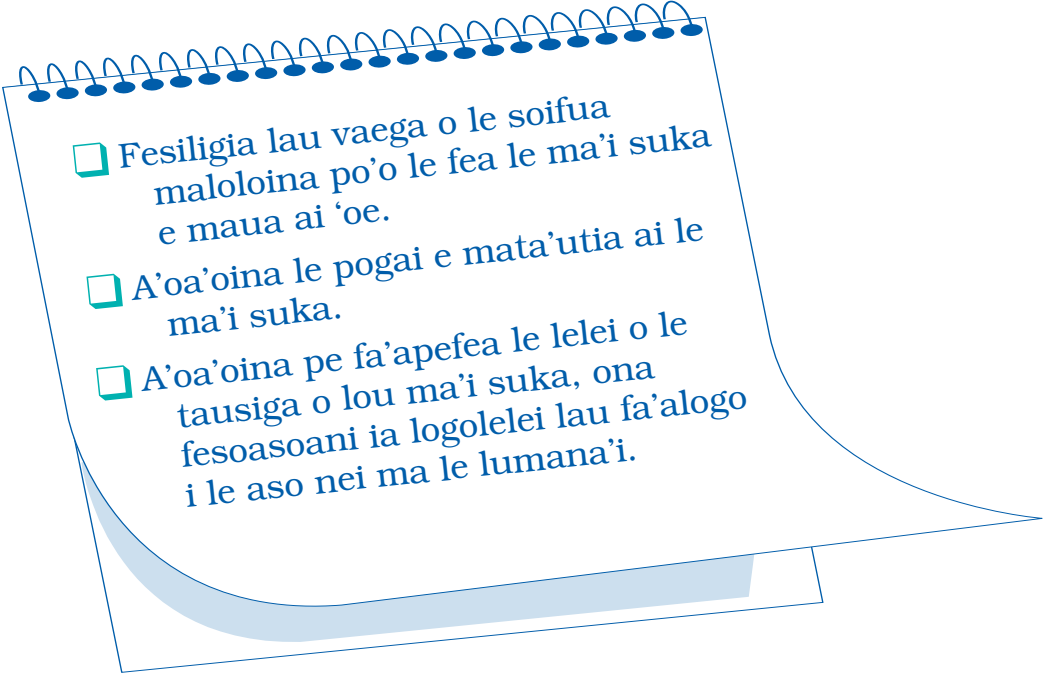
When your blood glucose is close to normal you are likely to:

- 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



A latalata le maualuga o le suka i le toto i le tulaga e tatau ai, o le a e fa'alogoina:

- tele lou malosi
- fa'ala'itia lou le lava, fua inu so'o, ma tula'i so'o
- vave ona malosi, ma fa'ala'itia inifeki o le pa'u ma le taga o le fea'u vai
- fa'ala'itia fa'afitauli o lau va'ai, pa'u, vae, ma tainifo

- 
- Fesiligia lau vaega o le soifua maloloina po'o le fea le ma'i suka e maua ai 'oe.
  - A'oa'oina le pogai e mata'utia ai le ma'i suka.
  - A'oa'oina pe fa'aapefea le lelei o le tausiga o lou ma'i suka, ona fesoasoani ia logolelei lau fa'alogo i le aso nei ma le lumana'i.

## 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.

## Sitepu 2 :

### la iloa le ABCs o lou ma'i suka.

Talanoa i lau aufaigaluega o le soifua maloloina, pe fa'apefea ona pulea le (A1C), su'ega o le suka (Blood pressure) toto maualuga, ma le (Cholesterol) ga'o ile toto. O le ala lea e mafai ai ona fesoasoani e fa'ala'ititia le avanoa e maua ai i le ma'i fatu oso fa'afuase'i, ma'i oso fa'afuase'i e pe ai itutino, ma isi fa'afitauli o le ma'i suka. O le uiga lenei o le ABCs o le ma'i suka:



#### **A mo le suega o le A1C (A-tasi-C).**

E fa'aali mai ai le maualuga sa iai le fua o le toto i masina e tolu ua mavae. O le sini mana'omia mo le to'atele o le i lalo ifo ole 7.

E mafai ona afaina lou fatu, alaga toto, fatuma'a, vae ma mata, pe'a maualuga le fua o le suka i le toto.



#### **B mo le (Blood pressure) fua o le toto maualuga.**

O le sini mana'omia mo le to'atele o tagata ma'i suka o le i lalo ifo o le 130/80.

O le toto maualuga e atili tele ai galuega a le fatu. E mafai ona maua ai le ma'i fatu oso fa'afuase'i, ma'i oso e pe ai itu tino, ma fa'ama'i o le fatuma'a.



#### **C mo le (Cholesterol) ga'o i le toto.**

O le sini mana'omia mo le LDL, mo le to'atele, lalo ifo o le 100. O le sini mana'omia mo le HDL, mo le to'atele, luga ifo o le 40.

LDL po'o le ga'o leaga, e mafai ona fa'aputupuutu ma poloka ai totonu o alagatoto. E mafai ona maua ai i le ma'i fatu oso fa'afuase'i, po'o le ma'i oso e pe ai itu tino. HDL po'o le ga'o lelei, e fesoasoani lea e ave'eseina mai ai le tele o le ga'o mai alagatoto.



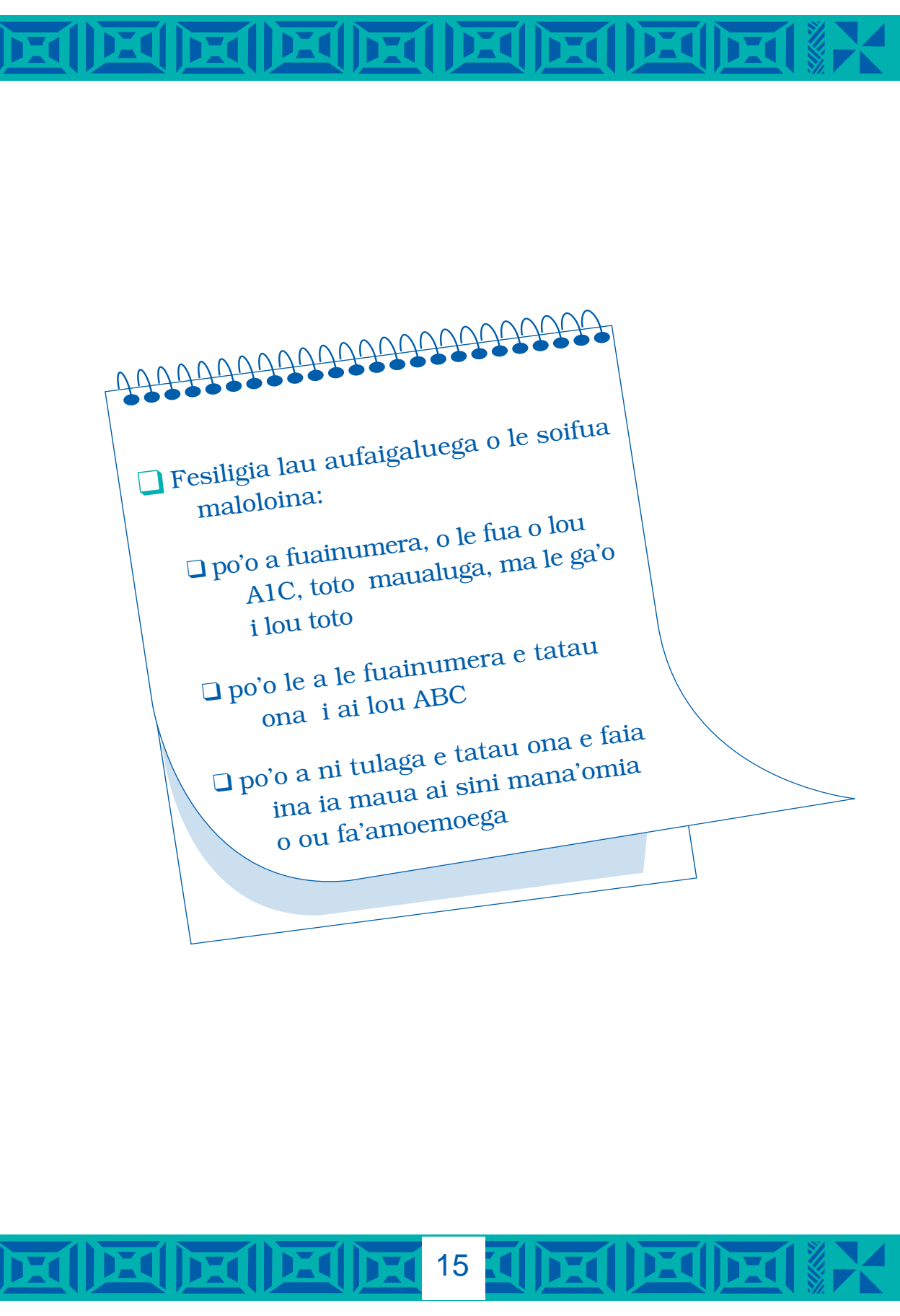
Ask your health care team:

what your A1C, Blood pressure, and cholesterol numbers are

what your ABC numbers should be

what you need to do to reach your targets





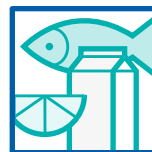
Fesiligia lau aufaigaluega o le soifua maloloina:

po'o a fuainumera, o le fua o lou AIC, toto maualuga, ma le ga'o i lou toto

po'o le a le fuainumera e tatau ona i ai lou ABC

po'o a ni tulaga e tatau ona e faia ina ia maua ai sini mana'omia o ou fa'amoemoega

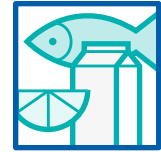
## Step 3: Manage your diabetes.



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.

## Sitepu 3 : Pulea lou ma'i suka.



E to'atele tagata e fa'afo'ia fa'afitauli fa'aumiumia o le ma'i suka, ona ole tausia lelei o latou soifua. Galulue pea ma lau aufaigaluega o le soifua maloloina ina ia maua au sini fa'amoemoeina o lau ABCs. Fa'aaoga le polokalama lea mo 'oe.

- **Fa'aaoga le fuafuaga o lau mea ai mo le ma'i suka.** A leai se fuafuaga o i ai, fesili i lau aufaigaluega mai le soifua maloloina mo se polokalama.
  - Tausami mea ai lelei mo le soifua maloloina e i ai fualaau aina, fua o laau, i'a, pi, susu la'ititi le ga'o ma le sisi.
  - Ia lava le fua o le i'a, fasi povi leai se ga'o, ma le moa i le 3 aunese. Tao pe lagilagi i le ogaumu.
  - Tausami mea 'ai e la'ititi le ga'o ma le masima.
  - Tausami i mea 'ai e tele ai le alavalava, e i ai selio. fatu o laau, falaoa, masi, ma le araisa.

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

Brisk walking is a great way to move more.

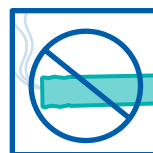


- **Stay at a healthy weight** by making healthy food choices and moving more.

- **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.

- **Faia pe a ma le 30-60 minute o se fa'amalositino** i le tele o aso o le vaiaso. Savali televave e tele ai le gaoioi.



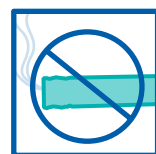
- **Ia iai le mamafa tatau o le tino mo le soifua maloloina,** i le fa'aogaina lelei lea o mea 'ai ma le gaoioi so'o.

- **Sa'ilia se fesoasoani pe'a pagatia le mafaufau.** O latou e apoapoa'i mo e e mafatia le mafaufau, o faifeau, o uo, ma aiga o le a mafai ona talanoa i ai e maua ai se mapusaga mo 'oe.

- **A'oa'oina ina ia mafai ona e tauave pagatia o le olaga.** O le pagatia lea e alu ai i luga le fua o le suka i lou toto. E ui ina faigata ona te'ena pagatia ole olaga, e tatau ona e taumafai e te pulea.

- **Tu'u le ulaula.** Sa'ilia se fesoasoani e fa'amutu ai le ulaula.

- **Inu fualaaui fa'atonuina, tusa pe o logolelei lau fa'alogo.** Fesili i lau foma'i pe tatau ona inu sau asipurini e puipuia ai, mai le ma'i fatu oso fa'afuase'i ma le ma'i oso e pe ai itu tino. Ta'u i lau foma'i pe'a leai se tupe e totogi ai au vai, pe i ai fo'i ni fa'afitauli e mafua mai i au fualaaui.

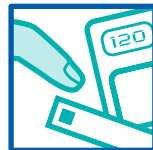


- **Check your feet every day** for cuts, blisters, red spots, and swelling. Call your health care team right away about any sores that won't go away.
- **Brush your teeth and floss every day** to avoid problems with your mouth, teeth, or gums.
- **Check your blood glucose.** You may want to test it 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

- **Siaki ou vae i aso uma** ‘mo ni lavea, uno’oa, maka mumu ma ni fulafula. Val’au loa i lau aufaigaluega o le soifua maloloina mo ni fa’amatapo’u e le pe vave.
- **Fufulu ou nifo ma folosi i aso uma ta’itasi** ina ia fo’ia ai fa’afitauli o le gutu, nifo po’o tainifo.
- **Siaki le maualuga o le suka i le toto.** e lelei pe’a su’e le suka i le toto, fa’atasi pe silli atu fo’i i le aso.
- **Siaki lou toto maualuga,** pe’a fa’atonu mai e lau foma’i
- **Lipoti i lau foma’i ni suiga e te lagona i lau va’ai.**



- Talanoa ma lau aufaigaluega o le soifua maloloina, e uiga i fuainumera mana’omia mo le fua o le suka i le toto. Fesili pe fa’aapefea, ma o le a fo’i le taimi e su’e ai le suka i le toto, ma e fa’aapefea ona ou fa’aaogaina ia fuainumera e pulea ai lo’u ma’i suka.
- Fa’aaoga le fuafuaga lea e ta’ita’ina ai lau tausiga mo ‘oe.
- Talanoa ma lau aufaigaluega o le soifua maloloina i taimi uma o au talavai, po’o fa’aapefea le alualuga lau taumafaiga i lau tausiga mo ‘oe

## 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



## Sitepu 4:

### la maua tausiga masani e fo'ia ai fa'afitauli.

Ia va'ai lau au faigaluega o le soifua maloloina, pe fa'alua i le tausaga , ina ia vave ona maua ma togafitia fa'afitauli. Fesili po'o a tulaga e tatau mo 'oe ina ia taunu'u ai ou fa'amoemoega.

#### I talavai uma ta'itasi:

- siaki lou toto maualuga
- siaki ou vae
- fua ou pauna
- iloilo i lau taumafaiga i lau tausiga o 'oe, e pei ona faaali i le sitepu 3



Fa'alua i le tausaga, ia mautinoa e faia le:

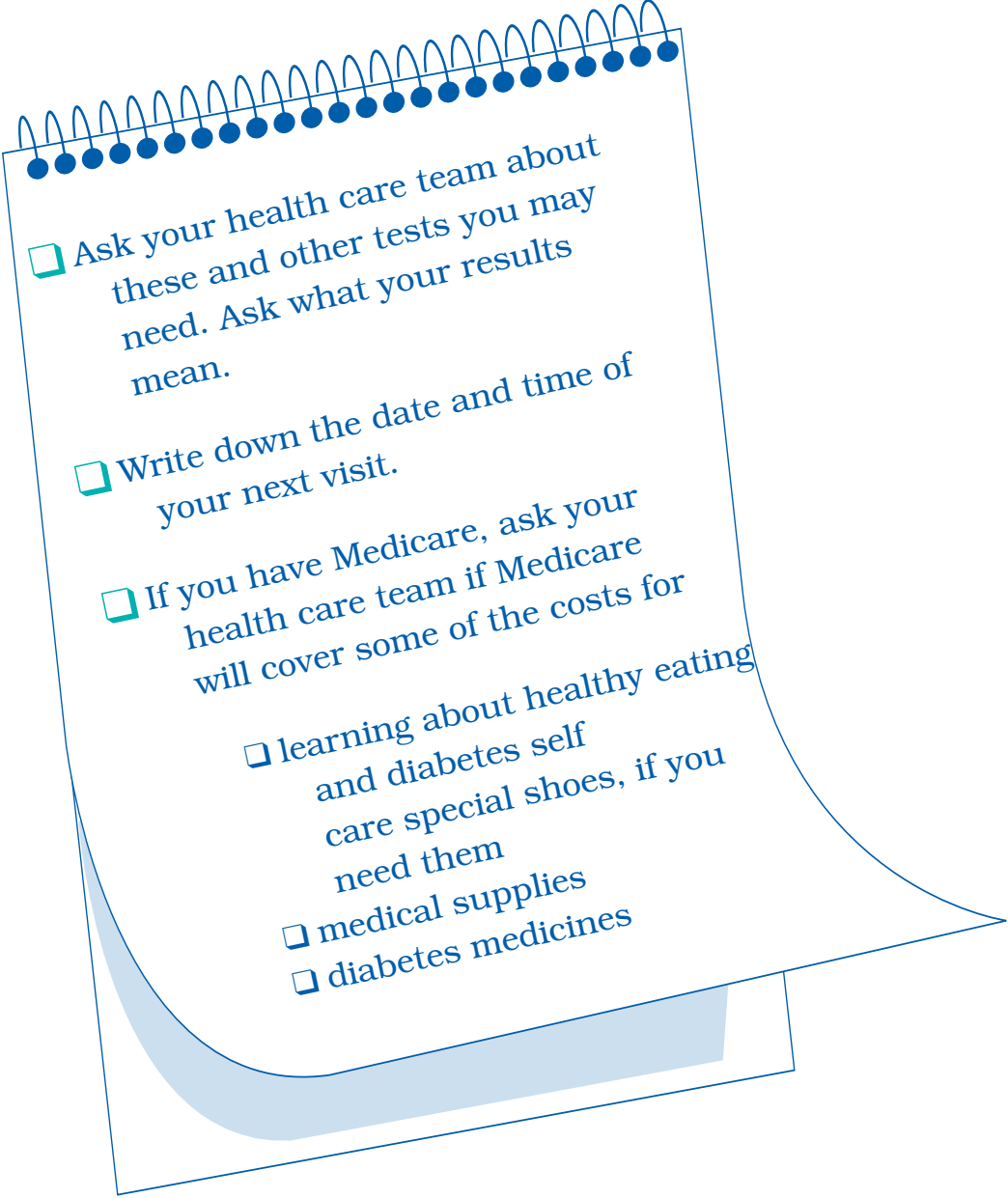
- su'ega o le A1C - e mafai ona siaki so'o pe'a maualuga atu ma le 7

Fa'atasi i le tausaga, ia mautinoa e faia le:

- su'e le ga'o
- su'e le ga'o (triglyceride)
- siaki vae atoa
- siaki nifo ma tainifo - fa'ailoa i lau foma'i nifo, e maua oe i le ma'i suka
- su'ega fa'apitoa o mata, po'o iai ni fa'afitauli
- tui o le fulu
- siaki le feau vai ma le toto, mo ni fa'afitauli o fatuma'a

Pe fa'atasi, ia faia se:

- tui o le neumonia

A graphic of a spiral-bound notebook with a blue cover and a white page. The page is tilted and contains a list of five items, each with a small square checkbox. The spiral binding is at the top. The bottom of the page is shaded in light blue.

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 special shoes, if you need them

medical supplies

diabetes medicines

- Fesili i lau afaigaluega o le soifua maloloina i le uiga o suega nei ma nisi e tatau mo 'oe. Fesili po'o le a le faamalalamaga o numera o su'ega.
- Tusi i lalo le aso ma le taimi o leisi au talavai.
- A i ai sau Medicare, fesili i lau afaigaluega o le soifua maloloina pe mafai ona totogi e le Medicare le tau o mea nei:
  - a'oa'oina o le tausami tatau mo le soifua maloloina, ma lau tausiga ia 'oe lava. se'evae fa'apitoa, pe'a mana'omia mo 'oe.
  - meafaigaluega tau soifua maloloina vaila'au
  - ma fuala'au mo le ma'i suka







## *Where to get help:*

**Many items are offered in English and Spanish.**

### **National Diabetes Education Program**

1-800-438-5383

[www.ndep.nih.gov](http://www.ndep.nih.gov)

### **American Association of Diabetes Educators**

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

[www.diabeteseducator.org](http://www.diabeteseducator.org)

### **American Diabetes Association**

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

[www.diabetes.org](http://www.diabetes.org)

### **American Dietetic Association**

1-800-366-1655

[www.eatright.org](http://www.eatright.org)

### **American Heart Association**

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

[www.americanheart.org](http://www.americanheart.org)

### **Centers for Disease Control and Prevention**

1-877-232-3422

[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

### **Centers for Medicare & Medicaid Services**

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

[www.medicare.gov/health/diabetes.asp](http://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](http://www.niddk.nih.gov)



# *O fea e maua ai le fesoasoani:*

**E tele fesoasoani o loo ofoina ile faa-Papalagi ma le faa-Sipaniolo.**

**National Diabetes Education Program**

1-800-438-5383

[www.ndep.nih.gov](http://www.ndep.nih.gov)

**American Association of Diabetes Educators**

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

[www.diabeteseducator.org](http://www.diabeteseducator.org)

**American Diabetes Association**

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

[www.diabetes.org](http://www.diabetes.org)

**American Dietetic Association**

1-800-366-1655

[www.eatright.org](http://www.eatright.org)

**American Heart Association**

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

[www.americanheart.org](http://www.americanheart.org)

**Centers for Disease Control and Prevention**

1-877-232-3422

[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

**Centers for Medicare & Medicaid Services**

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


[www.medicare.gov/health/diabetes.asp](http://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](http://www.niddk.nih.gov)



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