




Buñten ko ñan dāābij  
joñan tōñal eo am bwe  
en jab laplok.



National Diabetes Education Program

Pūokraam in katakin/katak eo an Ñational Diabetes



Booklet in ej lewaj emen (4)  
buñten nāā ko raurōk ñan  
jipañ am kejparok joñan  
tōñal eo am im mōur juōn  
mōur eo ājmōur im eaitok  
kitien.

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## Wawein ko komaroñ kōmmani

Kaköllā ✓ ko iloan booklet in rej kwalok wāwen ko kwo maroñ kōmmani ñan kejparok nañinmej in tōñal eo am.

- ✓ Jipañ taktō ro am kōmmane juōn care plan (Koon in kejparok) ikijjien nañinmej in tōñal eo im enaaj jermal ñan kwe.
- ✓ Katak kōmmani jokalet ko rejimwe ñan kejparok nañinmej in tōñal eo am ilo kajjojo raan.

# 1 BUÑTEN 1: Katak kōn nañinmej in tōñal

## Ta in nañinmej in tōñal?

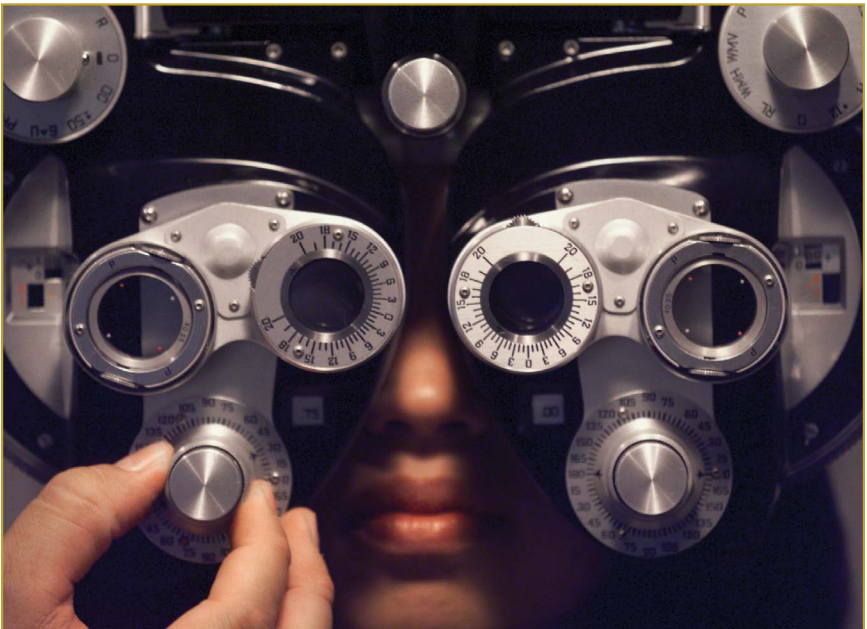
Ewōr jilu kain nañinmej in tōñal ko:

- **Nañinmej in tōñal eo Kein kajuōn** - Ānbwinniūm ejjab kōmman insulin. Juōn in abañ kōnke kwoj aikuuj insulin ñan bōk juka (glucose) jen mōñā ko kwoj kañi im ukōti bwe en wōr kajoor ilo ānbwinniūm. Kwoj aikuuj bōk insulin aolep raan bwe kwon mōur.
- **Nañinmej in tōñal eo kein karuo** - Ānbwinniūm ejjab eman an kōmman ak kōjerbale insulin. Kwoj aikuuj bōke uno ko ak insulin ñan jipañ kejparok nañinmej in tōñal eo am. Nañinmej in tōñal kain karuo ej make wōt laptata an armej bōke.
- **Gestational ej etan** nañinmej in tōñal eo jejo kōrā rej bōke ñe rej bōrorro. Enañin aolep iien, ej make jako ālkin an niñniñ eo lotak. Meñe ej jako, kōrā rein im ajri ro nejier remaroñ bōk nañinmej in tōñal tokelik ilo aer mour.

## Kwo eo eaurōktata ilo doulul in kejarok ājmōur eo am.

Kwe eo kwoj lolorjake tōñal eo am kajojo raan. Kenono ippān taktō eo am kōn wāwein eo emantata ñan am maroñ kejarok tōñal eo am im dāābij am ājmōur. Ro jet remaroñ jipañ rej:

- taktō in ñii
- taktō in nañinmej in tōñal
- ri-katakin ro kōn nañinmej in tōñal
- Ro retijemlok kōn mōñā ko rājmōur
- taktō in māāj
- taktō in nāā
- Ro mōttad im baamle eo
- Ri-kabilōklōk in nañinmej in kōmālij
- nurse
- nurse ro rej jipan taktō ro
- ri-jerbal in jikin kauno ro
- ri-jerbal in social work/ri-jipañ armej



## Wāwen kōlaplok jelālokjen ikijjen nañinmej in tōñal.

- Bōk kilaaj ñan kōlaplok am melele kōn nañinmej in tōñal. Ñan kabbok kilaaj, lale ippān health care team eo am, hospital, ak clinic ko ibelakūm. Komaroñ bōrāinwōt kabbok online.
- Koba lok ippān juōn support group/doulul in jipañ---jāde lok ak ilo online---ñan am lale ñe komaroñ ellolo jipañ ikkijjen kilen kejparok am nañinmej in tōñal.
- Riit kake nañinmej in tōñal ko online. Etal ñan <http://www.cdc.gov/diabetes/ndep/index.htm/>

## Kwon lukkunin mool ilo am kejparok nañinmej in tōñal ko.

Emaroñ mōj am roñ an armej ba bwe “ewōr jidik aer tōñal.” Naan kein remaroñ keidilok bwe nañinmej in tōñal eo ejjab lukkun juōn men eo elap/aurōk. Menin **ejjab** jimwe. Nañinmej in tōñal ej kauatata, bōtaab kwoj aikuij jelā kejparoke.

Armej ro ewōr aer nañinmej in tōñal rej aikuij kāleti mōñā ko rej bōktok ājmōur, eman joñan eddo eo am, makūtkūt aolep raan, im bōke uno ko aer meñe rej eñjake aer ājmōur. Elōñ men ko ñan kōmmani. **Ejjab pidodo, ijoke aurōk!**



## **Etke kwon kejparok eok jān nañinmej in tōñal eo am?**

Ilo am kejparok am nañinmej in tōñal emaroñ naaj jipañ kōkmanman am mōur rainin im tokālīk. Elañe joñan jukka (glucose) eo ilo bōtōtkūm ebaake joñan en eman, komaroñ naaj:

- kajoorklok
- diklok am emaroro im emōkmōk
- jakutkutlok am aikujiñ kabojak den/raut
- mōō mōkaj
- ietlok kinej ilo kilim ak bok in den eo

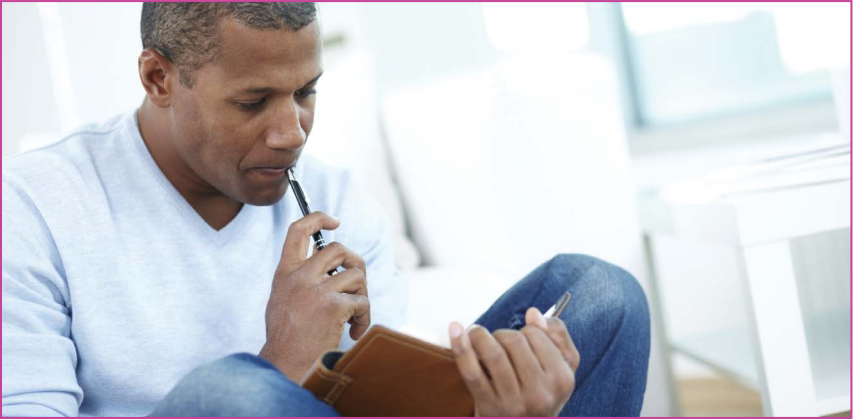
Enaaj bar diklok am ioni abañ rot kein im rej walok jān nañinmej in tōñal:

- Heart attack ak stroke
- Jorrān in māāj ak bilo
- metak, ikkinalnal, ak mej peiūm im nāām, rej ba jorrān in nerve
- jorāān ko ilo dekā in jibke im remaroñ kakkuri bwe ren jab jermal
- jorāān ko ilo nii kab ñad



### **Wāwen ko komaroñ kōmmani**

- ✓ Kajjitōk ippān health care team eo am kain nañinmej in tōñal rot eo ippam
- ✓ Lale ia eo komaroñ kabbok jipañ ie
- ✓ Melele bwe wāwen kejparok nañinmej in tōñal eo am ej jipañ kōkmanman am mōur rainin im tokālīk



## 2 BUÑTEN 2: Jelā kōn “ABC” ko an nañinmej in tōñal

Kenono ippān health care team eo am ikijjien wāwen kejarok A1C eo am, **Blood** pressure eo am, im kirii eo ilo bōtōktōkūm. Wāwen in emaroñ jipañ bōbraeik eok jān nañinmej in heart attack, nañinmej in stroke, im abañ ko jet rej walok jān nañinmej in tōñal

### A ñan teej in A1C (A-one-C).

#### Ta in?

A1C ej joñwe joñan tōñal eo ilo bōtōktōkūm iloan allōñ ko jilu rej mootlok. Eoktak jān am katōñalñal aolep raan.

#### Etke e aurōk?

Kwoj aikuij jelā joñan am tōñal aolep ien. Kwojjab kōnaan bwe ren utiej. Relak utiej, remaroñ kakkure menono ne am, ial in bōtōktōkūm, dekā in jibke ko (kidney ko), nāām, im mejam

#### Ta kōtōpar eo an A1C?

Kōtōpar eo ippān ri-nañinmej in tōñal ro bwe joñan A1C ko aer ren pād ilalin 7. Emaroñ otkak ñan kwe. Kajjitōk joñan ñe kwoj aikuj kōtōpare.

## **B** ñan Blood pressure.

### **Ta in?**

Blood pressure ej joñan kajoor in an bōtōktōkūm itaak ilo tōrerein ial an bōtōktōkūm.

### **Etke e aurōk?**

Elañe elap an lap blood pressure eo am, emaroñ keiñtane menono eo am. Emaroñ kōmman heart attack, stroke, im kakkure dekā in jibke ko am im mejam.

### **Ta kōtōpar eo an high blood?**

Joñan blood pressure eo im elōñ ri-nañinmej in tōñal rej kōtōpare ej lalin 140/90. Emaroñ oktak ñan kwe. Kajjitōk joñan ne kwoj aikuj kōtōpare.





# Cej ikijien kirij ilo bōtōktōk etan Cholesterol (ko-LESS-tuh-ruhl).

## Ta in?

Ewōr ruo kain kirij ko ilo bōtōktōk eo am: LDL im HDL.

LDL ak cholesterol eo “enana” emaroñ ejaak im binej ial in bōtōktōk ko. Emaroñ kōmman heart attack ak stroke.

HDL ak cholesterol eo “eman” ej jipañ jolok cholesterol eo “enana” jān ial in bōtōktōk ko.

## Ta jibadbad ko an LDL im HDL?

Kajjitōk ewi joñan cholesterol (kirij ilo bōtōktōk) eo eman ñan kwe. Kōtōpar ko am remaroñ oktak jān ro jet. Elañe kwo ritto lok jān 40 iiō retam, komaroñ naaj aikuj in idaak uno ñan jipañ menono ne am.



## Wāwen ko komaroñ kōmmani

- ✓ Kajjitōk ippān health care team eo am:
  - Jete A1C eo am, ewi joñan am high blood, im ewi joñan kirij eo ilo bōtōktōkūm im enkar ewi jejetier. Kōtōpar ko am ikijjien ABC enaj etal ekkar ñan joñan aitokan am bōk nañinmej in tōñal, nañinmej ko jet, im joñan am jab maroñ kejarok joñan tōñal eo am.
  - Lale bwe en tōprak kōtōpar ko am ikijjien ABC.
- ✓ Je aolepen nōmba ko am ilo tulikin booklet in ñan am etale am wōnmanlok.

# 3 BUÑTEN 3: Katak wāwen mōur in tōñal

Ekkā wōt ad eñjake im obrak kōn inene ko, buromōj ak illu ñe ewōr ad nañinmej in tōñal. Kwo maroñ jela kōn buñten ko kwoj aikuuj kōmmani bwe kwon ājmōur wōt, ijoke ewōr am abañ in lore karōk in plan eo am.

Mōttan in ej kwalok melele dikdik ko kōn wāwen am kajjeoñ mōur kake tōñal eo am, kōn mōñā ko rekkar, im emakūtkūt wōt.

## **Kajeoñ mōur kake ak namejlan tōñal eo am.**

- Inebata emaroñ kōmman bwe en laplok am high blood. Katak wāwen ko ñan kadiklok am inebata. Kajeoñ kaddoik am bōk kutuōm, ekkat, etetal, kōlmenlokijen, kōmmane men ko eitoklimōūm kake, roñjake al ko reman ippam.
- Kajitōk jipañ elañe enana am mōur. Juōn counselor in nañinmej in kōmālij, doulul in jipañ, ro uaan kabuñ, eo jeram, ro ilo baamle me remaroñ roñjake eok im jipañe eok bwe en eman am eñjake.

## **En eman/kejparok am mōñā.**

- Kōmmane juōn karōk in plan kōn jipañ jān doulul in ājmōur eo am.
- Kālet mōñā ko ediklok calories ko ie, saturated fat, trans fat, jukka, im salt.
- Kañi mōñā ko elap fiber ie, āinwōt whole grain cereals, breads, crackers, rice, ak pasta.
- Kālet mōñā ko āinwōt leen wōjke ko, bōlōk ko, bilawe im cereal ko, milik ko edik kirij ie ak skim milik im cheese.
- Idaak dān in aibōj im jab juice im soda/kola.



- Ilo iien am mōñā, kanne jimmetan in plate eo am kōn leen wōjke im bōlōk ko, 1/4 protein, āinwōt bean, ak kanneik in bao ak takke im ej ejjelok kil, im 1/4 grain in brown rice ak wheat pasta.

## **Kwon Emakūtkūt wōt.**

- Karōk juōn am jibadbad ñan am makūtkūt ilo enañin aolep raan ilo juōn wiik. Kadikdik jinoun kōn 10 minit in am ātetal, 3 alen juōn raan.
- Ruo alen juōn wiik, jerbāl ñan kōlaplok an kajoor muscle ko am. Kōjerbāl roba ko rej mō, kōmman yoga, kallūp/ākkat (kōjerbāl kein jerbāl ko), kajjeoñ kōmman push-up.
- Dābij joñan eddo eo eman ñan ājmōur eo am ilo am kōjerbale karōk in plan eo kōn wāwen am mōñā im en laplok am emakūtkūt.

## **Jelā ta eo kwon kōmmane aolep raan.**

- Bōke uno in nañinmej in tōñal ko am im abañ ko am jet meñe eman am eñjake ak mōur. Kajjitōk ippān taktō eo am elañe kwoj aikuuj aspirin ñan bōbrae an walok metak oob ak stroke. Ba ñan taktō eo am elañe kwoj jab maroñ wiaik uno ko limōm ak ejjab eman am mōur ñe kwoj būki.
- Ātale neem kajojo raan ñe ewōr mwijmwij ko, jikin ko rebūrōrō, im ebbōj. Kūr lok doulul in ājmōur eo am kiō wōt kake kūnnej ko rejjae moo.

- Būraje niūm im kōjberbal floss kajojo raan ñan kejbarok loñiūm, niūm, im ñadiūm bwe ren ājmōurur.
- Jab kōbatat. Kajjitōk jipañ ñan am bōjrak. Kūr lok 1-800-QUITNOW (1-800-784-8669).
- Lale wōt joñan tōñal eo am. Kwo maroñ kōnan lale juōn ak elōñ lok katten ilo juōn raan. Kōjerbale card eo ilo tulikin booklet in ñan am je ilo rekot nōmba in tōñal ilo bōtōktōkūm. Kwon kab kōnan ippān doulul in ājmōur eo am.
- Etale high blood eo am elañe taktō eo am ej lewaj melele im kōjbarok ilo rekot eo.

## **Kōnono ippān doulul in ājmōur eo am.**

- Kajjitōk ippān taktō eo am elañe ewōr am kajjitōk ko kōn nañinmej in tōñal eo am.
- Je ilo ripoot jabrewot oktak ko ilo ājmōur eo am.



## **Makūtkūt ko kwoj maroñ kōmmani**

- ✓ Kajjitōk kake juōn am karōk in plan kōn mōñā in kājmōur ko.
- ✓ Kajjitōk kōn wāwen ko ñan an laplok am makūtkūt.
- ✓ Kajjitōk kōn wāwen im nāt kwoj test tōñal in bōtōktōkūm im ekōjkan kōjberbal tōbrak ko an kejbarok eok jen nañinmej in tōñal eo am.
- ✓ Kōjberbal jipañ dikdik kein ñan jipañ eok kejbarok eok make.
- ✓ Kenono wāwen an karōk in plan in am jberbal ñan kwe kajojo iien kwoj loelok doulul in ājmōur eo am.

# 4 BUÑTEN 4: Beddo lolok taktō ro am bwe kwon ājmōur.

Loelok doulul in ājmōur eo am diktata ruo alen ilo juōn iiō ñan am bukōt mejlan abañ ko am ilo iien eo emōkaj.

## Ilo kajojo iien am lolok, lale bwe en wōr am:

- Etale in high blood
- etale nāeōm
- etale am eddo
- kab karōk in plan eo ñan kejarok

eok Ruo alen kajojo iiō, ewōr juon:

- **A1C test.** Emaroñ ikutkutlok am etale elañe ej ilōñ in 7.

## Ilo kajojo iien am lolok, lale bwe en wōr am:

- Kadedelok test in kirij ilo bōtōktōk
- Etale nāeōm, niūm kab nadiūm
- etale māāj
- bōk wā in flu test in dān in raut im bōtōktōk ñan
- Etale jorren ko ilo dākāinjibūke.

## Diktata juōn alen ilo mōur ne am, bōk juōn:

- wā in pneumonia (nu-mo-nya)
- shot hepatitis B (HEP-uh-TY-tiss).

## Medicare im nañinmej in tōñal.

Elañe ewōr am Medicare, etale im lale ekejkan an karōk in plan in am naj kadeloñ nañimej in tōñal. Ilo medicare edeloñ jet wōnen ko ikijien:

- katak kōn nañinmej in tōñal
- kein madmōd ko kōn nañinmej in tōñal
- iien lolok ko kōn uno ippen dietian eo
- elaptata juuj ko, elañe kwoj aikuji am



## Makūtkūt ko kwo maroñ kōmmani

- ✓ Kajjitōk ippen doulul in ājmōur eo am kake men kein kab test ko jet kwoj aikuji. Kajjitōk ta melele in tōprak in test ko.
- ✓ Je raan im awa eo kwonaaj bar lotok.
- ✓ Kōjerbale card eo ilo tulikin book jidikdik in ñan am je ilo rekot am kejbarok joñam.
- ✓ Elañe ewōr am medicare, etale karōk in plan eo am.

## Menin ka-kememej

- Kwoj juōn eo elap tokjen ilo uaan doulul in ājmōur eo am.
- Lore buñten nāa ko emen ilo book jidikdik eo ñan jipañ eok melele wāwein am kantrole/kejparok nañinmej in tōñal eo am.
- Katak wāwein am tōpare ABC jibadbad ko am.
- Kajjitōk jipañ eo an doulul in ājmōur eo am.

# My Diabetes Care Record” Record in aō taktō Ikijjen nañinmej in tōñal”

## Wāwein kōjerbal rekot eo.

Mokta riiti bar eo emōj kattone/kabdejdeje ilowan ilo peij eo.  
Menin ej kwalok ñan kwe:

- etan test eo ak joñan ikūtkūt in am kōmmāne test eo ñan am lale jibadbad eo am (kōn A1C, blood pressure, im cholesterol)
- Innem je raan im tōprak ko kōn kajojo test ak etale ko kwoj kōmmāne.
- Bōke card in ippam ilo iien lolok ko am ñan jikin ājmōur eo am. Kwalok ñan ippen doulul in ājmōur eo am. Kenaan kake jibadbad kōtōpar ko am im wāwein am kōmmāni.

A1C-Diktata ruo alen ilo kajojo iiō				Jibadbad kōtōpar eo aō
Raan				
Tōprak				

High Blood (BP) - kajojo iien lolok				Jibadbad kōtōpar eo aō
Raan				
Tōprak				

Kirij ilo bōtōktōk - juōn alen ilo juōn iiō				Jibadbad kōtōpar eo aō
Raan				
Tōprak				

# My Diabetes Care Record” Record in aō taktō ikijjen nañinmej in tōñal”

## Wāwein kōjerbal rekot eo.

Kōjerbal peij in ñan am je raan im tōprak ko kōn kajojo test ak kakōlkōl ko, ak wā ko.

Kajojo lolok	Raan	Tōprak
Etale nāōm		
Etale karōk in plan eo ñan kejbaroke eok		
Etale eddo eo am		
Etale uno ko		

Juōn alen ilo juōn iiō	Raan	Tōprak
Kakilene niūm		
Kakilene an mejam kileplok		
Kakilene nāōm		
Wā in flu		
Kakilene dekāinjibūke		

Diktata juōn alen	Raan	Tōprak
Wā in Pneumonia		
Wā in Hepatitis B		



# Make etale tōñal ilo bōtōktōk

## Wāwein kōjerbale card in.

Evōr jilu mōttan iloan card in. Kajojo mōttan ej kwalok nāt kwoj etale tōñal in bōtōktōk eo am: mokta jen kajojo iien mōñā, 1 ñan 2 awa ālkin kajojo iien ko, im ilo iien kiki. Kajojo iien kwoj etale joñan tōñal in bōtōktōk eo am, je raan eo, iien eo, im tōprak ko.

Bōke card in ippam ilo iien lolok ko am ñan jikin ājmōur eo am. Kwalok ñan ippen doulul in ājmōur eo am. Kenaan kake jibadbad kōtōpar ko am im wāwein am kōmmani.

	Raan	lien	Trak
<b>Joñan tōñal in bōtōktōk Mokta jen iien mōñā:</b>  Jibadbad kōtōpar ekkā ej 180 ñan 130*  Jibadbad kōtōpar eo aō:			
<b>Joñan tōñal eo ao ilo bōtōktōk:</b>  Ekkā an ped ilal in 180*  Jibadbad kōtōpar eo aō:			
<b>Joñan tōñal in bōtōktōk eo aō ilo iien kiki iien:</b>  Ekkā an pād 110 ñan 150*  Jibadbad kōtōpar eo aō:			

\*Jibadbad kōtōpar in joñan tōñal ilo bōtōktōk emaroñ oktak elañe kwoj juōn ritto (ilōñ in 65) im ear wōr am nañinmej in tōñal ilo juōn iien eo aetok. Remaroñ bōrāinwōt oktak elañe evōr am bar abañ ko āinwōt nañinmej in menono ak tōñal in bōtōktōk eo am epōd ilal.

## **Ñan kōlaplok am melele:**

Elõñ iaan kumi kein rej jeje ilo kajin English im Spanish.

### **Ilo Pirokram in katak kake nañinmej tōñal**

**Ilo CDC:** 1-800-CDC-INFO (1-800-232-4636)  
[www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep)

**At NIH:** Talboon: 1-800-860-8747  
[www.ndep.nih.gov](http://www.ndep.nih.gov)

**Diabetes HealthSense:** Juon jikin bōk melele kōn mōur eman ilo online.

[www.YourDiabetesInfo.org/HealthSense](http://www.YourDiabetesInfo.org/HealthSense)

### **Academy of Nutrition and Dietetics**

1-800-877-1600

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

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

1-800-338-3633

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

### **American Diabetes Association**

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

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

### **American Heart Association**

1-800-AHA-USA1 (1-800-242-8721)

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

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

1-800-CDC-INFO (1-800-232-4636)

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

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

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

[www.medicare.gov](http://www.medicare.gov)

**Department of Agriculture, *U.S. Dietary Guidelines***  
[www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

**Juvenile Diabetes Research Foundation**  
1-800-533-CURE (1-800-533-2873)  
[www.jdrf.org](http://www.jdrf.org)

**National Eye Health Education Program**  
1-301-496-5248  
<https://nei.nih.gov/nehep>

**National Institute of Diabetes and Digestive and Kidney Diseases** National Diabetes Information Clearinghouse  
1-800-860-8747  
[www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)

**National Kidney Disease Education Program**  
1-800-860-8747  
<http://www.nkdep.nih.gov/>

National Diabetes Education Program

**Ñan elaplok melele kūrlok**

**1-800-CDC-INFO (1-800-232-4636) TTY 1-888-232-6348**

**Kab lale [www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep)**

The U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) eo ej jimor kōmman im letok in Centers for Disease Control and Prevention (CDC) eo National Institutes of Health (NIH) kōn jipañ ko ak elaplok jen 200 doulul ko rej ippen doon.

Martha M. Funnell, MS, RN, CDE jen Michigan Diabetes Research and Training Center ear etale ñan kajimwe melele kein.

Kajin Majōl ukok jen jermal in ukok ko an ijo ej bōk eddo in kejbarok nañinmej ko (Centers for Disease Control and Prevention, ak CDC) im kōkmanmanlok jen Dr. Sheldon Riklon im Lyndia A Riklon, UAMS, im Melisa Laelan.

NDEP-67

