

Ntawv Teev Tseg Ntawm Ntshav Qab zib

Tham txog tej kev tswj soj ntsuam xyuas ntshav qab zib nrog koj tus kws kho mob thiab siv daim ntawv no teev tseg. Muab tais khaws cia hauv koj lub hnab tawv rau nyiaj.

Tswj koj cov ntshav qab zib!

Soj Xyuas Ntshav Qab Zib Teev Tseg (txhua zaus mus kuaj) Hom phiaj: (ua ntej noj mov):	Hnub tim:				
Ntshav Siab Los Qis (txhua zaus mus kuaj) Hom phiaj:	Hnub tim:				
	Muaj:				
Nyhav Li Cas (txhua zaus mus kuaj) Hom phiaj:	Hnub tim:				
	Muaj:				
Kuaj Ko taw (txhua zaus mus kuaj)	Hnub tim:				
A1C Kuaj ntshav xyuas seb 3 lub hlis dhau los ntshav qab zib nyob qib twg (3 lub hlis kuaj ib zaug) Hom phiaj:	Hnub tim:				
	Muaj:				
Microalbuminuria Kuaj zis hauv lub raum (txhua xyoo) Hom phiaj:	Hnub tim:				
	Muaj:				
Kuaj Ntsiab muag Qhib (txhua xyoo)	Hnub tim:				
Kuaj Hniav (txhua rau lub hlis)	Hnub tim:				
Kuaj ntshav ntsuas seb yus cov roj ntau npaum cas tseem ceeb heev ntawm kev muaj kab mob rau lub plawv					
Roj uas txhaws tau hlab ntsha (txhua xyoo) Hom phiaj:	Hnub tim:				
	Muaj:				
Triglycerides (txhua xyoo) Hom phiaj:	Hnub tim:				
	Muaj:				
HDL / LDL (txhua xyoo) Hom phiaj:	Hnub tim:				
	Muaj:				
Xav Tshuaj Tiv thaiv Khaub thuas / Kab mob (txhua xyoo)	Hnub tim:				
Xav Tshuaj Tiv thaiv Kab mob Hauv Cov Hlab ntsws (tsawg kawg ib zaug / nug kws kho mob)					
Lwm yam					

Nquag sib tham txog cov teeb meem no kom pab tswv yim tswj koj txoj kev mob ntshav qab zib:

- Kev nrhiav pab txiav kev haus luam yeeb
- Yam tshuaj uas yuav pab tau koj
- Kev pab kom noj zaub mov haum yus lub cev
- Yuav tsum nrhiav kev ua kom yus lub cev tawm taus fws
- Soj xyuas kom yus tsis txhob rog heev yeeb
- Kev cov nyom
- Kev noj tshuaj kom haum yus lub cev
- Hypoglycemia (thaum ntshav qab zib qis)
- Hyperglycemia (thaum ntshav qab zib siab)
- Thaum muaj mob lawm yuav tsum tu yus tus kheej li cas
- Kev sib haum xeeb thiab kev muaj nrog lwm leej lwm tus
- Kev pab ua ntej thaum yus lub cev xeeb tub
- Soj xyuas kom zoo thaum cev xeeb tub lawm
- Kuaj xyuas yus cov hniav, ib xyoos twg ob zaug

Yog koj haus luam yeeb thiab xav txiav, hu rau lub chaw pab txiav yeeb California Smoker's Helpline 1-800-662-8887

Thov Ras Txog: Tseem muaj lwm yam kev kuaj uas yuav pab tau koj es tsis sau muaj rau saum no.

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Koj Lub Npe

Tus Kws Kho mob Ntshav Qab zib

Kws Kho mob Ntshav Qab zib Tus Xov tooj

Tus Lej Teev Tseg Txog Kev Kho mob

Tag nrho cov tib neeg uas muaj ntshav qab zib yuav tsum tau kawm kev tswj ntshav qab zib pab nws tus kheej.

Tswj koj cov ntshav qab zib!

Txhua tus tib neeg muaj ntshav qab zib yuav tsum mob siab rau nws txoj kev tswj nws tus kab mob ntshav qab zib. Koj puas paub cov kev kuaj twg koj tsim nyog yuav tau muaj los pab cawm kev kab mob thiab pab koj tswj kab mob ntshav qab zib? *Daim Ntawv Kuaj Ntshav Qab zib* yuav pab kom koj nco tau cov kev kuaj uas koj tsim nyog muaj thiab seb yuav tsum mus kuaj tsawg zaus. Nws yuav pab tau koj ntiv kom koj muaj teev tseg thiab nco tau tias tej kev kuaj ntawd mus zoo li cas rau li cas.

Daim Ntawv Kuaj Ntshav Qab zib no yog yuav raws cov *Qauv Qhia Kev Kho Ntshav Qab zib* uas npaj los ntawm lub koom roos Diabetes Coalition of California, uas muaj kev koomtes nrog rau California Diabetes Program, American Diabetes Association thiab Juvenile Diabetes Research Foundation International.



Juvenile Diabetes Research Foundation International

Cov Kev Qhia Tswj Xyuas Ntshav Qab Zib, Ntaub Ntawv Teev Txog Ntshav Qab Zib thiab *Ua Tus Tswv!* Muab tau cov tswv yim kawm ntawm:

www.caldiabetes.org

(916) 552-9888

KEV CEEBTOOM

Lub koom roos Diabetes Coalition of California tauv txoj cai uas tsis pub Luam daim ntawv no tawm ntiv. Txawm li ntawd los, nej muaj cuab kav luam tau yog tias muaj zaj lus nram no nyob rau ntawd: "Txais Yuav los ntawm Diabetes Coalition of California, the California Diabetes Program and the American Diabetes Association."

Hmong 2007