



NW London

# know diabetes

## Daryeelka cagaha iyo cudurka macaanka ama sonkorowga

### Daryeelidda cagahaaga

Dadka cudurka macaanka qaba dhammaantood dhibaatooyin kalama kulmaan cagahooda, laakiin cudurka macaanku waxuu halis dheeraad ah kuu gelin karaa yeelashada dhibaatooyinka cagaha sida:

- dareenka oo kaa luma (taasoo ka dhigan in ay dhici karto in aad garan weydo marka cagaha dhaawac kaa gaaro). Waxaa tan loo yaqaanaa waxyeellada dareemeyaasha geesaha ku yaalla
- fidista liidata ee dhiigga (oo maxaa loola jeedaa??)
- bogsasho ka dhakhso yar

Si aad macluumaad dheeraad ah uga hesho waxyeellada dareemeyaasha geesaha ku yaalla fiiri [buugyaraha waxyeellada dareemeyaasha](#)

Si aad dhibaatooyinkan iskaga ilaaliso waxaa muhiim ah in aad si fiican u xakamayso gulukooska dhiiggaaga, cadaadiska dhiiggaaga, iyo caddadyada koolastaroolkaaga. Maxaa dheer, haddii aad sigaar cabto, waxaa aad laguugula talinayaa in aad iska joojiso.

Xirfadle caafimaad oo tababbar habboon qaatay, (Takhtarkaaga Guud (GP) ama kalkaaliyaha caafimaadka ee xafiiska takhtarka ayaa tan samayn kara) ayaa habboon in uu cagahaaga eego sanad walba si uu u qiimeeyo halista aad ugu jirto in aad yeelato dhibaatooyinka cagaha iyo baahida aad u qabto dib u eegidda ka tiro badan ee takhtarka lugaha (podiatrist).

Cagahaaga xushmee. Haddii haraggu ku dillaaco, xataa ha ahaato saris yar ama nabar biyo galeen ah, u tag kalkaaliyahaaga caafimaadka ama takhtarkaaga cudurka macaanka.

### Sideen cagahayga u daryeeli karaa?

#### Waxyaabo habboon

- Cagahaaga maalin walba ka fiiri **saris iyo nabarro biyo galeen ah?**, haddii aadan

#### Waxyaabo aanan habboonayn

- Adiga laftigaagu ha iska daawayn burooyinka ad-adag

- iyaga gaari karin muraayad isticmaal ama qof kale weydiiso in uu kuu eego.
- Cagahaaga nadaafadda u ilaali oo si deggan u engeji faraha cagaha dhexdooda
  - Cagahaaga qallalka kaga saar labeenta gacmaha ama labeen biyo leh- laakiin ha dhex marin faraha cagaha
  - Ciddiyaha iska jar adigoo raacaya qaabka farta cagtaada. Haddii aadan ciddiyaha iska jari karin si joogto ah ugu tag takhtarka cagaha (chiroprapist).
  - Waqti walba xiro kabo ama dacas. Hubi in kabahaagu ku habboon yihiin waxqabadka aad samaynayso
  - Dooro kabo, si fiican kuu xajinaya. Waa in ay yeeshaan ballaar, dherer iyo qoto kugu filan, markaa iyaga u cabbir dhererka iyo baaxadda. Fiiri in aad kabahaaga ku dhex dhaqdhaqaajin karto faraha cagahaaga dhammaantood.
  - Kabaha cusub inta hore waqtiyo gaaban xiro
  - Kabahaaga ka fiiri kuusas ama lakabyo, meelo fiiqan ama musmaarro ka soo taagan. Kabaha hoos u rog ka hor inta aadan xiranin.
  - Waxaa ugu fiican sharabaadka caadiga ah ama sharabaadka dhaadheer ee cudbi ka samaysan ee
    - Weligaa cagahaaga ha u isticmaalin mindiyaha lagu jaro burada adag ama daawooyinka burada adag. U tag takhtarka lugaha.
    - Iska ilaali xuduudda heer-kulka - kulayl ama qabow.
    - Biyo aad u kulul ha ku qubaysan. Horta biyo qabow xamaamka ku shubo ka dibna ku dar biyo kulul oo suxulkaaga ku fiiri.
    - Ha fariisan meel u dhow dabka ama qalabka kulsiinta
    - Ha isticmaalin dhalooyinka biyaha kulul iyo busteyaasha korontada leh. Taas halkeeda xiro sharabaadka sariirta ee diirran oo dabacsan
    - Cago caddaan ha ku socon haddii uu cagahaaga dareenku ka lumay
    - Hoos ha u qodin geesaha ciddiyahaaga
    - Sigaar ha cabbin
    - Iska daa khamriga badan

dabacsan. Dooro kuwo aanan kuusas lahayn ama tolmadu ka muuqanin. Haddii ay kuwan leeyihiin iyaga qallib ku xiro. Maalin walba iyaga iska beddel

- Marka aad cadceedda hoos joogto marwalba cagahaaga mari cadceed celiye cabbir sarreeya oo marwalba xiro kabo habboon si aad iyaga u dhawrto

### **Doorashada kabaha**

Kabaha aanan qiyaas fiicnayn waxay dhibaatooyin u keeni karaan cagaha sida nabarrada biyo galeenka ah, burooyinka ad adag, haragga adag, bararrada haragga iyo faraha cagaha ee hoos u qalloocan. Si aad talo uga hesho kabaha fiiri: [Buugyaraha kabaha](#)

**Takhtarkaaga lugaha ama takhtarkaaga guud ka wargeli calaamadda caabuqa, garaaca, midab beelka ama dheecaanka.**

### **Abb-ka baarista cagaha ee cudurka macaanka**

Kulliyadda Daawaynta lugaha (College of Podiatry) ayaa abb cusub ama barnaamij cusub oo telefoonka gacanta lagu isticmaalo u soo saartay dadka ku nool cudurka macaanka ama sonkorowga si ay uga wacyi geliyaan waxa ay ka filan karaan baarista cagaha ee sanad walba, abb-ku waxuu raacsan yahay machadka NICE iyo Shabakadda Xeerasha Kulliyad wadaagga ee Skotland (Scottish Intercollegiate Guidelines Network). Abb-yada ka baar qalabka Android ama Apple adigoo isticmaalaya weedha yar ee diabetic foot screening (baarista cagaha ee cudurka macaanka)