Diabetes

Napisala: Ann Marie Brooks MSN CDE

Dali ideje i preveli: Dubra Šašivarević RN

Diabetes

Diabetes—previše šećera u krvi

Diabetes je ozbiljna bolest.

Diabetes može biti smrtonosan.

Mnogi ljudi bez obzira na rasu I starost mogu imati diabetes.

Diabetes može biti uzrok gubljena vida, dijela tijela, kao ruka, noga (i.t.d.) , i sterilnosti.

Previše šećera u krvi može uticati na Vaše srce, mozak, bubrege, zube, vene.

Diabetes se ne može isliječiti ali se može kontrolisati.

Diabetes is serious; it can kill you. Many people from the former Yugoslav Republic have diabetes (too much sugar in the blood). You could lose: your sight, feet or sexuality. Too much sugar in the blood can hurt your heart, brain, kidneys, blood vessels or teeth. There is no cure for diabetes but you can control it; you can be healthy.

Diabetes

Postoje tri vrste diabetesa:

- Prva vrsta diabetesa obično utiče na mlade ljude; oni mogu koristiti insulin.
- Druga vrsta utiče na ljude preko trideset godina; oni mogu koristiti tablete ili insulin.
- Treća vrsta diabetesa pogađa žene tokom trudnoće, majke trebaju specijalnu njegu da bi rodile zdrave bebe.

There are 3 kinds of diabetes: Type 1 usually affects younger people; they must have insulin. Type 2 usually affects people over 30; they may use pills or insulin. Third, gestational diabetes (during pregnancy). Mother needs special care to have a healthy baby.

Normalna količina šećera u krvi održava Vas zdravim.

- Prenizak šećer u krvi (ispod 70) uzrokuje znojenje, osjećaj slabosti.
- Ako imate nizak šećer trebate da pijete i jedete hranu sa malim količinama karbohidrata.
- Prevosok šećer u krvi (preko 200) uzrokuje umor i pospanost.
- Provjerite šećer u krvi redovno, budite sigurni i pijte mnogo vode.
- Normalna količina šećera u krvi je 80 do 110 prije obroka i 160 dva sata poslije obroka.

Normal blood sugar keeps you healthy. Too Low (below 70) makes you feel shaky and sweaty. Eat or drink a small amount of carbohydrate food. Too high (over 200) you feel tired and sleepy. Are you sick today? Test your sugar; be safe; drink plenty of water. Test blood sugar levels when the doctor says, when you feel "odd." A good/safe level is 80-110 before you eat and under 160 two hours after you eat.

Diabetes

Za kontrolisanje diabetesa neki ljudi koriste tablete a neki insulin.

Veoma je važno da se lijekovi uzimaju na vrijeme i da se uzimaju svaki dan..

Diabetes medicine: Some people takes pills. Some people take insulin. Take medicine on time and take it every day.

Diabetes

- Kako ćete kontrolisati diabetes zavisi od Vas.
- Jedino Vi možete pomoći sami sebi.
- Kontrolišite krvni pritisak i šećer u krvi i nemojte da pušite.
- Kontrolišite se redovno ,uzimajte jedan aspirin svaki dan (osim ako doktor kaže ne).

About you! You are the boss! You can help yourself. Don't smoke. Watch blood sugar. Watch blood pressure. Have regular checkups—check your eyes and feet. Have a flu shot; test cholesterol; and take a baby aspirin every day unless the doctor says no.

Vaša familija i prijatelji mogu Vam pomoći u kontrolisanju diabetesa

- Provedite više vremena sa Vašom familijom i prijateljima u prirodi, bavite se sportom.
- Izbor zdrave hrane može takođe pomoći u kontroli šećera u krvi.
- Posjećujte doktora redovno i snabdijevajte se potrebnim lijekovima.

Family and friends can help you. They can help you to move more, choose healthy food, feel happy, test blood sugar, get to the doctor and get supplies and medicine.

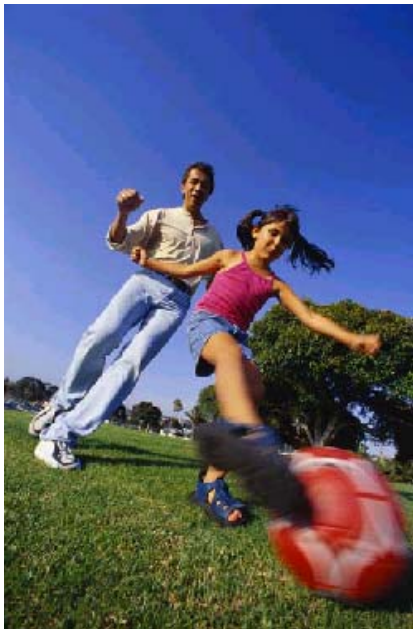
Noge/Stopalo

- Posljedice diabetesa se najčešće odražavaju na Vašim nogama.
- Zbog toga je veoma važno da nosite odgovarajuće cipele i udobne sokne.
- Perite noge redovno i ne hodajte bosih nogu.
- Ako imate ranu na nogama posjetite doktora. Ne čekajte!!!

Feet can last a lifetime. Shoes must fit. Socks must be smooth. Wash feet daily and dry. Don't go barefoot. Do you have a sore? See a doctor; don't wait!

Kretanje

- Kretanje je veoma važno i čini Vas jačim i zdravim.
- Radite nešto što Vas čini sretnim i zadovoljnim.



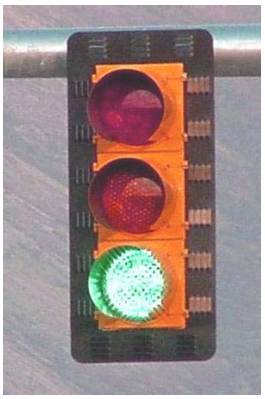
Moving makes you stronger. Do something you like. Try to do it every day.

Namirnice

- Zdrava ishrana je veoma važna u kontrolisanju šećera.
- Takođe trebate da obratite pažnju na Vašu tjelesnu težinu.
- Vašem tijelu je potrebna dovoljna količina hrane da bi imali dovoljno energije.
- Veoma je važno da jedete tri obroka dnevno i da jedete raznu vrstu kvalitetne hrane.
- Friško pripremljena hrana je najbolja za vaš organizam.

Food is for health. Good food is important. Healthy weight is important; the body must be able to move; you must be able to breathe. The body needs the right amount of food (fuel). Eat 3 meals a day (don't skip meals). Eat a variety of good foods. Fresh food is best. Eat less fried or "fast foods."

“Zeleno svjetlo” namirnice



Možete jesti veće količine od sljedećih namirnica:

brokoli, karfiol, kupus, mrkva, krastavac, paradajz, tikvice, luk, celer, patlidžan ...

“Green light “ foods. You may eat larger portions of these foods: green vegetables, carrots, cauliflower, pickles, lettuce. Etc.

“Žuto svjetlo” namirnice

Sljedeći proizvodi su dobri ali porcije serviranja su bitne:

Voće (jabuke, šljive, lubenica, banane): 3-4 porcije dnevno

Meso, riba (porcija veličine dlana): 2-3 porcije dnevno

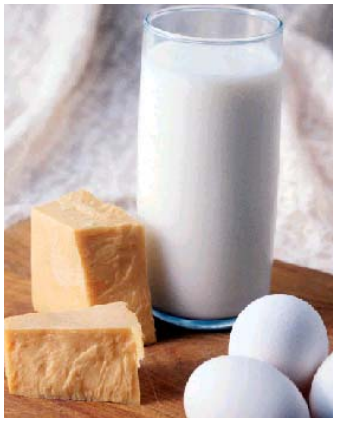
Jaja: 3-4 sedmično

Sve vrste kruha, riža, krompir, tjestenina: 2-3 porcije od ugljenih hidrata po obroku

Mlijeko i mliječni proizvodi: 2-3 dnevno

“Yellow light” foods. These foods are healthy but one must watch portions. Fruit, 3-4 portions per day. Meat, fish, 2 portions per day, with the portion the size of the palm of the hand. Eggs, 3-4 per week. Breads, starches, 2-3 portions per meal. Dairy products: 2-3 portions per day.

“Žuto svjetlo” namirnice



“Crveno svjetlo” namirnice

Smanjiti kiličinu od sljedećih namirnica:

puter, kolači, čokolade, sladoled, dezerti,
gazirani sokovi (dietalni sokovi su dozvoljeni),
pivo, vino, viski,
so

“Red light” foods: Eat fewer of these foods. Desserts, chocolate, candies, fats, salt, alcohol, soda pop (diet is ok).

Zahvaljujem se:

Dubra Šašivarević, , Refika Bajrektarevic, Anela , Mišanovic, Mara Cocic, Atlantic Market (Miro i Ankica), Iva Mehinović, Adriatic Market(Sani Malicevic), Emir Kapic, Utah Diabetes Control Program (Carol Ryan) St. Mark's Hospital, Paul Brooks (kamera), Paul Swoboda, M.D.

Supported by Cooperative Agreement #U32/CCU822702-02
from the Centers for Disease Control and Prevention (CDC).
This book is in the public domain and is not copyrighted.
Anyone may reproduce any or all of the contents. The
contents are solely the responsibility of the Authors and do
not necessarily represent the official view of the CDC.