

Tswj koj tus mob ntshav qab zib txhais tau hais tias koj xaiv txoj kev noj qab haus huv txhua hnuv. Nrog koj tus kws kho mob tham seb yuav tswj koj tus mob ntshav qab zib li cas. Xaiv ua tej yam zoo rau koj. Tswj ntshav qab zib kom zoo yuav ua rau koj pom muaj qhov txawv txav.

Xav paub ntxiv txog ntshav qab zib

Hu rau 1-800-860-8747

National Diabetes Clearinghouse

F-49357H (Rev. 7/09)

Pab Neeg Kho Ntshav Qab Zib

LUB NPE

Tus Thawj Kws Kho Mob (Primary Care Provider)

Tus Kws Paub Zoo Txog Ntshav Qab Zib
(Diabetes Specialist)

Tus Kws Qhia Noj Zaub Mov (Dietitian)

Tus Kws Qhia Txog Ntshav Qab Zib (Diabetes Educator)

Tus Kws Kho Qhov Muag (Eye Doctor)

Tus Kws Kho Ko Taw (Foot Doctor)

Tus Kws Kho Plawv (Heart Doctor)

Tus Kws Kho Hniav (Dentist)

Lub Khw Muag Tshuaj (Pharmacy)

Kuv muaj Ntshav Qab Zib:

Tej zaum cov tshuaj txhaj insulin los yog cov tshuaj noj rau ntshav qab zib yuav tsis haum vim yuav ua rau kuv cov ntshav qab zib poob qis.

Yog kuv cia li tsis hnov los yog nqos tsis taus dab tsi lawm, tsis txhob muab dab tsi rau kuv haus.

HU RAU 911.

Yog kuv hnov tiam sis feeb tsis meej, muab dej qab zib (soda), kua txiv, thiaj mis nyuj rau kuv haus, los yog muab ib diav piam thaj, zib muv rau kuv noj. Yog tom qab 15 feeb lawm los kuv yeej tsis khees li, HU RAU 911.

Koj Tus Kheej Ntshav Qab Zib Cov Ntaub Ntawv

Nqa daim ntawv no nrog koj txhua zaus koj mus
ntsib kws kho mob.

Npe

Chaw Nyob

Tus Xov Tooj:

Thaum muaj xwm txheej ceev, hu rau:

Teev Koj Kev Tu Ntshav Qab Zib

	Lub Hom Phiaj	Hnub	Hnub	Hnub	Hnub	Hnub	
LAB TESTS	A1c <7% - txhua 3-6 lub hlis						
	Yoo Ntsuas Rog Hauv Cov Ntshav (Fasting Lipid Panel) – txhua xyoo						
	Tas Nrho Cov Roj Cholesterol <200 mg/dL						
	Roj Triglycerides <150 mg/dL						
	LDL <70 mg/dL los yog <100 mg/dL						
	HDL ≥40 mg/dL rau txiv neej ≥50 mg/dL rau poj niam						
EXAMS/ASSESSMENT	Lub raum ua hauj lwm – Urine microalbuminuria <30 mg/g – txhua xyoo Serum creatinine seb lub raum puas lim zoo – txhua xyoo	/	/	/	/	/	
	Kuaj Lub Ntsiab Muag – txhua xyoo						
	Kuaj Hniav – txhua 6 lub hlis twg Kuaj Qhov Ncauj – txhua zaus	/	/	/	/	/	
	Kuaj Ko Taw – muab qhov muag saib txhua zaus Tshuaj Ntsuam Ko Taw Tas Nrho – txhua xyoo	/	/	/	/	/	
	Tshuaj Ntsuam Ntshav Qab Zib – txhua 3-6 lub hlis twg						
	Tshuaj Ntsuam Tas Nrho Lub Cev (Complete Physical Exam) – txhua xyoo						
	Ntsuas Ntshav Khiav <130/80 mmHg – txhua zaus mus kuaj						
	Kev Mob Siab/Kev Sib Deev – tham txhua zaus mus kuaj						
	Kev Siv Luam Yeeb – tham txhua zaus mus kuaj						
	SHOTS	Khaub Thuas – txhua lub caij nplooj ntoos zeeg					
		Mob Ntsws Txheem Dej – ib zaug, ces raws li kws kho mob pom zoo					
		Kev Siv Lub Cev Ua Hauj Lwm – tham txhua zaus mus kuaj					
EDUCATION	Registered Dietitian – thaum paub tias muaj ntshav qab zib lawm, mus ntsib 3-4 zaug mus li 3-6 lub hlis, ces txhua xyoo						
	Kev Kawm Txog Tswj Yus Tus Kheej – thaum paub hais tias muaj ntshav qab zib lawm, txhua 6-12 lub hlis, los yog raws li xav kawm						
	Kev Ntsuas Ntshav Qab Zib Tom Tsev – rov xyuas dua txhua zaus mus kuaj						

Cov ntaub ntawv qhia no muab raws li xyoo 2008 Wisconsin
Cov Qauv Kev Cai Tu Ntshav Qab Zib. Tsim tawm los ntawm
Wisconsin Diabetes Advisory Group of the Diabetes Prevention and Control
Program, Division of Public Health, Wisconsin Department of Health Services.