

Sonkorta Dhiiga ee Hooseeya

Low Blood Sugar

Low blood sugar means not having enough sugar, also called glucose, in the blood. Low blood sugar is also called hypoglycemia, insulin shock or insulin reaction. Glucose is needed by the body's cells. A normal blood sugar level is 70 to 100. A blood sugar level below 70 is low.

Causes

Sometimes the cause is not known, but it may be from:

- Too much insulin or diabetes pills
- Meals that are skipped or late
- Too much exercise or unplanned exercise

Signs

There may be no warning signs or you may:

- Feel dizzy, shaky, nervous, weak or tired
- Sweat
- Feel hungry
- Feel moody or grumpy or not think clearly
- Not be able to speak
- Have blurred vision
- Feel a fast heart beat
- Feel numb around the mouth or lips
- Have a headache

Sonkorta dhiiga ee hooseya waxay la micna tahay inaad laheyn sonkor ku filan, sidoo kale sonkorta, dhiiga ku jirto. Sonkorta dhiiga ee hooseya waxaa sidoo kale loo yaqaan yaraanshaha sonkorta, murugada insuliinta ama falcelinta insuliinta. Sonkorta waxaa u baahan unugyada jirka. Heerka sonkorta dhiiga caadiga ah waa 70 illaa 100. Heerka sonkorta dhiiga ee ka hooseeya 70 waa hooseeyaa.

Sababaha

Mararka qaar sababta lama garanayo, laakin waxay ka imaan kartaa:

- Insuliin badan ama kaniiniyada sonkorta
- Cuntooyinka laga gudbay ama daahday
- Jimicsiga badan ama jimicsi aan la qorsheynin

Astaamaha

Waxaa laga yaabaa inaysan jirin astaamaha ama waxaa laga yaabaa in aad:

- Dareentid wareer, qarqar, walwal, tabar dari ama daal
- Macaanka
- Gaajo dareentid
- Dareentid hurdeysanaan ama xanaaq ama aadan si cad u fakarin
- Aanan usuurtoogleynin hadalka
- Qabo cawarka aragtida
- Dareenka garaaca wadnaha aadka ah
- Dareenka kabuubashada agagaarka afka ama faruuraha
- Qabo madax xanuun

Your Care

When your blood sugar is low, you need to eat or drink food with sugar. **Do not eat too much.** Your blood sugar may go too high. Eat or drink one of these:

- ½ cup or 120 milliliters of juice or soda (no diet, sugar free or calorie free drinks)
- 3 or 4 glucose tablets
- 1 tablespoon or 15 milliliters of sugar
- 1 cup or 240 milliliters of milk

Check your blood sugar in 15 minutes. If you blood sugar is still less than 70 or if you are not feeling better, eat or drink another serving of food or drink from the list.

When your blood sugar is 70 or more, you still need to eat something to keep your blood sugar from dropping again.

- If it is time for your next meal soon, eat your normal meal.
- If your next meal is more than an hour away, eat a snack. Try one of these:
 - Half a sandwich and 1 cup or 240 milliliters of milk, **or**
 - 3 crackers, 2 ounces of cheese and a small apple

To Prevent Low Blood Sugar

- Follow your meal plan. Eat meals and snacks at the same time each day. Do not miss or delay meals.

Daryeelkaaga

Marka sonkorta dhiigaaga ay hooseyso, waxaad u baahantahay inaad la cuntid ama la cabtid sonkor. **Ha cunin wax badan.**

Sonkorta dhiigaaga way kici kartaa. Cun ama cab mid ka mid ah kuwaan:

- ½ koob ama 120 mili liitar oo cabitaan ama sharabka aashito leh (ma jiro cunto, sonkor aanan laheyn ama cabitaanada aanan sonkorta laheyn)
- 3 ama 4 kaniiniga sonkorta
- 1 qaado ama 15 mili liitar oo sonkor ah
- 1 koob ama 240 mili liitar oo caano ah

Ku baar sonkorta dhiigaaga gudaha 15 daqiiqo. Haddii sonkorta dhiigaaga ay weli ka hooseyso 70 ama haddii aadan dareemeynin ladnaansho, cun ama cab qaadasho kale oo cunto ah ama cabitaan ka imaanaya liiska.

Markii sonkorta dhiigaaga ay tahay 70 ama ka badan tahay, waxaad weli u baahantahay inaad cuntid wax ka illaaliyo sonkorta dhiigaaga hoos u dhaca markale.

- Haddii ay tahay wakhtiga cuntadaada labaad, dhaqsou cun cuntadaada caadiga ah.
- Haddii cuntadaada labaad ay ka badan tahay wax ka fog hal saac, cun cuntada fudud. Isku day mid ka mid ah kuwaan:
 - Rooti-ismaris barkiisa iyo 1 koob ama 240 mili liitar oo caano ah, **ama**
 - 3 buskud, 2 waqiyadood oo jiiska iyo tufaax yar

Si looga hortago Hoos u dhaca Sonkorta Dhiiga

- Raac qorshaha cuntadaada. Cun cuntooyinka iyo cuntada fudud isla wakhtigaas maalin walba. Yay ku dhaafin ama haka daahin cuntada.

- Check and record your blood sugar levels. If you have low blood sugars more than 2 times in a week, call your doctor or diabetes educator. Changes may need to be made to your diet, medicine or exercise routine.
- Take your diabetes medicine as directed. Do not take extra diabetes medicine without your doctor's advice.
- Exercise regularly.
- Baar oo qor heerarka sonkorta dhiigaaga. Haddii aad qabtid sonkorta dhiiga ee hooseya oo in kabadan 2 wakhtiyo isbuucii, soowac dhakhtarkaaga ama macalinka sonkorta. Isbeddelada waxay u baahan kartaa in lagu sameeyo cuntadaada, daawada ama joogtada jimicsiga.
- U qaado daawadaada sonkorta sida laguugu tilmaamay. Ha qaadan daawada sonkorta dheeraad ah iyada oo aanan jirin tallada dhakhtarka.
- Jimicsiga joogtada ah.

To Stay Safe

- Keep glucose tablets and food such as crackers and juice with you at all times.
- Tell other people who work or live with you that you have diabetes and how to treat low blood sugar.
- Wear a medical bracelet or necklace to tell others that you have diabetes during a medical emergency.
- If you have Type 1 diabetes, people close to you should learn how to give a glucagon shot. Glucagon is a hormone used to raise blood sugar when a person is not alert or awake. A nurse can teach them how to give a glucagon shot.
- Call your doctor when you have frequent low blood sugars or wide swings from high to low blood sugar levels.
- Talk with your doctor and dietitian **before** starting a weight loss diet.

Si aad Badbaado u Ahaadid

- Wado mar walba kaniiniyada sonkorta iyo cuntada sida buskudyada iyo juuska.
- U sheeg dadka kale ee ka shaqeeyo ama kula nool inaad qabtid sonkor iyo sida loo daaweeyo sonkorta dhiiga ee hooseeya.
- Xiro kaarka caafimaadka ama katiinada si aad ugu sheegtid dadka kale inaad qabtid sonkor inta lagu jiro degdega caafimaadka.
- Haddii aad qabtid Nooca 1 ee sonkorta, dadka adiga kugu dhow waa inay bartaan sida loo siiyo cirbada sonkorta. Glucagon waa dhacaanka loo isticmaalo in lagu kordhiyo sonkorta dhiiga marka qofka uusan ogeyn ama soo jeedin. Kalkaalisada ayaa bari karto iyaga sida loo siiyo cirbada.
- Soo wac dhakhtarkaaga marka aad qabtid sonkorta dhiiga ee hooseya oo joogta ah ama dareenka kacsan ee heerarka sonkorta dhiiga sare iyo hoosee.
- La hadal dhakhtarkaaga iyo dhakhtarkaaga cuntada **ka hor** inta aadan bilaabin cuntada culeys lumitaanka.

- Keep all your appointments with your doctor, diabetes nurse and dietitian.
- Call your doctor, nurse or dietitian with any questions or concerns.
- Ku hayso dhammaan balamahaaga dhakhtarkaaga, kalkaalisada sonkorta iyo dhakhtarka cuntada.
- Soo wac dhakhtarkaaga, kalkaalisada ama dhakhtarka cuntada wixii su'aalo ah ama walaacyo.