



Srike test se inge:

AHOK MOH

- Kuh oasr sucu lom wi mihsen suka (pahpah, ninac, tamuhlel, lucluc)?
- Kuh toasrlac paun lom an?
- Kuh kom suhkwac mokle monum/mukuikui?
- Nuh oasr pacl taktuh lom an fahk muh kom wi srah fuhlwaact (140/90 kuh yohk liki)?
- Kuh oasr pacl taktuh lom an fahk muh yoklac kihris ke srah lom an?

Ma nuh sin muhtwacn:

- Nuh oasr pacl fack nuh sum muh kom wi suka ke pacl kom pihtuctuc?
- Nuh oasr pacl kom oswelah tuhlihk yohk liki paun yuc (9)?

Fwin kom topuk "AHOK" nuhke oacna sie kihsen siuck inge kuh puhla kuht-wena ma inge nuhnak muhnahs ohsun nuh sin taktuh lom an.

Diabetes Prevention and Control Program
Department of Health Services



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Luhpahkah kom etuh ke Mihsen Suka?



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Preventive Health
Department of Health Services
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Meac Mihsen Suka?

- Mwet nuhkewa oasr suka ke srah la uh. Luhpah fal ke suka pa srihk liki 126.
- Kalmen mihsen suka pa yohklac luhpan suka ke srah lom an.
- Yohklac luhpan suka ke srah uh kuh in kuhnahoslah monum.
- Insulin el kahsrüh karihngihn luhpan suka an. Kom weack mihsen suka ke srihpen insulin el tiac orekma wo kuh srihklac luhpan insulin ke monum.

Pa inge kuhtuh ma kom kuh in puhla:

- Tohtoh
- Maluh
- Fusus fwahsr meet
- Ohkohk
- Kihnet se ma pahtlac in mahlah

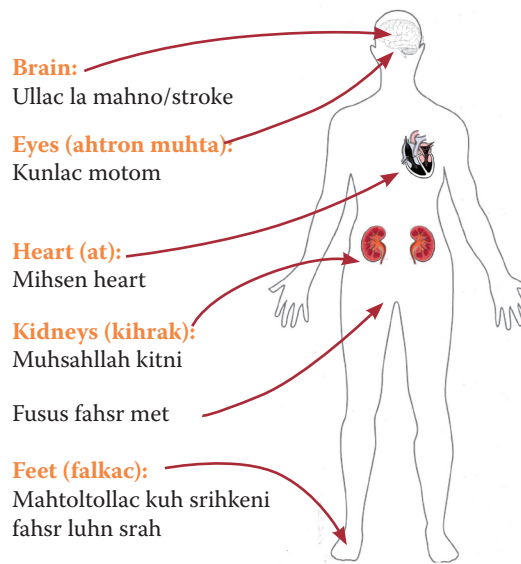


Kuh mihsen suka uh mas upac se?

Mihsen suka uh kuh in orahllah ma inge in sikyak:

- Kunlac ahtron muhta
- Muhsahllah kitni/kihrak
- Heart attack kuh stroke (ullac la mahno)
- Foklac luhn falkac kuh wotlac

Esam lah mihsen suka uh tiac kuh in wanginlac kuh unwekucklac tuhsruh-ktuh el kuh in karihnginyuck in tiac upacllac.



Meac kom kuh in oruh in sang kosraclah mihsen suka?

Ahsrosr ke len nuhkewewa ke lusen mihnit 30 yak. Srihke sifacna sulaclah kain in ahsrosr kom engan in oruh:

- Ahsrosr fahsr
- Pahtuhr
- Kal
- Kofkof
- Imohm lukunum kuh imac
- Wi tuhlighk srisrik nuhtum an sritacl

Sulaclah mongo wowo ac kang kais kuhtuhsrihsrihk kac.

- Kang in yohk: mongo Kosrae, fukun sahk, mahsrihk, ik
- Kang in srihk: mongo ma fuhrae, mongo ma yohklac kihris ac suka kac

Fin paun lom an yohklac liki luhpah fal, kom enenuh in ahksrihkyelah in muh kosraclah mihsen suka.

Kom kuh in sis kais sie paun ke puhlan pacl fin kom srihke in ahsrosr ac kang mongo wowo ac fal.