

Karihngihn Monum In Wo ac Nwacsnwacs

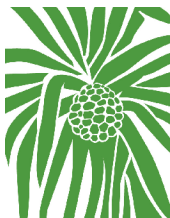
Meac fal kom in oruh in sang karihngihn kom fin weack tari srah fuhlwact:

- Ahksrihkyelah nihm mwe sruhi
- Ahksrihkyelah sismohk
- Ahksrihkyelah mongo ma yohklac sohl kuh kihris kac
- Ahsrosr in fal ac pwacye
- Ahkyohkyelihk kangyen mongo Kosrae ac fukun sahk kuh mah srihk kuh vegetables

Kain in mongo fuhkah ma yohk sohl kac?

- Spam, corned beef, luncheon meat, mackerel, sardine, sausage, hot dog, sohl pok, ik sohl, ham, ac kuhtuh pac sahyac
- Potato chips, cheese balls, sohl ke ramen, pata, cheese

Diabetes Prevention and Control Program
Department of Health Services
370-3006



• P A C I F I C •
D I A B E T E S
E D U C A T I O N
• P R O G R A M •



Know the ABC's
of Diabetes

- ▼ A1C
- ▼ Blood Pressure
- ▼ Cholesterol

Brought to you by:
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Srah Fuhlact HYPERTENSION



**NCD Program
Preventive Health
Department of Health Services
Ph. 370-3006 / 370-3199**

Mac kalmen srah fuhlwact?

Fokokolac kuh kuhlac luhn fahsr luhn srah ke mahno se ma orahlah muhsahllah luhn ahlko ma us srah nuhke heart, brain, kidney a ahtron muhta.



Kom ac etuh fuhkah lah kom oasr ke srah fuhlwact?

- Insucfngal
- Ohkohk luhn muhta
- Iniwac ngal
- Fusus fahsr met yohkiac na ke fong

Mwet fuhkah ma fihsracsr in weack srah fuhlwact?

- Mwet fact
- Mwet suhwac ahsrosr
- Mwet nihm mwe sruhi yohklac
- Mwet sismohk yohklac
- Mwet ma oasr sucu la wi srah fuhlwact
- Mwet ma oasr fohs luhlahp la ke pacl loeloes



Meac fal kom in oruh in tiac weack srah fuhlwact?

- Ahksrihkye paun lom an
- Ahksrihkye mongo ma sohl ac kihris
- Kang mongo yohk fiber kac kuh vegetables
- Ahksrihkye nihmnihm ac sismohk
- Ahsrosr in yohk



Meac e sikyak fin kom tiac karihngihn srah fuhlwact lom an?

Brain: stroke kuh ullac la mahno

Eyes (ahtron muhta): oasr eklac kuh kunlac luhn muhta

Heart (at): heart el masack kuh tui

Kidneys (kihrak): el masack kuh muhsahllah

Arteries (ahlko): Kihris uh nwacklah pwacnwacng lun ahlko uh fihtilac ac wohnlah srah uh ac puhla waek na upac

