

A Secherel A Sukal A Di Nga Er Kau



**Babier ra uleklatk el mora
rechad el smecher el Sukal**

Moktek ma Omereng el Saul

Tia oidel a babier el milruul ra Centers for Disease Control (CDC) er sera 1997 el tekoi ra Belau. “A Secherel a Sukal a di Nga er Kau”, a milruul el kirir a rechad ra Taiheyo. E tiang a milruul e lokiu a ulengesuil a Hawaii State Department of Health’s Diabetes Control Program ma Nutrition and Physical Activity Sections el ngara eungel a Preventive Health Services Branch ma Hawaii Association of Diabetes Educators. E dirrek el mla er ngii a ulengesuil a Diabetes Control Programs ra American Samoa, Guam, Federated States of Micronesia, Marshall Islands ma beluu ra Belau. A rechad ra Centers for Disease Control and Prevention, Division of Diabetes Prevention Translation a olengeseu lomes er tial project.

Omereng el saul a mora Pacific Diabetes Education Program (PDEP): Papa Ola Lokahi ra Hawaii, Belau Non Communicable Disease Program (NCD) ra Bureau ra Public Health, ma Ulkerreuil A Klengar (UAK) el Non Governmental Organization (NGO): Alcohol Committee, Nutrition Committee, Physical Activity Committee ma Tobacco Committee.

Photos courtesy of UAK’s Tobacco Committee, Nutrition Committee, Physical Activity Committee, Alcohol Committee, and NCD Program.

1. Omesodel

A rakt el sukal a sebechel mekrengelii a klechad er kau. Ng betok a telengtengil, eng di osisiu el taem eng nga er ngii a betok el teletael el sebechem el kudmokl el mo uchul a ungil el klengar er kau.

A tekoi el kirel a smecher el sukal el blechoel lolbedebek er ngii, a “tabesul”. A blengrum a kirel tabesul. A ureor ma lechub eng undo el moruul, a kirel tabesul. Ma kerum a kirem el melai ra bek el temel. Ngobengkel a klaingeseu ra telungalek, rsechelim, buai ma rechad ra ukeruul, e kau a sebechem el mtebechelii a rakt el sukal, e melemolem el mesisiich a bedengem.

Ngera el Rakt a Sukal ?

Oumesind ra kall el dekang a obult el mo tara bedengel a sukal el “glucose” a ngklel. A glucose a obult el mo klisichel (energy) a bedengem meng sebechel el oureor. A klededellel a bedengem el domekedong er ngii el kmo pankris (pancreas), el kmeed ra delbekum, a meruul a kar el ngklel a “insulin”. Aikaikid el insulin a olengeseu lolsiseb a glucose ra techel a bedengem. Alsekum a pankris a olengesonges a insulin el ruul ma lechub ea bedengem a diak el sebechel lousbech a insulin el mla meruul eng uchul eng mo betok a glucose el remurt ra chelsel a ngurd el obengkel a rasech me kemocha smecher el sukal.



“Moureor el obengterir a rechad ra ukeruul el kirel a mo ungil klisichel a bedengem”

Olengchelel a Rakt el Sukal

Aikakid a bebil ra olengchelel a rakt el sukal rucheil ra obomodengei el kmo kesmecher el sukal.

- Blechoel meched a rengum
- Mekudem el mengemochem
- Mengab a osengem
- Di mesaul a bedengem
- Mo mesengaked
- Medirt a bedengem
- Keltkat a meioud el mo mechubs
- Mo mad ma lechub e ngomengbangch a ochim
- Omdebudech

Bedengel a Rakt el Sukal

Ngarngii a cherul meklou el bedengel a rakt el sukal:

- Type 1
- Type 2

A **Type 1** el sukal a blechoel morngii ra ngalek ma lechub e te mekekerei el chad. A pankris er tir a olengesonges a insulin loltobed ma lechub eng diak a insulin e loltobed meng kirir el melai a insulin ra bekl sils.

Oumesind ra rechad el sukal a **Type 2**. A pankris ra rechad el sukal ra type 2 a oltobed a insulin engdi a bedengir a diak lungil lousbech. Tirkaikid el chad a blechoel mo medengei el kmo te smecher ra sukal sel bocha lokedei ma lechub eng okoua rekrir. Meng uaisei, eng di ngomechelang el mla mo rengii a rengalek el smecher ra type 2 el sukal.

Aikel uchul eng klou a techellel a chad el mo smecher ra type 2 el sukal:

- Ngarengii ra telungalek
- Diak louedikel a bedengel
- Uldirkorek ra keldelbuu
- Menga kall el klou a laok er ngii
- Ngarengii a rsechir el mo chad ra Taiheyo, Hawaii, American Indian, Hispanic, Latino malechub eng African American.

2. Tebechelel a Sukal ra Bedengem

A. Omengelem

A belkul a tabesul blengur a ikakid:

- A ildisel a sukal el remurt ra bedengem a ungil a telkelel
- A bedengem a ngara ungil el berraod
- Kemengang a ungil a ildisel ma ngar ngii a cheiyobung (nutrients) er ngii el kall



Kerbil a tabesul blengur

1) Momengur el edei ra ta el sils

Ngedei el momengur ra ta el sils luldumukl er ngii a ungil ra bedenged el kliou ra delongelel a blengur, ma lechub eng eim el mo ra elolem el mekekerei e tabesul el blengur ra tal sils me lebo luchul ea sukal ra bedengem dilungil a telkelel.



2) Bom kerkikl ra klungel a kall el monga er ngii

Klebechel a ildisel kall el mkang; a meskau a ungil telkelel a sukal ra bedengem.

3. Molilt a kall ra ikel edel bingel a kall (ongraol, odoim ma yasai/rodech) sel bek el temel a blengur.

Sel monga klebechel kall luldumukl a ongraol,

odoim, yasai ma rodech eng dirrek el sebechel a sukal ra bedengem el di ngarsel ungil lolkael.

4. Molilt a kall el mekesai a laok er ngii

Molengeasek a omengelem ra cherredoched el kall. Mkekeringii a usbechellel a melaok el rua bata, eluch, laok, mantekang, odoim el ngara beached, ma ngii dil kall el klou a laok er ngii.

5. Molilt a kall el betok a ngerdel (fiber)

Molilt a rua ongraol el kukau, brak, emutii, diokang, eririich el beras, eririich el blauang, mungi, yasai ma rodech.



6. Mongesadel a merkos ma rrom

A merkos ma rrom a ngarengii a ltemellii ra ildisel a sukal ra bedengem meng kirem lolngeasek a usbechel.

Mongedecheduch ra rechad ra ukeruul me losisecheklau ra teletelel a tabesul el blengur, llechukl el ngara ikrel a kall, ma lechub e komengur ra blil a blengur.




B. Undo ma lechub eng sel louedikel a bedengem

A undo ma lechub e sel louedikel a bedengem a dirrek el klou a lengesuir el kirel a tebechelel a sukal ra bedengem ma dirrek el berredem. A undo a dirrek el lolengeseu el torob a secherel a chaidirengum.

Klungiolel a Undo:

- Ng melisiich a aidirengud, olmeded ma iuesed
- A techel a bedengem a mo mesisiich
- Ngolngeseu ra bedengem meng di mesisiich e kosadel a laok ra bedengem
- Ngongengetii a rretel a rsechem (haiblad)
- Ngosuir a bedengem e lotngakl a secher ra tereter
- Mo mesisiich a bedengem
- Sebechel luchul eng mo mekesai a insulin el molai (alsekum e ke melai a insulin)
- Ngosukau ra rolel a omengemull (sex)
- Mo ungil a cheliuem
- Ngosukau al ngarngii a oberoed ra uldesuem
- Rullau el mo ungil a rengum



A omerael a melisiich a bedengem!

C. Bebil ra tekoi el kirel a omelai el kerul a sukal

Alsekum kau a melim a kar ma lechub e ke melai a orus ra sukal eng kirem el ungil medengei a omesodel el kmo ng mekerang e ngosukau. Moker ra chad ra ukeruul ra ikel rokui el ker el soam el mo medengei el kirel a kerum ra uchei ra omousbech.

D. Bebil ra omeruul el sebecel el ngosukau

- Molim ra klou el ralm. Ngungil a kleiai (8) el kob el ralm ra tal sils
- Mou klilt ma lechub e mou olbiungel ra kmo kau a smecher el sukal (ma bol metacherbesum el betik er kau a chad e bo lodengei el kmo ke sukal)
- Mou undo lobengkel a tara rechad
- Mou kutsusta e mou reacher a oeacher el diak el meseked ra ochim
- Mkensa ochim ra bekl sils ra medudes, bekerkard, delobech ma lechub eng keltkat
- Alsekum ngkora mechitechut a bedengem, e bo ra ukeruul mel kensa ildisel a sukal ra bedengem e mesa toktang er kau
- Molai a kerum ra bek el temel

3. Bo Blechoel Medengelii a Klungel a Sukal ra Bedengem

- Ngsebechem el mtebechelii a klungel a sukal ra bedengem
- Ke skeng ra klungel a sukal ra bedengem ra bekl sils
- A rechad ra ukeruul a skeng a rsechem lousbech ra hemoglobin A1C (HbA1C) ra bek el edel (3) buil

A. Olengchelel sel sal moriou a sukal ra bedengem

- Kemo omritel e merael a kelsbengem
- Kemo mesaul a bedengem
- Ngmo rrau a rengum
- Ke taorer
- Ng mo mengeskurs a bedengem

Blechoel medengelii a klungel a sukal ra bedengem ra uchei ra omeruul aikal beldukel

- Omekall a mlai
- Ousbech a meklou el mesil
- Meruul a meringel el undo ma lechub eng ureor

1



Alsekum komdasu el kmo a sukal ra bedengem a mla mo imis el ngariou, engdi diak el sebechem el skeng er sel taem...

2



...em ngilmii ma lechub em kelii a merekos

3



Ra bekl teruich ma eim el bung (15 minutes) el di merekmo Bolungil a sukal ra bedengem (sel luut el mo ungil a tsios er kau)

B. Olangchelel sel sal morebab a Sukal ra bedengem

Aikakid a olangchelel sel sal mo imis a sukal ra bedengem:

- Medirt a ngerem
- Meched a rengum
- Mo sechemochem
- Mesaul a bedengem
- Mengab osengem
- Mo mesengaked
- Meringel a delem, e kora soam lomudech

Al ngarengii olangchelel a kmo ngarbab a sukal ra bedengem, e bom skeng a rsechem..



A mekdekudem el lomengemochem a olechotel a ngarebab a sukal ra bedengem



A omsecher ra tereter eng ungil el momekedong ra chad ra ukeruul

4. A rakt el Sukal a dirrek luchul a secherel a Mad

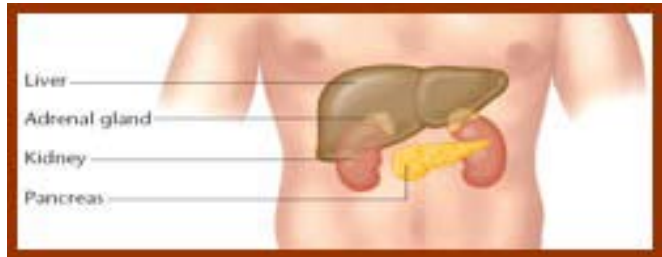
Olengchelel a secherel a mad

Bo blechoel ngara kensa ra mad, ma bla lomuchel a rektel a medam el mereched el mukar. Mouchais ra toktang er kau al ngar ngii a kora mo ngodech ra medam malechub eng osengem.



Al ngar ngii a ngodech ra osengem e mouchais ra toktang er Kau.

5. Secherel a Aibuched (Kidneys)



Bom kerkikl ra sukal ra bedengem ma haiblad er kau melak el metemall a aibuchem (kidneys).

Mouchais ra toktang er kau alsekum kemo melchesuar a ta raikel olengchelel a secherel a aibuchem (Kidneys) ma blil a chemechemem (Bladder).

Olungchelel a secherel a blil a chemochem

- Cherrechar a chemochem
- Rasech lobengkel a chemochem
- Sechemochem

Olungchelel a secherel a bichel a chemochem

- Meringel a sengchem
- Ilalidel
- Mekeald

6. Telemellel a Aidirengud ma Ngurd



A uchul a meringel el secher, chelitechut ma kodall ra rechad el smecher el sukal, a telemellel a aidirengud ma ngurd. Ng dirrek el sebechel luchul ea rasech a diak el ungil merael el mora uach.

Ng klou a techellem el meloched, stob a aidirengum, ma lechub eng mo mechitechut a aidirengum alsekum ke melokou a dekool, ke haiblad, malechub eng kmal klou a kolesterol ra bedengem. A rechad ra ukeruul a kmal mui el ngosukau ra omesodel ma terrengel aikaikid el secherel a sukal.

7. Telemellel a Ngurd ma Uach



A telemellel a ngurd ma lechub eng terechel el diak bol mechubs a sebechel uchul eng mo metuk a uach.

A chad ra ukeruul a kirel kensa uach ra bekl rak.

Aikel sebechel ngosukau el kirel a okedmeklel a ochim:

- Molatech ochim ra bekl sils.
- Bol biusech a medam lomes a keltkat, telabt, ma lechub eng medudes ra ochim.
- Motebecheli a klungel a sukal ra bedengem
- Lak molokou a decool malechub e ke mengeech a decool.
- Lak dim hadashi, bo blechoel el oureacher.



Bom kerekikl el mekdirt a delongeel a eltngelel ochim.

8. Secherel a Uingel

A rechad el sukal a blechoel el morngii a chetituokel ra ungelir ma techel a ungelir, alsekum a sukal ra bedengir a diak lutebecheli.



A ungil uingel ma ungil techel a uingel a ultuil ra ungil oketmeklel ma tebechelel a klungel a sukal ra bedengem.



Mongerumet ra ngerem el kesengil e ngerung ra tal sils



Ngungil obomesa toktang/nurse ra uingel ra bek el lelolem el buil.

9. Yobo



A tereter ma pneumonia (Haiyeng) a kengaol el secher el sebechel el uchul e kemo nyuing. Ngungil el bekl rrak el molai ra yobo ra tereter me luchul e lak bom secher el mora osbitar. Moker ra toktang er kau ma lechub eng chad ra ukeruul el kirel a yobo ra tereter ma haiyeng.

Al soam el mo medengei a mui el omesodel a rakt el sukal, e momekedong ra Non-Communicable Disease Program (NCD) ra:

Phone: (680) 488-6262
Fax: (680) 488-8667
E-Mail: dcp@palaunet.com

Mail To: Diabetes Prevention & Control Program (DPCP)
Bureau of Public Health
P.O. Box 6027
Ministry of Health
Koror, Republic of Palau 96940

Mail To: Non-Communicable Disease Program
Bureau of Public Health Services
P.O. Box 6027
Ministry of Health
Koror, Republic of Palau 96940



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