

IA SILAFIA LE A, E, I (ABC) O LE MA'I SUKA (KNOW YOUR "DIABETES ABCS")

A (**A**) Faasino i le suega e ta'ua o le Hb **A1C**. O le suega lea e faailoa mai ai le tulaga o lou suka sa iai i lou toto mai le 3 masina ua te'a. O le suega lea e tataua ona siaki faalua i le tausaga. E tataua ona iai lau suega lea i se numera i lalo mai o le 7%, afai e sili atu o lono uiga ua iai le avanoa e aafia ai totoga uma o le tino e pei o mata, vae, faamama fatumaa.

E (**B**) E faasino i le toto mauuluga (**Blood Pressure**). Ia faatumauina lou toto mauuluga i le 130/80 poo lalo mai. Afai e sili atu i luga le numera o lou toto mauuluga e mafai ona afaina ai lou fatu ma maua ai oe i le fatu pe (heart attack), poloka alatoto o lou fai'ai ma pe ai lou vae ma lou lima (stroke), leaga ai alatoto i isi vaega o lou tino e pei o ou vae ma i'u ai lava ina toesea (amputee).

I (**C**) E faasino i suega o ga'o o le tino (**Cholesterol**) o ia ga'o e i totonu o le alatoto o lou tino. Ia e taumafai e tumau i le numera lelei o le 100.

Mo se fesili faafesootai mai le:

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